

Autumn 2014

“

Don't be a heart attack victim. Be a heart attack survivor. Call 000.”

Leonie had a heart attack aged just 39.



support group

NEWS



Will you recognise your heart attack?

Learn the warning signs today and survive tomorrow.

Get your heart attack Action Plan today.

Go to heartattackfacts.org.au or call 1300 36 27 87

Presenting sponsor



HEART WEEK

4-10 MAY
2014

Learn the **warning signs** of a **heart attack** and reduce your risk of having one.



HEARTWEEK_FHS-013

Welcome

Thank you for all the feedback from the Summer 2014 newsletter.

Remember to email anything you would like to share to fhfamilysupportgroup@hotmail.com.au

FH Support Group meetings

- ~~9 June~~ cancelled
- 11 August
- 13 October
- 8 December

7 – 8 pm

Genetic Support Council
Oasis Lotteries House
37 Hampden Road
NEDLANDS

All welcome

Thank you!

Thank you to the Genetic Support Council for printing these newsletters and providing facilities for our meetings.

*FH
Support
Group*

Heart Week

Sunday 4 May - Saturday 10 May 2014

The Heart Foundation's *Heart Week* provides an opportunity to shine a spotlight on the problem of heart disease and to help improve the heart health of all Australians.

Each year, almost 10,000 Australians die of a heart attack. More than 1 million Australians aged 30-65 are at high risk of having a heart attack or stroke — but they may not even know they're at risk.

That's why during *Heart Week* this year, the Heart Foundation will be urging all Australians to:

- learn the warning signs of a heart attack and
- reduce your risk of having one.

Essential reading:

Read the Heart Foundation's **Heart Attack Facts** pages and arm yourself with the knowledge that could save your life or the life of someone you love. <http://www.heartattackfacts.org.au/>

Order the Action Plan Pack

<http://www.heartattackfacts.org.au/action-plan/order-the-action-plan-pack/> or call 1300 362 787.

Essential viewing:

IMPORTANT

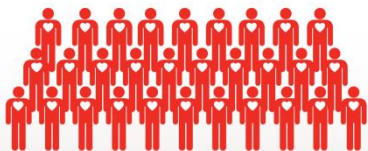
Warning Signs of a Heart Attack

It will help you to be prepared and know the warning signs of a heart attack and what to do. <http://www.heartattackfacts.org.au/warning-signs/warning-signs-dvd/>

Will you recognise your heart attack?



Almost **10,000** people die from a heart attack every year



Too many people die because they don't recognise the warning signs and get the help they need quickly.

Heart attacks are time critical – the sooner you get treated, the more chances you have to survive.

As soon as you notice the warning signs, you should call **Triple Zero (000)** for help.

Not every heart attack is the same

The warning signs of a heart attack vary from person to person, or can be different even if you've had one before. They may not always be sudden or severe, and some people won't experience chest pain at all.

Know the warning signs

You might feel pain or discomfort in one or more of your:



This may feel like pressure, heaviness or tightness. This discomfort may spread from your chest to other parts of your upper body. You may notice a choking feeling in your throat or be feeling generally unwell.

You might also feel:

- Short of breath
- Dizzy or light headed
- Nauseous
- Cold sweat

What to do

If you experience the warning signs of a heart attack for 10 minutes, if they are severe or get progressively worse, call **Triple Zero (000)** immediately and ask for an ambulance.

When you call Triple Zero (000), care begins immediately. Trained operators can give you advice over the phone until the ambulance arrives.

Don't feel that you can't call for help. If it turns out that it's not a heart attack, then that's the best possible outcome.

Refer to your action plan (on the back) so you know exactly what to do.

Be prepared

- Know the warning signs of a heart attack and what to do if you notice them.
- Keep the action plan on the back of this sheet handy.
- Ensure you have ambulance cover.
- Tell your family and friends about the warning signs of a heart attack and what to do.
- Talk to your doctor and know your risk factors to reduce your chance of having a heart attack.

CON-156

For more information, visit HeartAttackFacts.org.au

Presenting Sponsor



If calling Triple Zero (000) does not work on your mobile phone, try 112.

Cut out and place on your fridge



Will you recognise your heart attack?



Do you feel any

pain

pressure

heaviness

tightness

In one or more of your

chest

neck

jaw

arm/s

back

shoulder/s

You may also feel

nauseous

a cold sweat

dizzy

short of breath

Yes

1 STOP and rest now

2 TALK tell someone how you feel

If you take angina medicine

- Take a dose of your medicine.
- Wait 5 minutes. Still have symptoms? Take another dose of your medicine.
- Wait 5 minutes. Symptoms won't go away?

Are your symptoms severe or getting worse?

or

Have your symptoms lasted 10 minutes?

Yes

3 CALL 000* Triple Zero

- Ask for an ambulance.
- Don't hang up.
- Wait for the operator's instructions.

*If calling Triple Zero (000) does not work on your mobile phone, try 112.

You CAN'T change your genes (or your age or your gender) but... there ARE things you CAN change!

Checklist



Maintain a healthy weight



Eat a healthy diet, low in saturated fat, sugar and salt



Exercise



Don't smoke, avoid second hand smoke



De-stress, be happy



Don't drink or drink in moderation



Visit your doctor regularly



Take your medication as prescribed



then you are doing the best you can to reduce your risk of



heart attack and stroke



high blood pressure



diabetes



If you have problems with any of these, speak to your doctor.

Ingredients

Ingredients are listed in order of most to least by weight. If an ingredient makes up less than 5% of the food, it does not have to be listed.

Other words for **FAT**:

animal fat/oils
eg. beef fat
butter
chocolate or carob
cocoa/butter
coconut/oil
cocoa
cream
diglycerides
dripping
full cream milk/powder
ghee
hydrogenated oil
lard
margarine
mayonnaise
milk solids
monoglycerides
palm oil
shortening
sour cream
suet
tallow
triglycerides
vegetable oil/fats

NB. Oven fried and baked or toasted implies the inclusion of fat.

If one of the first 3 ingredients is listed here, look for a healthier alternative.

Check the ingredients.

Reading food labels

Learning how to read food labels is essential for making healthy food choices.



NUTRITION INFORMATION		
Servings per package: 2		
Serving Size: 215 g (1 serve)		
	QUANTITY PER SERVING	QUANTITY PER 100 g
Energy	900 kJ	420 kJ
Protein	8.2 g	3.8 g
Fat		
- total	3.4 g	1.6 g
- saturated	2.4 g	1.1 g
Carbohydrates		
- total	36.6 g	17.0 g
-sugars	21.7 g	10.1 g
Dietary Fibre	2.6 g	1.2 g
Cholesterol	Cholesterol content does not have to be listed unless a claim is made.	
Sodium	95 mg	45 mg

INGREDIENTS: Reduced fat milk, rice (33%), sugar, flavour, mineral salt (33%).

FYI - Sugars

One teaspoon of sugar equals 4 grams. This product has 21.7 g sugar per serve ie. more than 5 teaspoons! Low fat products often contain large amounts of added sugar.

Sugar can come from added sugar (sucrose or high-fructose corn syrup) as well as natural sugars from fruit (fructose) and milk (lactose).

Step 1

Step 2

Step 3



Step 1 - Serving Size

Compare the suggested serving size to what you actually eat.

Your serve may be more or less than the suggested size eg. if you eat the entire can (2 serves) you need to double the total fat and saturated fat amounts in step 2.

Step 2 - Quantity per serving

You look at this column to tell you how much fat you are actually eating.

If you eat 1 serve you will contribute **3.4 grams of fat towards your daily total fat intake** (recommended 47 to 82 grams per day*) and **2.4 grams towards your daily saturated fat intake** (recommended less than 16.5 grams per day*).

*average requirement - your requirement may be more or less.

Step 3 - Quantity per 100 g

You look at this column when you want to compare similar products - to choose the healthiest one.

Generally, choose the product with the **least saturated fat**.

Use the 'Food Label Information' wallet card as a guide when you shop.

NB. 1.6 grams of fat is listed in the 'Quantity per 100 g' column, this means the product is 1.6% fat and therefore is a low fat product.

Food Label Information



TOTAL FAT (RDI 47-82g)

Best: 5g/100g or less

Good: 5-10g/100g

SATURATED FAT (RDI <16.5g)

Best: 1.5g/100g or less

Good: 1.5-3g/100g

Exceptions - Total Fat:

milk, yoghurt

Best: 0.1g/100g (skim, no fat)

Good: 1.5g/100g or less (reduced fat)

ice-cream, deli meats, dressings etc.

3g/100g or less (97% fat free)

cottage & ricotta cheese

2.8g/100g or less (low fat/light)

other cheese

Best: 5.5g/100g (80% less fat-Livefree)

Good: 15g/100g or less (50% less fat)

margarine*: 55g/100g or less

nuts & oil*: High amounts accepted provided saturated fat is low.

*Choose olive, canola, peanut, sunflower, soy, nut or safflower oils and margarines.

EXTRAS/OCCASIONAL FOOD
Energy less than 600kJ (143cal)/serve
Choose extras with the least saturated fat, sugar and sodium per 100g.

Good: 120-400mg/100g
Best: 120mg/100g or less (low salt)

SODIUM (SALT)

Products that do not contain fibre such as dairy foods.

Exception:

Best: 7.5g/100g or more
or 3g/serve or more

(Not all labels include fibre)

FIBRE (RDI 25-30g)

the ingredient list.

product if fruit is listed before sugar in

25g/100g or less. Only choose the

Products containing dried fruit:

Exception:

Good: 5-10g/100g

Best: 5g/100g or less

SUGAR



Food Label Information

Cut out, fold, glue and keep in your wallet/purse to use as a guide when you shop.

fold

Focus on: Takeaway Coffee



The fat content comes from the type of milk used.

Average all brands, no sugar

Flat white-whole milk

940 kJ/400 ml

Total fat 12.8 g

Saturated fat 8.4 g

Flat white-reduced fat milk (HiLo)

652 kJ/400 ml

Total fat 4.8 g

Saturated fat 2.8 g

Flat white-soy milk

715 kJ/400 ml

Total fat 7.6 g

Saturated fat 1.1 g

Flat white-skim milk

520 kJ/400 ml

Total fat 0.4 g

Saturated fat 0.4 g



**Choose skim milk -
better for your
waist and heart!**

Kid's Corner – Sushi

Ingredients:

- sushi rolling mat (\$1.81*)
- sushi rice (\$4.87/750 g*)
- sushi seasoning (\$3.23*)
- nori seaweed sushi sheets (\$3.46/10 sheets*)
- your choice of fillings eg. chicken, tuna, avocado, cucumber, carrot, capsicum - cut into thin strips
- chopsticks (\$3.00/6 pairs*) - optional
- soy sauce (low salt) - optional



Method:

1. Cook the rice following instructions on the packet (may need an adult to help). 1 cup uncooked rice = about 2 cups cooked rice = 5/6 sushi rolls.
2. Sprinkle sushi seasoning over rice, mix, allow to cool.
3. Place nori seaweed, shiny side down onto the sushi rolling mat.
4. Spread rice evenly over the nori, leaving about 3cm at the far end free of rice.
5. Place your fillings in a line on the rice.
6. Hold filling in place while rolling the mat over to enclose rice and filling. Just before reaching the end of the sheet wet the exposed strip with a little water. Apply gentle pressure to join the edges of the nori seaweed.
7. The rolls can be eaten whole or sliced with a wet, sharp knife (may need an adult to help).
8. Serve with a small amount of low salt soy sauce.



Eat with chopsticks - just for the fun of it!

* Current Coles prices

HBF Run for a Reason

The *HBF Run for a Reason* is a walking/running event (4km or 12km) on **Sunday 25 May 2014**.

This community event brings together people of all ages and levels of fitness who thrive on the opportunity to walk/run for their reason. Whether that reason is achieving personal fitness goals or supporting one of the charities (The [Heart Foundation](#) is one of the feature charities), the event is guaranteed to be a day of fun with family and friends.

The 4km walk (yellow route on the map to the right) will start at 8.45am from the corner of William St and Hay St in the Perth CBD. Walk (or run) along this scenic course, which will take you on a journey along Riverside Drive before a grand finish in the middle of Gloucester Park. It will take about an hour to walk the course.



If you, and your family, would like to be part of a FH team for the 4km walk, please email Annette at fhfamilysupportgroup@hotmail.com.au before **10 May**.



For more information see <http://hbfrun.com.au/>

Please seek medical advice before entering if you have not previously exercised.

hbf run
FOR A REASON
Presented by *The West Australian*
Sunday 25 May 2014



I don't have time to exercise...

*(This article is written for people who don't currently exercise. If you do exercise, see page 11, **Physical Activity Guidelines** to see if you do the recommended amount).*

Although we all know that we need to exercise, many of us are so 'time poor', we don't have time for **planned** exercise (eg. going to a gym or being on a sports team) so we have to look for ways to increase our **incidental** exercise - the exercise we get doing daily activities.

Some suggestions are:

- get off the bus or train a stop earlier or park further away from shops or work and walk
- take the stairs not the lift
- walk or shop at lunchtime, instead of sitting at your desk
- walk (or cycle) short journeys rather than using the car
- instead of internal emailing, walk to speak to the person
- walk around while speaking on the phone
- leave the remote on top of the TV and get up every time you want to change channels
- do some '[couchercises](#)' while watching TV

Doing any exercise is better than doing none. The greatest health benefits are gained when you go from **no** exercise to **some** exercise, **any** increase in daily activity will pay off in the long term.

I know all this, but it all seems too hard.....

.....this method is so easy you **CAN'T NOT DO IT!**

Step 1 - Get a pedometer*.

A pedometer is a device, which attaches to your clothing (or on your phone) and measures the number of steps you take in a day. It gives you instant feedback on how active you've been.

The Heart Foundation recommends adults take 10,000 steps a day to improve their health and reduce the risk of disease. This is a realistic goal that is achievable by people of all ages and fitness levels.

*Download a pedometer app or purchase a pedometer from the Heart Foundation (from \$6.50) or a sports store (from \$20).

Step 2 - Print the exercise log from page 12 or download more blank copies from <http://www.fhfamilysupportgroup.websyte.com.au/>



Step 3 - Start walking. Record your steps daily. At the end of week 1, calculate the *average number of steps* you walk each day (add up all the steps and divide the total by 7). You use this number to set your goals.

Step 4 - Set goals. Add 500 to 1,000 extra steps to your *average number of steps*, gradually building up to the recommended 10,000 steps. Look for opportunities to be more active.

NB. Ten minutes of walking is about 1,000 steps.

EXAMPLE

Week 1 *average number of steps*: 3,000 steps a day

Week 2 goal: 3,500 steps a day

Week 3 goal: 4,000 steps a day

Get other family members, friends, work colleagues, to join you in the 10,000 Step Challenge.

<i>Steps/day</i>	<i>Activity level</i>
<i>Under 5,000</i>	<i>sedentary</i>
<i>5,000-7,499</i>	<i>low active</i>
<i>7,500-9,999</i>	<i>somewhat active</i>
<i>10,000-12,499</i>	<i>active</i>
<i>12,500 or more</i>	<i>highly active</i>

Step 5 - Reward yourself regularly. Reward yourself along the way, perhaps every month when you achieve your goals - but not with food, with something that you enjoy, like a movie, magazine or flowers.

Physical Activity Guidelines* (adults 18 – 64)



- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity each week,
or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity each week,
or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least 2 days each week.

For **Physical Activity Guidelines** for children and older Australians, visit

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines>

*Future newsletters will cover this topic further.

EXERCISE *log*

More blank exercise logs can be downloaded from <http://www.fhfamilysupportgroup.websyte.com.au/>

	Date	Steps	
Goal for the week:			
Monday			WEEK 1
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Did I achieve my goal?		Total: Average:	
	Date	Steps	
Goal for the week:			
Monday			WEEK 2
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Did I achieve my goal?		Total: Average:	
	Date	Steps	
Goal for the week:			
Monday			WEEK 3
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Did I achieve my goal?		Total: Average:	
	Date	Steps	
Goal for the week:			
Monday			WEEK 4
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Did I achieve my goal?		Total: Average:	
When you reach your goal, reward yourself!			

Consult your doctor before starting any exercise program.

