



## **THE KOROTKOFF SOUND**

Newsletter of the Australian Nurses Cardiovascular and Hypertension Association  
Volume 16, Issue 1, March 2011



### **A NOTE FROM THE**

#### **EDITOR**

Hello and welcome to the first Korotkoff Sound for 2011. It seems like a lifetime since our conference in Melbourne. We have been overwhelmed with several natural catastrophes world-wide so other news seems almost irrelevant. Planning for the Perth conference is well and truly underway. I'm personally looking forward to all the details of new and exciting speakers.

Cheers,  
Cynthia.

#### **COMMITTEE MEMBERS**

(voted at December AGM)

President – Di Robson  
Vice President – Helen Tully  
Secretary – Di Cowley  
Treasurer – Margaret Ross-Styles  
Newsletter Editor – Cynthia Kogovsek  
Liaison – Di Cowley

#### **STATE REPRESENTATIVES**

ACT – Vacant  
NSW – Jennifer Beddoe  
VIC – Vacant

QLD – Cynthia Kogovsek  
SA – Vacant  
WA – Vacant



### **PRESIDENT'S**

#### **NOTE**

Thank you to everyone for last year's conference. I really enjoyed the speakers and variety of information.

I would particularly like to thank our past Treasurer Mary Ryan (and her husband Martin) for all her hard work and support over the last several years. We wish her a relaxing hiatus with her family and look forward to catching up with her in Sydney 2012.

Kind regards,  
Di.

#### **MEMBERSHIP**

ANCHA membership is January to December and fees are payable to the Treasurer (Margaret Ross-Styles). Margaret can be contacted via email at

[mstyles@nscchahs.health.nsw.com.au](mailto:mstyles@nscchahs.health.nsw.com.au) or by phone during business hours on (02) 9926 7210.

One year membership - \$45.00

Two year membership - \$80.00

Payment is by cheque or money order and made payable to 'ANCHA'.

## CONFERENCE NEWS

Our 2010 conference “**Alternative Therapies and Nutrition in Hypertension**” was very successful and enjoyed by all participants. It was great to welcome a new member from Sydney.

Held in conjunction with HBPRCA's Annual Scientific Meeting (ASM), the Crown Conference Centre was an excellent venue. A big thankyou to HBPRCA for their assistance.

This year's conference will be held in Perth **Friday 9<sup>th</sup> December** at the **Perth Convention and Exhibition Centre**. Our 2011 ANCHA conference theme is “**Hypertension – West Side Story**”. Once again we will share venue and facilities with HBPRCA.

The next executive teleconference to finalise conference details and program has been scheduled for **Tuesday 7<sup>th</sup> June**. Agenda and minutes will be forwarded closer to the date.

## SMART READ



Is “BAI” the new “BMI”? This article published online 3/3/11 is interesting.

A Better Index of Body Adiposity  
R Bergman et al. *Obesity* 2011;10:1038.

Urinary sodium excretion, dietary sources of sodium intake and knowledge and practices around

salt use in a group of health Australian women K Charlton, H Yeatman, F Houweling, S Guenon *Australian and New Zealand Journal of Public Health* 2010;34:4 pp356-363.

Difficult-to-control hypertension due to bilateral aldosterone-producing adrenocortical microadenomas associated with a cortisol-producing adrenal macroadenoma  
R Morimoto et al. *Journal of Human Hypertension* 2011;25:114-121.

How common is true resistant hypertension? J Bunker, W Callister, C-L Chang, P S Sever *Journal of Human Hypertension* 2011;25:137-140.

Central blood pressure estimation for the masses moves a step closer  
I B Wilkinson, C M McEniery, J R Cockcroft *Journal of Human Hypertension* 2010;24:495-497.

Reducing consumption of sugar-sweetened beverages is associated with reduced blood pressure L Chen et al. *Circulation* 2010;121:2398-2406.

The prevalence of metabolic syndrome and its components in two main types of primary aldosteronism Z Somloova et al. *Journal of Human Hypertension* 2010;24:625-630.

## WHAT'S NEW?

Minor amendments have been made and incorporated into the Heart Foundations “Guide to management of hypertension 2008” and quick reference guide. You can access these changes via their website, or see these quick links:

Full guideline

[http://www.heartfoundation.org.au/SiteCollectionDocuments/A\\_Hypert](http://www.heartfoundation.org.au/SiteCollectionDocuments/A_Hypert)

[\\_Guidelines2008\\_2010Update\\_FINAL.pdf](#)

Quick reference guide

[http://www.heartfoundation.org.au/SiteCollectionDocuments/A\\_Hypert\\_Guidelines2008\\_QRG\\_2010Update\\_FINAL.pdf](http://www.heartfoundation.org.au/SiteCollectionDocuments/A_Hypert_Guidelines2008_QRG_2010Update_FINAL.pdf)

National Tobacco Campaign was launched 30/1/11 and includes national advertising across a broad range of media. You may have already seen or heard some of these. Currently 16.6% of adult Australians are smokers and the aim is to decrease to 10% or less by 2018. If you are looking for more information, their website <http://www.quitnow.info.au> and Quitline have free resources for both professionals and patients. The final report "Tobacco Social Marketing Campaign. Stage 2 – Qualitative Exploration" [http://www.quitnow.info.au/internet/quitnow/publishing.nsf/Content/C681EE85BDF48398CA257825000D081A/\\$File/Qualitative%20Exploration%20Final%20Report%2016%20June%202010.pdf](http://www.quitnow.info.au/internet/quitnow/publishing.nsf/Content/C681EE85BDF48398CA257825000D081A/$File/Qualitative%20Exploration%20Final%20Report%2016%20June%202010.pdf) is interesting. Although it is 76 pages long, summarised findings for each section are highlighted in blue boxes.

NPS also launched their "Be medicinewise" campaign at the end of January. (Dr Danielle Stowasser mentioned this campaign at the conference in Melbourne.) The campaign is designed to have our patients more informed about the medications they are taking and prompts them to ask more questions. Their website <http://www.nps.org.au> has more information on this campaign and lots of other resources. One of the consumer resources related to this campaign which may be particularly handy for your patients, is a wallet sized "medicines list". It

can be completed and/or printed for use by your patients.

COAG (Council of Australian Governments) commissioned an independent and comprehensive review of food labelling law and policy (October 2009). This review is completed and was reported in January 2011. Government response to recommendations is expected by December 2011. See [www.foodlabellingreview.gov.au](http://www.foodlabellingreview.gov.au)

Kraft Foods have reduced their sodium content in Vegemite. "My First Vegemite" has less sodium than the original – 1720mg per 100g, formerly 3450mg per 100g. A 50% reduction is significant however, this product should still remain an "occasional choice" food.

## EXCITING NEWS / UNIT UPDATES

Di R. will be heading to Brazil in October for her son's wedding. She is enjoying her time with the bride-to-be, shopping for a bridal gown and considering "frocks" for the mother-of-the-groom. (Some people have suggested the carnivale/samba look ie. G-string and feathers.)

Di C. is hoping to finish her nurse practitioner course in June. She will be very busy until then.

Please email me at [hypertension.gph@ramsayhealth.com.au](mailto:hypertension.gph@ramsayhealth.com.au) if you have any great news to share.

**CONTACT US**  
[www.ancha.org.au](http://www.ancha.org.au)