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YOUTH

News

HAEMOPHILIA FOUNDATION AUSTRALIA

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Welcome ~ Robert McCabe

After a successful 2008 training weekend in South Australia, with some very great guest speakers, the 15TH Australian & New Zealand Haemophilia Conference being held in Brisbane in October is looking to be a fantastic event. The conference will include youth related issues as Paul Bonner from South Australia has joined the conference planning committee. More information follows in this newsletter.

It is important to participate in this process, and the Youth Committee welcomes anyone with any suggestions for the 2009 conference to get in contact with the HFA Youth Committee or their local Foundations.

For 2009 year, we encourage everyone to get more involved with their state Foundations. Each state is looking to increase activities for the younger generation, but in order to ensure these activities are successful they need input from you. Activities can range from day activities to weekend camps, and as far as your imagination can go.

I would like to welcome the Youth Committee and those in the haemophilia community for the start of a new year! Let's hope it can be as successful as it was in 2008.

Chris ~ Volunteer Fire Fighter

I am Chris Poulton and I have haemophilia. I am also a volunteer fire fighter for the Berwick Urban Fire Brigade in Victoria.

On Friday 6 February we were sitting around the fire station receiving updates for the weather the next day – we were being told to hydrate and get to bed early for a big day ahead. Little did we know!

The first call for the day was at 10:30 am to a grass fire started by a grinder. Not long after that I was pulling in to the driveway at the station when my pager started beeping - I read the message telling us to go to a grass and scrub fire at the same address.

While we were driving with lights and sirens going we received a further update from the incident controller telling us to go down another street to park land behind some houses. As I got off the truck I could see the flames were higher than the houses! It took 2 hours to put the fire out. We then were asked to "make up the truck" (that is, to stow away the hoses) and move down the road about a kilometre. On our way, a person ran out and waved us down saying "my house is on fire". We stopped, and got the hoses out.

We moved up ahead to another house. The house was located on a hill, the smoke was thick and we couldn't see a thing. We stopped there with 2000 litres of water - everything was burning around us. We found a little 'roo trying to get away from the fire - we caught it and the owner of the house took it to safety. We spent all afternoon fighting fires. In the early evening I was relieved by other crew members as I left to attend my 21st birthday party!

The next day I went down to the fire station, and we ended up out at the fires again, putting out hot spots that come up from under the ground.

In my work as a volunteer fire fighter I have worked with strike teams all around Victoria now.

To the people who lost their lives on Black Saturday, RIP.



Healthy Takeaway Options

Effie Houvardas

The following article was originally published in *Healthy & heartWise*, Vol 37, the journal of Health Investor Publishing, and was reprinted in *National Haemophilia* No.163 September 2008 with permission. The author, Effie Houvardas, is a dietitian.

These days with our hectic lifestyles there will be some nights where the last thing you want to do when you get home is cook a meal. Research shows that 30 per cent of Australians are choosing to eat at least one takeaway meal each week, with 64 per cent eating fast food at least once a month. With the reality that most people's lifestyles are getting busier, making healthy takeaway choices for dinner is vital to avoid eating too much fat, particularly saturated fat, sugar and salt. So what's for dinner?

The National Heart Foundation cholesterol management guidelines recommend that people limit takeaway meals to no more than once per week – good advice considering the increasing rates of heart diseases, high blood pressure and type 2 diabetes in Australia. While takeaway meals can potentially be high in fat, sugar and salt, there is generally always a healthier option on the menu.

Making Healthy Choices

When choosing healthy takeaway options for dinner consider what the key ingredients are and how the meal is cooked. Keep an eye out for ingredients that are high in fat, sugar and salt and cooking methods that use a lot of fat. Most cuisines or fast food outlets will offer healthier choices if you know what you are looking for! Look for the alternatives when choosing takeaway dinner:

Asian

Limit dishes that are fried, battered or contain coconut cream/milk. Choose:

- Clear noodle/vegetable soups
- Salads
- Steamed entrees instead of fried
- Dishes that are steamed, braised, curried or barbecued
- Stir fries with lean meat/seafood/poultry/tofu and vegetables
- Steamed rice or noodles rather than fried

Indian

Limit curries based on cream/coconut milk/coconut cream. Avoid fried entrees and pappadums. Choose:

- Lean meat/chicken/fish in tomato based curry sauces or tandoor
- Tomato based lentil dishes or dahl
- Curried vegetables, steamed rice, plain naan or chapatti

Italian

Limit creamy pasta sauces, crumbed meat or chicken. Avoid garlic, cheese, olive breads. Choose:

- Minestrone/vegetable soup rather than creamy soups
- Grilled fish or other seafood
- Pasta with tomato or vegetable based sauces
- Lean meat or chicken dishes
- Salads with vinaigrette dressings

Hamburgers

Ask for extra salad. Skip the butter/margarine. Don't go for the works burger – skip the bacon, cheese and egg! Choose:

- Lean meat, chicken or fish patty
- Skip the hot chips and get a salad instead

Pizza

Ask for a thin and crispy base instead of a thick pan fried pizza base. Choose:

- Lower fat toppings like mushrooms, pineapple, capsicum, onion, eggplant, tomato and seafood
- Serve with a side salad

Chicken

Choose:

- Barbecued chicken rather than crumbed or fried chicken and remove the skin
- Salads, bread rolls, mashed potatoes, corn or peas instead of chips

Fish and Chips

Ask for fish to be grilled if possible or remove batter from fish before eating. Choose:

- Thick/straight cut chips or wedges instead of French fries or skip altogether and choose a salad instead

Quick and Easy Dinners from the Supermarket

Ordering in or picking up are not the only options when you are in need of a quick and easy dinner – the supermarket also has quick and easy options:

- Look for Heart Foundation approved frozen meals or Healthy Choice or Lean Cuisine. Keep some of these handy in the freezer for nights when you are short on time.
- Look for other frozen options such as fish fillets, lean meat pies or chicken fillets that can be served with steamed/microwaved frozen vegetables and/or low fat oven baked fries
- Choose fresh pasta and pasta sauces and serve with a pre-cut salad
- Keep tinned legumes, vegetables and salmon and tuna in the pantry. These can be tossed with pre-cut lettuce and other salad vegetables for a fast and healthy salad. Serve with crusty wholegrain bread.



The 15TH Australian and New Zealand Haemophilia Conference in Brisbane will be held in October. Registrations are now open!

Youth delegates must be aged 15 and over and will attend mainstream conference sessions on Friday and Saturday. There are sessions specifically geared to youth issues so there will be a lot of relevant info for you.

Conferences are a great opportunity to meet other people and re-unite with old friends. You can also learn more about bleeding disorders, the best way to use your treatment products and manage your prophylaxis, and also to deal with complications like inhibitors, and preventing joint problems. It's all about learning more about living with a bleeding disorder and suggestions for how to cope better and get on with your life.

Limited funding for young people will be available through HFA and possibly your Foundation - contact HFA for more information on 1800 807 173.

For more information on the conference visit: www.haemophilia.org.au/conferences

Abseiling the Kangaroo Point Cliffs

Abseiling has been organised for Thursday 8 October late afternoon, and is included in the registration fee for all youth delegates. If you wish to attend, please ensure your flight/transport into Brisbane arrives in plenty of time for this departure. Details of times will be in your confirmation letter. You must tick the box on the registration form to attend this activity. Unfortunately, if you don't tick the box you will be unable to attend.

Highlighted Sport – Tenpin Bowling

The information below is an extract from "Boys will be Boys" by Brendan Egan, Senior Physiotherapist at the Henry Ekert Haemophilia Treatment Centre at the Royal Children's Hospital, Melbourne (2005).

Participation

The Australian Bureau of Statistics consistently ranks the sport of tenpin bowling in the top ten participation sports in Australia. Participants bowl a ball down a laneway and try to knock over the ten pins at the other end. Good hand-eye co-ordination is required for this sport. Junior sport development programs are delivered to primary schools in some states in Australia. All bowling centres would provide opportunities for coaching and competition - www.tenpin.org.au.



Common Injuries

- During tenpin bowling repeated strain is put on various areas of the body, in particular the arms, wrists and knees.
- Repeated swinging during the bowling action can also cause strain on the back.

Injury prevention

Warm-up

- Sport specific exercises should include practise of the bowling action in full, first without then with balls.

Protective equipment

Mandatory

- Footwear.

Optional

- Wrist supports.
- Gloves.
- Grip sacks.

Additional protective considerations

- Ensure bowling balls are of correct finger size and weight for the participant.
- Only wear bowling shoes inside the bowling centre. Avoid stepping in anything that will affect the pad on the sliding shoe. This may lead to falls or stumbles if you stick or slip at the foul line.
- Don't pick up the ball with one hand.

Tenpin Bowling Word Find ~ Lauren Albert

BALL	BUMPERS	A	S	S	R	E	P	M	U	B	R
FRIENDS	FUN	K	Z	K	L	G	S	O	T	X	D
GAME	LANE	R	Z	A	C	T	V	S	N	I	P
PINS	POINTS	T	N	Y	R	O	Q	K	E	S	P
SHOES	SOCKS	E	L	I	A	S	S	N	M	D	O
SPARE	STRIKE	W	K	Q	E	P	I	B	A	N	I
TENPIN		E	T	O	A	P	D	A	G	E	N
		D	H	R	N	E	N	L	O	I	T
		S	E	E	P	Z	U	L	L	R	S
		O	T	M	R	A	F	E	J	F	N

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