



THE KOROTKOFF SOUND

Newsletter of the Australian Nurses Cardiovascular and Hypertension Association
Volume 13, Issue 3, August 2008

A NOTE FROM THE EDITOR

Hello everybody. Time is certainly marching on (I actually think I'm doing the 'Quick-step' not a march) and we are heading towards the end of winter (Yay!) and dare I say it – Christmas!

Our conference is fast approaching and it is exciting seeing the plans come together and the thought of being able to catch up with everybody again.

I hope that none of you have suffered, or suffering, too badly from any winter coughs/colds/etc. We have had some particularly cold starts to our days recently as I'm sure you have, so, while we are all rugged up cosy (and curled up on our sofa's – we can only wish) please enjoy this edition of The Korotkoff Sound.

Kind regards
Christine



CONFERENCE

NEWS

The theme for the 12th annual ANCHA conference is "Reduce your Waist – Increase your Life". The ANCHA conference will be

held on Friday 5th December, 2008 at the Melbourne Exhibition and Conference Centre (HBPRCA 3rd-5th December at the same venue).

This year's RD Wright lecturer is Professor Carlos Ferrario. The RD Wright lecture will be held on Friday 5th December and we will attend this as in previous years. The time for the lecture, however, is yet to be confirmed.

Conference plans are well and truly underway. Margaret and Helen have been working hard in organising guest speakers, sponsors, etc for the conference.

CONFERENCE FEES

2008 ANCHA conference fees:

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



IMPORTANT –

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

REGISTRATION

The registration process for the conference will be the same as last year. Registrations are to be forwarded to the Treasurer (Mary Ryan) with an invoice for payment sent to the delegate. A receipt will be issued when payment is received.

PRESIDENT'S NOTE

Hello Everybody.

Our 12th ANCHA Conference is approaching rapidly and I am gradually getting "it" together. Our guest speaker will be Prof. Bruce Neal, Director of George Institute and also the Chair World Action on Salt and Health. Hopefully we will be able to secure - Prof Paul O'Brien, Bariatric surgeon from Melbourne to also be a speaker, will let you know when I hear.

At our executive teleconference on the 12th August we decided it was time to go to the HBPRCA 30th Anniversary dinner, which will be held on the Thursday night and the cost will be \$110, I have emailed Athina and she would like us to get back as soon as possible with definite numbers as places are limited. Hopefully Novartis will be able to help with the cost of the night.

I am still working on the afternoon workshop theme "Healthy Lifestyle Clinic", 'Make the Connection, Make a Difference'. Cynthia will be giving a presentation, anybody else who would like to present, share knowledge or experience on high blood pressure, diabetes, obese patients in the clinic setting please contact me.

Looking forward to seeing you all again in beautiful Melbourne and sharing our shopping experiences!

Warm Regards
Helen

MEMBERSHIP

ANCHA membership is January to December and fees are payable to the Treasurer (Mary Ryan). Mary can be contacted via email at mandmryan@optusnet.com.au or by phone on 0425 264 614 or (02) 9419 2447.

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

Now, I find it hard to believe that no-one has had any exciting news – professional or personal to share. It could be a seminar you have attended, trial you are involved in, or happy family moments. Please email me at Christine.Ossenberg@health.qld.gov.au if you have any great news to share.



SMART READ

Articles this month relate to the conference topic.

The effects on saturated fat purchases of providing internet

shoppers with purchase-specific dietary advice: a randomised trial. Huang, A., Barzi, F., ...Neal, B. PLoS Clinical Trials. 2006 Sep 22;1(5):e22.

Diabetes and hypertension in severe obesity and effects of gastric bypass-induced weight loss.

Sugerman, H.J., Wolfe, L.G., et al. Annals of Surgery 2003, Vol. 237, No. 6, pp751-758.

CONTACT US

www.ancha.org.au OR
www.meetingsfirst.com.au