

Familial Hypercholesterolemia Support Group of WA

www.fhfamilysupportgroup.websyte.com.au

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Familial Hypercholesterolaemia Cascade Screening Program

The program has been conducting tele-health clinics with patients in the South West region of the state. This facilitates the health service arm of a research project based in that geographic area.

The research project is trialing four methods for identifying patients with FH and this generates new cases of patients at risk.

The FH patient support group has established a website at:
www.fhfamilysupportgroup.websyte.com.au

The website provides information on:

- The objectives, activities and services of the FH patient support group
- Inherited high cholesterol disorders

- The FH cascade screening program

Finally, Office of Population Health Genomics (OPHG) has initiated the development of a web-based registry for patients with FH.

The aims of the registry are to facilitate the cascade screening process and to provide an administrative and research resource to improve clinical management.

Source: Office of Population Health Genomics
April 2011 Newsletter

Additional Information Available:
www.genomics.health.wa.gov.au/fh/index.cfm

Personal Stories – Living with FH

For someone who has recently been found to have FH, the news can have a profound effect on the individual and their family.

To be able to read about someone who has experienced the difficulties of living with FH on a daily basis, may be just one way of helping the newly diagnosed individual.

It is also helpful for nurses, dieticians and GP's to learn more about genetics and to help

them understand the effect that FH can have on people's lives.

For all these reasons, H·E·A·R·T UK have asked several people who have FH or who have direct experience of the effects of FH, to tell us their own stories – use the link below to read their stories.

http://www.heartuk.org.uk/index.php?/healthy_living/true_stories/

Recipe

Serving size: Serves 1
Cuisine type: Modern Australian
Cooking time: Less than 60 minutes
Special options: Lactose free, Low Carb, Low cholesterol, Low fat, Low GI, Nut free
Course: Lunch, Main
Favourite flavours: Chicken

INGREDIENTS

1 x no. 5 spatchcock (poussin), or 2 or 3 chicken pieces (on the bone), of your choice
 2 teaspoons olive oil
 2 teaspoons honey
 1 tablespoon chopped fresh rosemary
 1 garlic clove, crushed
 zest and juice of half a lemon
 salt and pepper
 1 small parsnip, peeled and halved
 1 small carrot, cut into large pieces
 1 small brown onion, quartered
 2 teaspoons olive oil

METHOD

Preheat oven 220°C/200°C (fan-forced). Rinse chicken and cut in half lengthways; pat dry with paper towel.

Honey roast chicken - dinner for one



Mix remaining ingredients together and rub all over chicken.

Toss vegetables in oil and season with salt and pepper.

Place chicken in a roasting dish, skin side down, along with vegetables and cook 10 minutes. Turn chicken and vegetables over and spoon over any juices, roast for a further 10-15 minutes or until juice run clear and vegetables are cooked.

Serve roasted chicken with vegetables and steamed broccolini. Pour any extra juices over the chicken.

Source:

<http://aww.ninemsn.com.au/article.aspx?id=790557>

Events and Activities

Kings Park Guided Walk

Date: Depart Daily

Location: Fraser Avenue

Guided walks depart daily from Fraser Avenue, outside Aspects of Kings Park at 10.00 am, 12.00 pm and 2.00 pm. The 12.00 pm walk is conducted from 1 November to 30 June. The 10.00 am and 2.00 pm walks run throughout the year, except Christmas Day.

Guided walks are free to the public and bookings are not necessary for groups less than 10 people. Additional walks are available during the Kings Park Festival from 1 September to 1 October.

The Kings Park Guides also offer special guided walks for group bookings (greater than 10 people) who have particular needs, such as a convenient time or specially designed topic.

These are available at the low cost of \$4.00 per person. For further details of the time each walk is held please refer to the Guided Walks brochure from the Brochures section of this website

Visit: <http://www.bgpa.wa.gov.au/kings-park/walks/free-guided-walks>

Support Group Meeting Dates for 2011

Mon 13th June 7pm

Mon 11th July 7pm

Mon 8th Aug 7pm

Mon 12th Sep 7pm

Mon 10th Oct 7pm

Mon 14th Nov 7pm

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