



THE KOROTKOFF SOUND

Newsletter of the Australian Nurses Cardiovascular and Hypertension Association
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EDITOR'S NOTE

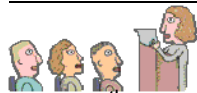
Welcome to this edition of the Korotkoff Sound. I would like to say it is the "Easter" edition, however, Easter has long gone now, and the chocolates we ate are but a distant memory (good reason to get some more), so, I'll call it our "Autumn" edition instead.

We are fast approaching the middle of the year. I've decided if I stay in one place long enough the things I need to do will come to me because the world is going past me so quickly whatever I've missed will come back around!

You will find this edition full of interesting information. But don't read it too quickly or you might miss some important details. Enjoy.

Regards
Christine

CONFERENCE NEWS



The 12th annual ANCHA conference will be held on Friday 5th December 2008 in conjunction with the HBPRCA conference (3rd-5th December). We will be joining the RD Wright lecture as in previous years (time to be

confirmed). Our venue will be the Melbourne Exhibition Centre.

Plans for this year's conference are shaping up well. The theme for the conference is being refined and speakers are currently being approached. Margaret is in the process of sending out letters to sponsors. Information on the registration process will be in subsequent newsletters.

CONFERENCE FEES

2008 ANCHA conference fees:

Early bird registration - \$130.00
Standard registration - \$150.00

IMPORTANT – Early bird registration will be accepted to 5:00pm (close of business) **Friday 14th November 2008**. Full fees will be applicable after this date.



PRESIDENT'S NOTE

Welcome everybody to our May edition of Korotkoff Sound and the advancing cooler months to follow.

Our 2008 ANCHA conference is in Melbourne this year and we are looking forward to continuing our

education with Hypertension and the co-morbidities that are attached. Our topic for the conference is still under construction but we will be looking at issues related to obesity, hypertension, diets and bariatric surgery. All input is welcomed.

Hope everybody has been involved in Heart Week, World Hypertension Day and Kidney week which is coming up the end of May. Never miss an opportunity to educate people in hypertension and lifestyle/risk factors & management.

Kim and I are off to Novartis Pharmaceuticals Company with Dr Karen Duggin on Monday 19th May to take over 100 Blood Pressures Measurements on employees and give our well learnt facts on hypertension and lifestyle changes that some employees may need. Will report in next newsletter what the outcomes we found.

Margaret and I have just been to a lecture on Bariatric surgery and the obesity epidemic that is now calling obesity a “disease” and not lack of will power.

Look forward 2008 ANCHA conference and the minefield of information that we will come away with.

Keep the pressure down everybody!

Helen

MEMBERSHIP

ANCHA membership is January to December and fees are payable to the Treasure (Mary Ryan). Mary

can be contacted via email at mandmryan@optusnet.com.au or by phone on 0425 264 614.

One year membership - \$45.00
Two year membership - \$80.00

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



EXCITING NEWS /

UNIT UPDATES

Please email me at

Christine.Ossenberg@health.qld.gov.au if you have any great news to share. Don't be timid – we'd love to hear what's going on.

SMART READ

Two articles this edition:

Which physiological mechanism is responsible to the increase in blood pressure during leg crossing? Van Groningen, L.F.J., Adiyaman, A., et al. Journal of Hypertension 2008, 26:433-437.

Home blood pressure in poorly controlled hypertension: relationship with ambulatory blood pressure and organ damage. Martinez, M.A., Sancho, T., Garcia, P., et al. Blood Pressure Monitoring 2006, 11:207-213.

CONTACT US

www.ancha.org.au OR
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