

FH NEWS

Familial Hypercholesterolemia Support Group of WA
www.familialhypercholesterolaemiasupportwa.websyte.com.au
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What Do the FH Support Group of WA Do?

Our Aim

The FH Patient Support Group aims to improve and provide information, communication and support services for families living with FH in Western Australia.

We are keen to facilitate the involvement of medical, nursing and allied health professionals, families, carers, supporters and advocates, in partnership with patients to help support those West Australians at risk of inherited high cholesterol and cardiovascular disease.

We want to help prevent premature deaths caused by high cholesterol and cardiovascular disease by raising awareness of the condition.

We also aim to promote healthier lifestyle options.

How Do We Do This?

Our support group members meet once a month to provide support, discuss relevant issues and develop new ways to meet our aims.

We meet with, and make contact with relevant medical professionals and members of other support organisations to further the effectiveness of our patient support group.

We also continually update our website to provide relevant and up to date information about FH not just to our members but to other interested persons also.

We Have a New Website

Visit us at:

<http://www.familialhypercholesterolaemiasupportwa.websyte.com.au> for more information, including other relevant websites, current activities and events, and for further information about our group including how to join.

Get Your Fats Right!

To find out how much you know about fat, take ABC Health & Wellbeing's quiz, found at:
<http://www.abc.net.au/health/quizzestools/quizzes/2006/08/31/1969618.htm>

The quiz contains 15 questions which will challenge your knowledge on fat, including how to keep healthy blood cholesterol levels, and how much fat is in a single slice of chocolate mudcake.

After completing the quiz follow the link to their article [Is fat so bad?](#) to find some helpful information when it comes to limiting the (bad) fats in your diet.

Some **helpful tips for a healthy diet** the article suggests include:

1. Cut your saturated fat intake.
2. Keep the healthy fats in.
3. Beware of foods marketed as 'low-fat'.

And some **tips for weight loss**:

1. Keep your intake of fat below about 40 grams a day.
2. Remember, fats aren't everything.

For more detailed information on these tips and more, read their article:

<http://www.abc.net.au/health/features/stories/2006/08/31/1835452.htm>

Recipe

Cooking Time: 36 mins

Ingredients (Serves 4)

500g orange sweet potato, peeled
 Olive oil cooking spray
 4 green onions, sliced
 1 garlic clove, crushed
 2 x 180g cans tuna in springwater, drained, flaked
 1 egg, lightly beaten
 1 cup fresh wholemeal breadcrumbs
 2 tablespoons flat-leaf parsley leaves, chopped
 2 tablespoons plain flour
 3 teaspoons sesame seeds
 2 bunches broccolini, rinsed, trimmed
 Lemon wedges, to serve

Method

1. Cut sweet potato into 5cm pieces. Wash and place (wet) on a microwave-safe plate. Cover and microwave on HIGH (100%) for 3 minutes or until just tender. Drain well. Transfer to a large bowl. Using a fork, roughly mash. Allow to cool slightly.
2. Spray a small non-stick frying pan lightly with oil and place over medium heat. Add onions and garlic and cook, stirring, for 2 minutes or until soft. Add to sweet potato.
3. Add tuna, egg, breadcrumbs and parsley to sweet potato mixture. Stir until well combined. Divide

Sweet Potato and Tuna Patties



mixture into 12 equal portions and shape into 2cm thick patties.

4. Combine flour and sesame seeds on a plate and coat patties in flour mixture, shaking off excess. Heat a large, non-stick frying pan over medium heat until hot. Spray both sides of patties with oil. Cook, in batches, for 4 to 5 minutes each side or until golden and heated through.
5. Place broccolini in a microwave-safe plastic bag, twist top to seal and microwave on HIGH (100%) for 1 1/2 or until just tender. Drain. Serve patties with broccolini and lemon wedges.

Source:

<http://www.taste.com.au/recipes/586/sweet+potato+and+tuna+patties>

Visit their website for further information on heart smart meals, and for nutritional information about this and other recipes.

Events and Activities

Physical Activity in Perth

City of Perth Website

For recreation and sporting groups around Perth, and for information on how to join community activity groups visit the City of Perth website www.perth.wa.gov.au. The website also offers maps of walking and jogging routes around the city.

Be Active WA

This physical activity taskforce aims to increase exercise in Western Australians, particularly focusing on increasing walking as it's easy to do, convenient and requires no special equipment. For more information, and for a calendar of events in Perth visit www.beactive.wa.gov.au

Find Thirty Everyday

As well as a calendar of local events to keep active, this website also provides helpful tips on how to find thirty every day. Visit www.findthirtyeveryday.com.au

Support Group Meeting Dates for 2011

Mon 10th Jan 7pm
Mon 14th Feb 7pm
Mon 14th Mar 7pm
Mon 11th Apr 7pm
Mon 9th May 7pm
Mon 13th June 7pm
Mon 11th July 7pm

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