

Australian Nurses' Cardiovascular and Hypertension Association Inc.



THE KOROTKOFF SOUND

Newsletter of The Australian Nurses' Cardiovascular and Hypertension
Association
Volume 10, Issue 3, October 2005

Well, here we are again. It's springtime and the blossoms are out and the noise of lawn mowers is upon us again. I hope all have survived the winter and are now preparing, I fear for a very hot summer. I am also sure that rain is on every ones mind as well, as we are in need of a great deal more before the hot weather commences.

There have been a few changes to the program for the ANCHA conference. Due to cost and travel restriction, some members could not attend the HBPRCA Workshop on the afternoon of Wednesday, 7th December 2005. It was therefore decided to move the ANCHA conference to the Thursday, 8th December 2005 from the Friday, 9th December 2005 so members could attend the Workshop. The ANCHA Conference is to be held at Rydges, North Melbourne. The cost of the room is to be \$300 and the HBPRCA Workshop is at a cost of \$44.00.

ANCHA Registration:

Members \$110.00 Non Members \$150.00 No Early Bird.

The program for the Conference is now being compiled by Helen Tully, who will liaise with Diane Cowley. Rydges will provide registration tea/coffee, morning tea, and afternoon tea. Lunch "Do-it-Yourself Luncheon.

Registration and booking of accommodation for the conference can be made through the MeetingsFirst Website.

Other news regarding the conference is that I have asked Prof Judith Whitworth, Director, John Curtin School of Medical Research, Australian National University, Canberra to be a guest speaker. She has kindly accepted to present a paper at the ANCHA conference. I am now awaiting subject details. Not only is Prof Whitworth Director of the John Curtin School of Medical Research, she is also a member of the World Health Organization, International Society of Hypertension Writing Group.

The following article, is a subject that lately I have found my clients have been asking me frequently, is it OK to have eggs in their diet. This is the latest news on eggs from the Australian National Heart Foundation.

Eggs - Help Dispel the Myth:

Fresh Hen eggs are now to carry the Heart Foundation Tick. It is now found that eggs are highly nutritious food and also contain protein of good quality.

The role of the egg has been overshadowed by myths that focussed primarily on dietary cholesterol and fat levels. We need to be reminded of the nutritious role that foods like eggs, lean meat, poultry, plain unsalted nuts and avocados are in a healthy eating plan. [1]



Eggs facts at a glance:

- Eggs are a highly nutritious food containing good quality protein, 10 vitamins and minerals
- An egg contains approximately 5g of fat (the majority of which is the healthy unsaturated fat we need to include in healthy eating)
- An egg contains about 1.5g of saturated fat and no trans fats - the types of fats that raise blood cholesterol and increase the risk of heart disease.

Tick's new egg category is for all **hen eggs**.

Q. What is the recommendation from the Heart Foundation on cholesterol in foods?

- A. The healthy population can include cholesterol rich foods such as offal (eg liver, brains, kidney etc) and egg yolks a part of a healthy eating pattern.

Those at risk of cardiovascular disease, especially with high blood cholesterol, should discuss how much cholesterol rich foods they can eat with their doctor or Accredited Practising Dietitian.

Because they are nutrient dense and relatively affordable, Health Professionals also recommend cooked eggs for 'nutritional vulnerable groups' such as the elderly, vegetarians, pregnant women and children.

Q. Why do eggs have the Tick?

- A. Eggs are a highly nutritious food so having eggs in the Tick Program is consistent with nutrition policies and food recommendations from the Heart Foundation and the Australian Government.

Q. Why put a Tick on eggs? Aren't all eggs the same?

- A. The aim of the Tick is to help clarify the role of some foods in healthy eating. Using the Tick in this way advises the general population that eggs make a positive nutritional contribution to healthy eating.

Q. How many eggs can I eat?

- A. The heart Foundation does not restrict the consumption of eggs for the general population. For healthy people, the best guide is to include a wide variety of nutritious foods, including eggs.

People at risk of or living with heart disease may still be able to eat eggs but they should discuss their intake of egg yolks with their doctor or Accredited Practising Dietitian.

Q. Are organic eggs, free-range eggs, omega 3 eggs healthier than normal eggs?

- A. Tick's new egg category is for all Australian hen eggs. The Tick on eggs clarifies that hen eggs are highly nutritious and an important part of healthy eating. The type of egg you buy is a matter of personal choice.



Q. Does a Tick on eggs mean that it's OK for people with heart disease to eat high cholesterol foods?

- A. No. The Tick Program identifies healthier choices for the general population, not people at risk of or with any particular disease including heart disease. People at risk of or with heart disease may still be able to eat eggs but they need to discuss their intake with their doctor or dietitian.

Q. Are eggs high in fat and cholesterol?

- A. No. An egg contains approximately 5g of fat, which is mostly made up of the healthy unsaturated fat we need to include in a healthy eating pattern. An egg contains only about 1.5g of saturated fat and no trans fat – the types of fats that raise blood cholesterol and increase the risk of heart disease.

As egg yolks contain some dietary cholesterol, the Heart Foundation recommends people with heart health concerns seek advice from their doctor or an Accredited Practising Dietitian regarding their intake of egg yolks. This advice does not apply to the healthy population.

Q. How do I know if I am at risk of heart disease?

- A. Risk for cardiovascular disease (CVD) rises progressively with the number and intensity of risk factors. Your risk for CVD can be increased by various factors such as smoking, physical inactivity, poor nutrition, high blood pressure or blood cholesterol, being overweight, having diabetes, increased age, family history and being male. Your risk of CVD can also be increased by depression, social isolation and a lack of quality social support. You should discuss your overall risk for cardiovascular disease with your doctor. [2]





Trans Fatty Acids

Louise Smith

Research Dietitian for Centre Diabetes & Endocrine Research (CDER)
Princess Alexandra Hospital, Brisbane. October 2005

I'm sure you are familiar with the health risks associated with eating a diet high in saturated fat. What you may not know is that there is a type of unsaturated fat called trans fatty acids (trans fats) that can also lead to adverse cholesterol levels.

Low levels of trans fatty acids occur naturally in the fat of dairy products and meat. They are formed within the gut of cows, sheep and goats. Trans fatty acids are also formed during the manufacturing process called hydrogenation, which turns vegetable oils into edible table margarines and shortening for baking.

Trans fatty acids are found naturally in dairy products and in beef, veal, lamb and mutton. They are also found in manufactured foods, which use hydrogenated or partially hydrogenated vegetable oils such as pies, pastries, cakes, biscuits, and margarines.

There is good evidence that trans fatty acids increase the bloods concentration of LDL 'bad' cholesterol and decreases HDL 'good' cholesterol. The National Heart Foundation recommends that saturated fats and trans fatty acids together contribute no more than 8% of total energy intake.

The reality is that we consume far more saturated fat than trans fatty acids. It is the saturated fat intake that poses a much greater risk to our health. By consuming lean meats, low fat or reduced fat dairy products and reducing baked goods such as cakes, pastries, pies and biscuits we can successfully reduce both our saturated fat and trans fatty acid intake.

Thankfully Australians currently enjoy low levels of trans fatty acids in their margarines. Food industry has reduced their levels of trans fatty acids in margarines over the past several years and although the labelling of trans fatty acids is not mandatory in Australia, many manufactures in Australia have chosen to voluntarily label their products.

So when choosing margarines go for those that have lower trans fatty acids levels. Margarines and spreads with the Heart Foundation Tick are a good choice. As margarines with the Tick will have one per cent or less of their total fat as trans fatty acids. The added bonus of choosing products with the Heart Foundation Tick is that you will also be confident that the product is low in saturated fat and salt.

References:

The Heart Foundation <http://www.heartfoundation.com.au/index.cfm?page=717>

Food Standards Australia New Zealand

<http://www.foodstandards.gov.au/mediareleases/factsheets/fatsheets2005/transfattyacids12apr2869.cfm>

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PRESIDENTS REPORT

I hope the new date for the ANCHA conference has not caused problems for anyone. In discussion and with the change of the HBPRCA Clinical Workshop from the proposed Friday to Wednesday, it was decided the clinical workshop would be beneficial for ANCHA delegates to attend. Then holding ANCHA conference on the Thursday meant members could attend both sessions and only have a one night stay in Melbourne compared to the possibility of two. All speakers have been graceful in agreeing to the change of day, for which I say a big thank you.

As you know from the last newsletter I had ten weeks holiday and for two months of that, I went backpacking around the world. London, Scotland, Greece, Washington DC, Canada, Hawaii and finally New Zealand before arriving back in Oz. The people, countryside and wildlife were just brilliant. So many times I here people saying "One Day" – well I say to you don't put off the things you want to do. I was in Scotland when the first London bombs occurred and back in London a couple of days later. The resilience and strength of the Londoners and visitors was amazing. And Yes I am already planning the next trip.

Diane Cowley

Last minute details of the ANCHA conference:

Sponsorship letters were sent off the Servier, Pfizer, Merk Sharpe & Dohme, BMS, A&D Medical, Tekno and JA Davey (Omron) for the conference.

JA Davey (Omron) has promised \$250 Sponsorship for the conference. The other companies require more detail on ANCHA and conference for sponsorship.

Advertisements placed in the Lamp Magazine, QNU & QNC website for the ANCHA conference date will be contacted and new date given.

Treasures Report:

Mary Ryan has reported that all members are paid up to date. Balance to date is \$3654.12 cents. A New member is Christine Ossenburg , who is now working in the Hypertension Unit , Brisbane. There is a possible member from the Greenslopes Private Hospital, Brisbane.

BP Working Party:

Diane Cowley has now been accepted onto the committee for the NBPVDAC. The focus of the committee is a multidisciplinary approach. There is to be a planning day in December and Diane is to discuss working on a booklet for nurses.

Look forward to seeing you all at the ANCHA conference, Melbourne. Next Newsletter will be out after the Conference.

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**Diane Cowley is a Grandmother. A grandson
named Ewan Cowley. Born 19th October 2005 at 9.12am
Congratulations to the new parents and grandmother.**