



## **THE KOROTKOFF SOUND**

Newsletter of the Australian Nurses Cardiovascular and Hypertension Association  
Volume 14, Issue 2, July 2009



### **A NOTE FROM THE**

#### **EDITOR**

Well winter is certainly here, that time of the year when everyone has the cough, sneeze, sniffles or worse the flu. I can't complain as the family have not been hit yet this season. The days have been beautiful, up to 20°C here in BrisVegas. Overnight has been lovely "rug up" temperatures of around 1-7°C. I am feeling very sorry for our nurses down south who aren't quite reaching our lovely day temps. I am definitely not envious of their low evening minimums.

This time of year brings the cravings for rich, kilojoule laden comfort food. Yummy stews, creamy mash and gooey puddings mixed with that overwhelming urge to hibernate are definitely no good for our waistlines. I'm enjoying a lovely mint-flavoured hot chocolate as I write this (mmm yum, just like a peppermint Aero). Just have to remember the tips that we share with our patients daily – choose low-fat alternatives; eat plenty of seasonal fruits and veges; exercise is good not just to help my waist line, but also to help beat the winter "blues".

I hope you all enjoy a lovely hot chocolate whilst reading the second edition of The Korotkoff Sound for 2009 (made with water and skim-milk of course!).

Cheers,  
Cynthia.

PS. For a lovely Red Lentil & Pumpkin Soup to enjoy see the June edition of Salt Skip News – [www.saltmatters.org](http://www.saltmatters.org).

### **COMMITTEE MEMBERS**

(voted at December AGM)

President – Helen Tully  
Vice President – Kim Do  
Secretary – Di Cowley  
Treasurer – Mary Ryan  
Newsletter Editor – Cynthia Kogovsek  
Liaison –

### **STATE REPRESENTATIVES**

ACT –  
NSW –  
VIC –  
QLD – Di Robson  
SA –  
WA –



## PRESIDENT'S

### NOTE

Welcome everyone to the best part of the year, over half way and looking forward to Spring. Hopefully Swine Flu also behind us.

The 2009 ANCHA conference in Sydney is still under planning but we are making headway. Vibe Hotel is booked at Milsons Point and the distance to the HBPRCA meeting is 1.1KM – with the best view in the world on the way, Sydney Harbour! Our theme for ANCHA conference is **“Hypertension and related cardiovascular disease”**

Margaret and I are looking forward to attending a symposium in August. “Salt in the diet: the elephant in the room: why health professionals need a shake up” the program looks very diverse and interesting will be bringing information to all at our ANCHA conference.

[www.awash.org.au](http://www.awash.org.au)

Please send me names of people who you have approached or think would be good for us as speakers at our ANCHA conference. Keep the pressure down and see you all soon.  
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](mailto: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'.

### CONFERENCE NEWS

See the President's Note for details of theme and venue for 2009 ANCHA conference. Conference will be held on Wednesday 2<sup>nd</sup> December. Please be aware that there are several Vibe hotels in Sydney. If you are wishing to stay at the Vibe hotel, they have a website [www.vibehotels.com.au](http://www.vibehotels.com.au) or they are also listed on Di and Cynthia's favourite site [www.wotif.com.au](http://www.wotif.com.au) .

This years' conference will, as usual, be held in conjunction with HBPRCA's Annual Scientific Meeting (ASM) scheduled for Tuesday 1<sup>st</sup> December – Thursday 3<sup>rd</sup> December. Don't forget to look at HBPRCA's website for further details of the ASM – [www.hbprca.com.au](http://www.hbprca.com.au) .



### SMART READ

Heart Foundation Guide to management of hypertension 2008

I hope that everyone has had a chance to review the above document. The last guide was published in 2004. The 2008 guide addresses the latest evidence and recommendations from international guidelines and is endorsed by:

- \* the Royal Australian College of GP's
- \* National Prescribing Service Ltd
- \* the Internal Medicine Society of Australia and NZ
- \* Kidney Health Australia
- \* the National Stroke Foundation.

If you do not have a copy of this guide you can access it via the

Heart Foundation website  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au) and  
follow the tabs Professional  
Information>Clinical  
Practice>Hypertension.  
You can also call 1300 36 27 87 or  
email  
[heartline@heartfoundation.org.au](mailto:heartline@heartfoundation.org.au)  
to order your copy.

#### Lifestyle management of hypertension

Australian Prescriber  
2008;31,6:150-3.

This article presents the current  
Australian guidelines on lifestyle  
modification for patients with  
hypertension. It includes  
recommendations and further  
information for health  
professionals.

You can access this document via  
the same web page as the Heart  
Foundation publication.

For those of us who prefer a white  
wine over a red, the news is good –  
white could also be as  
cardioprotective as red wine.

#### Does White Wine Qualify for French Paradox? Comparison of the Cardioprotective Effects of Red and White Wines and Their Constituents: Pterostilbene, Tyrosol, and hydroxytyrosol.

Jocelyn I. Dudley, Istvan Lekli,  
Subhendu Mukherjee, Manika Das,  
Alberto A. A. Bertelli and Dipak K.  
Das.

*Journal of Agric. Food Chem.*,  
2008, 56 (20), pp 9362-9373

## **EXCITING NEWS / UNIT**

### **UPDATES**

Did you all catch the good news  
about white wine being as good as

red? Di Robson and Cynthia are  
very happy about this.

Your newsletter editor became  
Aunty again just after release of the  
February newsletter. A few weeks  
before due date and missing  
birthing classes did not affect the  
delivery. The birth was way too  
easy and nearly persuaded me that  
perhaps another family member  
might not be too bad – and then  
reality kicked in!. The “not so little”  
Dean is now 5 months old and  
getting bigger every day! The other  
little one (in London), lovely little  
Lyla is now nearly 7 months and  
has recently cut two bottom teeth!

Drug trials have been completed at  
the Princess Alexandra Hospital,  
Brisbane and everyone there can  
now slow down a little, enough at  
least to catch their breath.

Welcome to Sarah Higgins, new  
Hypertension Nurse covering  
Chris's position who is currently  
enjoying her secondment to the  
Staff Development Unit.

Di Robson is recovering  
remarkably well following her  
bunion surgery. I must say not a  
great patient! Poor thing has to  
wear a special boot day and night  
for 6 weeks. We will be ready to  
shop for new shoes in December.  
Look out Sydney!

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

## **CONTACT US**

[www.ancha.org.au](http://www.ancha.org.au) OR  
[www.meetingsfirst.com.au](http://www.meetingsfirst.com.au)