

*Familial Hypercholesterolemia Family Support Group of WA*

*www.fhfamilysupportgroup.websyte.com.au*

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## Heart UK — Raising Awareness



As indicated by the theme of this year's National Cholesterol Week, our aim is to raise awareness of cholesterol, its impact and encourage people to take any necessary action. In most cases, this can be done by making small bite size changes to their diet and lifestyle.

Some things that put you at increased risk can't be changed; like the risk you inherit from your parents, your age and any symptoms you already have.

But some things can be changed such as your diet and lifestyle.

Ask yourself:

- Are you a healthy weight for your height?
- Do you smoke?
- Could you improve your diet?
- How often are you physically active?
- Are you under too much stress?

Don't expect to change your lifestyle overnight. For most of us that's just not possible. Try to identify 2 or 3 things you can do now and which you can maintain. Think how they can become a regular part of your lifestyle.

For further ideas visit:

[http://www.heartuk.org.uk/index.php?/healthy\\_living/](http://www.heartuk.org.uk/index.php?/healthy_living/)

## A personal story

I first discovered that my family had familial hypercholesterolaemia (FH) in 1989 when at the age of 33 I became ill and it was confirmed that I had suffered a heart attack. Following my recovery all my 5 children had blood tests which confirmed that Gavin, Samantha, Clare and Tracey all had FH, but Nia did not. Subsequently my brothers and sisters were all tested; Pauline and Brian both have FH, Rosalyn and Walter do not.

In December 1990 my mother died of a heart attack at the age of 55 and in October 1997 my son Gavin died aged 23 - his post mortem showed that he had suffered at least six previous heart attacks which had not been diagnosed despite extensive tests carried out by various doctors. Both deaths were very tragic for me and my family and I still feel that they could have been prevented.

As far as changing my life - I am much more protective of my children. I try to stress to them the importance of taking their medication and also if they are ill and need to see a doctor I usually try and go with them just to ensure that the GP they see is aware of our family history.

Personally, I work seven days a week, 14-16 hours a day, so as far as my lifestyle goes nothing has really changed apart from my outlook on life. I am far more outspoken. I have good days and bad; luckily the good outnumber the bad.

I am very lucky and have had very good care from the doctors and nurses both at our hospital and from my GP.

Full transcript available: Genetics Education: Telling Stories. Understanding Real Life Genetics  
<http://www.tellingstories.nhs.uk/transcript.asp?id=40>

# Recipe



## Broccolini omelette

\* Heart Foundation's favourite recipes

**Serving size: Serves 2**

**Cooking time: Less than 30 minutes**

**Course: Main**

### INGREDIENTS

1/2 bunch broccolini\* or 1 cup small broccoli florets

3 eggs\*, separated

1/2 tsp chilli flakes

30g low fat cheddar cheese\*, grated

Olive oil spray\*

### METHOD

1. Steam broccolini or broccoli until crisp tender. Set aside and keep warm.

2. In a clean bowl beat the egg whites until they form soft peaks. Whisk the egg yolks with the chilli flakes and fold the yolk through the egg whites

3. Spray a non-stick fry pan with olive oil spray and heat over medium heat.

4. Pour the mixture into the pan and cook for a few minutes or until the omelette is brown and firm

5. Arrange the steamed broccolini over one side of the omelette and scatter with the grated cheese

6. Gently lift up the other side of the omelette and flip over the broccolini

7. Place the pan under a hot grill until the omelette is cooked and the cheese is bubbling

8. Remove from the heat, divide into two and gently lift onto two serving plates Served with a crisp green salad

Source: <http://www.ninems.com.au/food/8293560/broccolini-omelette>

## Events and Activities

### Self Guided Walks

#### Convicts and Colonials Trail

This self-guided trail will take up to two hours. You can join in or depart from the trail anywhere along the way.

The trail intercepts with the city's free CAT bus service accessing the foreshore, East Perth, Northbridge and West Perth (excluding public holidays).

#### Introduction

Although the Swan River Colony was established as a free settlement in 1829, convict transportation was introduced in 1850 to answer the demand for a plentiful supply of cheap labour for the small population. Nearly 10,000 male convicts were transported until 1868.

The introduction of these reluctant immigrants caused much debate and controversy amongst the residents, who feared that their free colony would be forever tainted by the convict class. Whilst convict transport lasted only 18 years, the legacy of the short penal period is embedded in the streets of Perth and the folklore of the State.

This trail is also available for download as an **i-Walk audio tour**. Produced in partnership with RTRFM, i-Walk City of Perth Trails are the first free audio tours available for download that focuses on Perth city.

This can be downloaded to any MP3 compatible player at:

<http://www.cityofperth.wa.gov.au/web/Visiting/Activities/Audio-Trails/>

**For further information:** download 'Convicts and Colonials Trail' brochure (includes map) at:

<http://www.cityofperth.wa.gov.au/documentdb/1373.pdf>

#### Support Group Meeting Dates for 2011

- 10<sup>th</sup> October 2011 at 7.00pm
- 12<sup>th</sup> December 2011 at 7.00pm

Location: Oasis Lotteries House 37 Hampden Rd NEDLANDS

\* Please check website for events and meeting updates