



THE QUEENSLAND
HYPERTENSION
ASSOCIATION (INC.)

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THE B.P. MONITOR

EDUCATION AND RESEARCH IN THE FIGHT AGAINST HIGH BLOOD PRESSURE

Incorporating **SALT SKIP NEWS**

APRIL 2023 NEWSLETTER – VOLUME 37, NUMBER 2

Imagine being homeless! In 2023, a lot of people can't get any housing, live in cars or worse! – *perhaps even on the streets*. While people “make do”, often they are feeling quite wretched. So, next time you pass by a homeless person...think about *them* and *their situation*...maybe stop and ask them if they are *truly* OK? Recently, this happened to me, I sold my home (quickly), I had nowhere to move to – I'd had had a house fall through (failing the building and pest inspection), with no forwarding address *and* an elderly pet to consider – *I was going to be homeless!* (So, *it can and does happen to the best of us*). Try not be judgemental – each case can be different. Luckily, a lifeline was thrown to me – but I had to relocate interstate. Imagine what all that did for the blood pressure! *Oh, and the rental and buyer's market just as hopeless as you read in the news.*

Road Noise Makes Your Blood Pressure Rise - Literally

If you live near a busy road you might feel like the constant sound of roaring engines, honking horns and wailing sirens makes your blood pressure rise. *Now a new study published in [Science Daily](#) confirms it can do exactly that.*

Previous studies have shown a connection between noisy road traffic and increased risk of hypertension. However, strong evidence was lacking, and it was unclear whether noise or air pollution played a bigger role. The new research shows that it is exposure to road traffic noise itself - that can elevate hypertension risk.

"We were a little surprised that the association between road traffic noise and hypertension was robust even after adjustment for air pollution," said Jing Huang, Assistant Professor in the Department of Occupational and Environmental Health Sciences in the School of Public Health

at Peking University in Beijing, China and Lead Author of the study.

Previous studies of the issue were cross-sectional, meaning they showed that traffic noise and hypertension were linked, but failed to show a causal relationship. For the new paper, researchers conducted a prospective study using UK Biobank data that looked at health outcomes over time.

Researchers analysed data from more than 240,000 people (aged 40 to 69 years) who started out without hypertension. They estimated road traffic noise based on residential address and the Common Noise Assessment Method, a European modelling tool.



Using follow-up data over a median 8.1 years, researchers looked at how many people developed hypertension. Not only did researchers find that people living near road traffic noise were more likely to develop hypertension, they also found that risk increased in tandem with the noise "dose."

These associations held true even when researchers adjusted for exposure to fine particles and nitrogen dioxide. However, people who had high exposure to both traffic noise and air pollution had the highest hypertension risk, showing that air pollution plays a role as well.

"Road traffic noise and traffic-related air pollution coexist around us," Huang said. "It is essential to explore the independent effects of road traffic noise, rather than the total environment."

The findings can support public health measures because they confirm that exposure to road traffic noise is harmful to our blood pressure, she said. Policymaking may alleviate the adverse impacts of road traffic noise as a societal effort, such as setting stricter noise guideline and enforcement, improving road conditions and urban design, and investing advanced technology on quieter vehicles.

"To date, this is the first large-sized prospective study directly addressing the effect of road traffic noise on the incidence of newly-diagnosed hypertension," said Jiandong Zhang, Cardiovascular Disease Fellow in the Division of Cardiology at the University of North Carolina at Chapel Hill, and Author of the editorial comment. "The data demonstrated in this article provides a higher quality of evidence to justify the potential to modify road traffic noise and air pollution from both individual and societal levels in improving cardiovascular health."

As a follow-up, Huang said field studies are underway to better understand the pathophysiological mechanisms through which road noise affects hypertension.

The study was supervised by Kazem Rahimi, Lead of the Deep Medicine Program at the Nuffield Department of Women's and Reproductive Health at the University of Oxford, and Samuel Cai, Lecturer in Environmental Epidemiology at the Centre for Environmental Health and Sustainability at the University of Leicester. **Source:** [American College of Cardiology](#).

Journal Reference:

1. Jing Huang, Teng Yang, John Gulliver, Anna L. Hansell, Mohammad Mamouei, Yutong Samuel Cai, Kazem Rahimi. **Road Traffic Noise and Incidence of Primary Hypertension**. *JACC: Advances*, 2023; 100262
DOI: [10.1016/j.jacadv.2023.100262](https://doi.org/10.1016/j.jacadv.2023.100262)

Hypertension In Early Adulthood Could Lead On To Dementia In Later Life

With all the media hype about footballers, concussion and later-life players being affected by dementia - it is rather frightening to find this US article on high blood pressure and how it may lead onto harming your brain over time resulting in dementia. New research in the US finds:

A new study from [UC Davis Medical Centre](#), Boston, US finds that having high blood pressure in your 30's is associated with worse brain health around aged 75, with more men experiencing more harm than women.



Comparing brain MRIs of older adults who either had high blood pressure between the ages of 30 and 40 or did not, researcher found lower brain volumes and worse white matter integrity, both associated with dementia, in the high blood pressure group. Some changes were even more apparent amongst the men.



Early treatment for high blood pressure could help reduce the negative impact on the brain decades later. **Source:** [UC Davis Medical Centre, US](#)

www.hypertensionqueensland.com.au

#Hypertension = *the silent killer*

QHA News And Views:

Position ‘About To Be Vacated’:
Would you like to work (approximately 1 or 2 days a week) in a truly seamless job?

Your new duties could include producing QHA's bi-monthly newsletter, keeping our website and social media platforms up-to-date, along with all of the formalities that go with the role - all the while being safely tucked under the wing of the very supportive QHA Committee – *and knowing* you can help to make a real difference in the lives of patients who suffer from hypertension?

The QHA provides education and research in the fight against high blood pressure.

The satisfaction of producing a draft newsletter is out of this world plus being a driving force in external committees (to make a real difference in hypertension) while keeping ‘all of your ducks in a row’ and focussing on the job in hand - is very pleasing.

With the promise of guiding the next incumbent in all day-to-day matters - you too, could learn the ropes of the “about to be vacated” role.

It is a great job; I've done it for more than 20 years and enjoyed every single moment – and the QHA Committee and Members are just great! (Nobody noticed when I did a 12 - month stint in Sydney working, disappeared overseas one Christmas for 6 weeks or worked remotely from the Sunshine Coast for the last couple of years)!

Why would I want to leave such a fabulous opportunity you ask? ‘Cause I have moved a very long way away, have my hands full to the brim plus I am not privy to the “fountain of youth elixir” - *and it's time!*

If this sounds like you could help the QHA achieve its mission and purpose, please contact Fran on 0417766949 and we can work together on slotting you into this great opportunity.

Please consider the opportunity *seriously!*

Inflation Biting? Time To Grow Your Own Fruit and Vege

Growing your own food is supposed to be a hedge-against inflation, but rising prices are in evidence at your local hardware shop too! When I noticed the hardware had increased the price of seedlings - it was time to grow my own at home!



Firstly, pick up a few packs of seedlings from the hardware or your supermarket. Start with the basics of tomatoes, capsicum and basil. Go halves with a fiend to keep the costs down. (Your seedling supply should last a couple of years if you put them in zip lock plastic bags away from the sunlight.).

There is lots of books to read on raising fruit and vegetables – use the library – it's free.

Time to Sprout

Buy a small bag of seed -starting mix (do not use potting mix). Seedlings require a special blend of moist seedling mix - that has drainage but no nutrients. Seedlings should be bottom-watered (ask at your hardware shop if you can have a used seeding tray as they often give them away). If not, chose an old tray and punch holes in the bottom.



Place the seedlings at ¼" deep or 1 – 2 cm apart at 2' or 4cm intervals. Plant twice as many seeds as you think you might need (it's good to have some to give-away) and some might not make it to germination.

Put the seedlings in the sun: consider loosely covering with plastic – **they will need a lot of light and sun to sprout** (be wary of birds, cats and critters).

Finally, add ½ cup of water to the tray rather than pouring directly onto the seedlings.

NB: If you live in cold temperatures – put your seedlings in at night when its coldest (and consider using a heat lamp overnight).

Watch Them Grow

When you see condensation on your mini-greenhouse (the plastic or lid) that's a sign the green-house is working. Within 2 weeks you will see the shoots start to rise.

When 50% of your green-house has germinated take the plastic lid off and sit back and watch your plants grow.



Planting Out Seedlings

You can choose pot-plants or just put them into a well-prepared garden bed if they start to get crowded in space - (put seedlings into protected beds away from birds or things that might dig them up!).



Don't Forget Your Gardening Friends

Your gardening friends on social media will be an immense help in your seedling adventure. Finally, when you find yourself talking to your

plants – everybody does this (even if they don't admit to it)!

The Dawn ANZAC Day Service

The Dawn Service, observed on Anzac Day 25 April, had its origins in a military routine still followed by the Australian Army.

The half-light of dawn was one of the times favoured for launching an attack. Soldiers in defensive positions were woken in the dark before dawn, so by the time first light crept across the battlefield they were awake, alert, and manning their weapons; this is still known as the "stand-to". As dusk is equally favourable for battle, the stand-to was repeated at sunset.

After the First World War, returned soldiers sought the comradeship they had felt in those quiet, peaceful moments before dawn. A dawn vigil became the basis for commemoration in several places after the war. It is difficult to say when the first dawn services were held, as many were instigated by veterans, clergymen and civilians from all over the country.

A dawn requiem mass was held at Albany as early as 1918, and a wreath-laying and commemoration took place at dawn in Toowoomba the following year.

In 1927 a group of returned men returning at dawn from an Anzac Day function held the night before came upon an elderly woman laying flowers at the as yet unfinished Sydney Cenotaph. Joining her in this private remembrance, the men later resolved to institute a dawn service the following year. Some 150 people gathered at the Cenotaph in 1928 for a wreath-laying and two minutes' silence. This is generally regarded as the beginning of organised dawn services.



ANZAC Troops marching down Whitehall, London in 1916.

Over the years the ceremonies have developed into their modern forms and have seen an increased association with the dawn landings of 25 April 1915.

Source: <https://www.awm.gov.au>

Published in the public interest on the web at www.salt-matters.org

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Use the **editorial address** when writing about the newsletter—see the panel on page 4.

Salt In Sliced Bread Exceeds Salt in Potato Crisps Say Heath Campaigners

Three out of four loaves of sliced bread sold in UK supermarkets contains as much salt (in just one slice) as a bag of ready salted crisps – according to new research.

Skip The Salt

The UK findings prompted calls for a clampdown on the large amounts of salt found in one of Britain's staple foods, because eating too much of it raises the risk of a heart attack or stroke.

[Action on Salt](#), a food research and campaign group, said that five types of sliced bread are so salty that they contain at least 0.9g per serving of two slices, which is more of the substance than that found in two small bags of McDonald's French fries, each of which has 0.44g.

There is also as much salt in two slices of Hovis soft white extra thick bread – 1.2g – as a McDonald's hamburger.

Graham MacGregor, a Professor of Cardiovascular Medicine who chairs [Action on Salt](#) in the UK, demanded urgent government action to tackle the "disgrace" of excessive salt levels.

Research analysed the make-up of 242 sliced breads made by 28 different companies and sold in 10 of the country's largest supermarkets. In 75% of them, just



one slice of contained as much salt as the 340g found in a 25g bag of salted crisps (known as snack foods or chips in Australia).

UK Government guidelines advise that bread should contain at most 1.01g per 100g. However, [Action on Salt](#) found that the Hovis brand granary loaf had 1.28g per 100g and the same manufacturer's seeded bread had 1.24g per 100g, while Marks and Spencer's (M&S) Thick White Super Soft Loaf had an unusually high salt content among white breads studied – 1.03g per 100g.

M&S also produce a wholemeal loaf with a lot of salt – its M&S The Bakery Soft Golden Wholemeal Farmhouse Loaf contained 1.03g per 100g.

"Reducing salt is the most cost-effective measure to lower blood pressure and reduce the number of people dying and suffering from strokes and heart disease", said Professor MacGregor, a strong campaigner for healthier salt and sugar options from the UK food industry.

Salt In Sliced Bread Exceeds Salt In A Bag Of Potato Crisps Say Heath Campaigners ~ *Cont.*

“It’s therefore a disgrace that food companies continue to fill our food with so much unnecessary salt, as shown here in bread.”

[Action on Salt’s](#) findings suggest that bread generally still contains more salt than when they examined a wide range of products in 2011.

In a plea to government ministers to take decisive action to force food firms to make their products healthier, Professor MacGregor added: “For too long the food industry have been in charge of public health, at our expense. It’s time for the government to stop letting people die needlessly.”

The World Health Organisation (WHO) estimates that around 99% of adults worldwide consume more salt than the 5g per day maximum it recommends. Intake of excess salt leads to about 2 million deaths a year globally, it believes. People in England typically consume 8.4g a day.

In [a report earlier this month](#) the WHO warned that the world is unlikely to meet its target of a 30% country-wide cut in the amount of salt people consume by 2030.

Andrew Pyne, Chief Executive of the Federation of Bakers, said: “Overall the bread and bakery category has been very successful in reducing the amount of salt in bread. Over the past 10 years the industry has achieved up to a 30% reduction in salt, to a level of less than 1g of salt per 100g of bread.

“The latest industry data shows that bread contributes less than 10% of the dietary intake of salt in the UK.”

Salt plays an important role in helping to improve bread’s texture and flavour and ensure that it stays fresh for longer, Pyne added.

“All bread is a convenient, versatile and valued part of a healthy balanced diet and at a time when consumers’ budgets are particularly stretched, it’s more important than ever to be clear and accurate about foods like bread that have so much to offer.”

A spokesperson for the UK Department of Health and social care said the fact that salt can increase the risk of strokes and heart attacks “is why we’ve taken action by restricting the placement of foods high in salt, sugar, or fat in large retail settings.

“But more needs to be done, and we want industry to take responsibility and continue cutting the amount of salt in their products, so levels are as low as possible.”

Source: [Action on Salt](#)

Massive Efforts Needed To Reduce Salt Intake And Protect Lives

A first-of-its-kind World Health Organization (WHO) Global report on sodium intake reduction shows that the world is off-track to achieve its global target of reducing sodium intake by 30% by 2025.

The main source of sodium is table salt (sodium chloride), but it is also contained in other condiments such as sodium glutamate. The report shows that only 5% of WHO Member States are protected by mandatory and comprehensive sodium reduction policies and 73% of WHO Member States lack full range of implementation of such policies.

Implementing highly cost-effective sodium reduction policies could save an estimated 7 million lives globally by 2030. It is an important component of action to achieve the Sustainable Development Goal target of reducing deaths from noncommunicable diseases. But today, only nine countries (Brazil, Chile, Czech Republic, Lithuania, Malaysia, Mexico, Saudi Arabia, Spain and Uruguay) have a comprehensive package of recommended policies to reduce sodium intake.

“Unhealthy diets are a leading cause of death and disease globally, and excessive sodium intake is one of the main culprits,” said Dr Tedros Adhanom Ghebreyesus, WHO Director-General.

**Drop The Salt
Please!**

Massive Efforts Needed To Reduce Salt Intake And Protect Lives ~ *Cont.*

“This report shows that most countries are yet to adopt any mandatory sodium reduction policies, leaving their people at risk of heart attack, stroke, and other health problems. WHO calls on all countries to implement the ‘Best Buys’ for sodium reduction, and on manufacturers to implement the WHO benchmarks for sodium content in food.”

A comprehensive approach to sodium reduction includes adopting mandatory policies and WHO’s four “best buy” interventions related with sodium which greatly contribute to preventing noncommunicable diseases. These include:

1. Reformulating foods to contain less salt, and setting targets for the amount of sodium in foods and meals
2. Establishing public food procurement policies to limit salt or sodium rich foods in public institutions such as hospitals, schools, workplaces and nursing homes
3. Front-of-package labelling that helps consumers select products lower in sodium
4. Behaviour changes communication and mass media campaigns to reduce salt/sodium consumption

Countries are encouraged to establish sodium content targets for processed foods, in line with the WHO Global Sodium Benchmarks and enforce them through these policies.

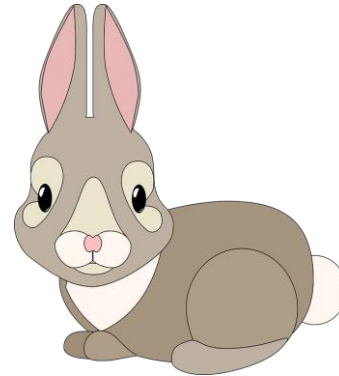
“The world needs action, and now, or many more people will experience disabling or deadly—but preventable—heart attacks and strokes” said The world needs action, and now, or many more people will experience disabling or deadly—but preventable—heart attacks and strokes,.” added Dr Tedros Adhanom Ghebreyesus.

Source
[:https://www.who.int/publications/i/item/9789240069985](https://www.who.int/publications/i/item/9789240069985)

**Salt With That?
No Thank You!**

Hoping Salt Skippers Had A Pleasant and Peaceful Easter

“Everyone needs a friend who is all ears”!



ANZAC DAY 25.04.23
This ANZAC Day (unfortunately) there will be less and less diggers and veterans to attend, so hope make a point of observing the National Day of Remembrance on the 25th of the month. Whether you joined a march, attended an ANZAC day service or just had a quiet reflection of those who served in the world wars, conflicts or as peacekeepers...Lest We Forget

**Finding the weather a bit cooler?
It is Autumn after all!**

SALT SKIP NEWS

No 240

April 2023

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Salt Skip News is distributed with The BP Monitor (QHA Newsletter)

The BP Monitor and Salt Skip News is published every 2 months, from February to December (6 issues a year). It is distributed by email and post to QHA Members, Salt Skippers, health professionals and colleagues.

Salt Skip News is printed by [Snap Printing, Felix Street, Brisbane.](#)



print design websites

Beef + Pumpkin Curry



Sometimes you just need a hearty curry! The recipe is egg, dairy, nut, sesame, gluten, wheat, soy, fish and shellfish free.

Ingredients:

- 2 garlic cloves, crushed
 - 2 tsp fresh ginger, grated
 - 1 tsp each of ground turmeric, coriander and cumin
 - 2 long red chillies, deseeded, chopped
 - 2 red onions, finely chopped
 - 500g lean beef blade steak
 - 2 tsp olive oil
 - 400g can crushed tomatoes, salt-reduced
 - 250ml salt-free, gluten free (homemade is best) beef stock
 - 200g peeled pumpkin, chopped
 - 1 large zucchini, chopped
 - 60ml (1/4 cup) reduced fat and salt coconut milk
 - 120g baby spinach
- Garnish with fresh coriander sprigs and serve with steamed rice.

Method:

1. Place the garlic, ginger, turmeric, coriander, cumin, chilli and half of the onion in a food processor. Process until a coarse paste forms.
2. Trim fat from the beef and cut into 3cm pieces.
3. Heat 1 tsp oil in a large saucepan over high heat.
4. Cook the beef in 2 batches, stirring for 2 – 3 minutes until browned. Transfer to a plate.
5. Heat the remaining oil in the pan over medium heat. Add remaining onion and cook, stirring, for 3 – 4 minutes or until softened. Add spice paste and cook for 2 minutes or until aromatic.
6. Return beef to the pan with tomato and stock, Cover and bring to the boil over medium heat. Reduce to low and simmer for 1.1/2 hours.
7. Add the pumpkin. Simmer uncovered for 15 minutes. Add zucchini and 2 tbsp coconut milk. Simmer for 5 minutes or until pumpkin is cooked. Season with pepper.
8. Stir through the spinach. Drizzle with remaining coconut milk and top with coriander. Serve with rice.
9. Source: [The Allergy Friendly Family Cookbook](#)

At Salt Skip News, we are always interested to hear from readers. Please send us your Salt Skip news, tips and salt-free or low sodium recipes... please email to Malcolm.Riley@csiro.au

BP Monitor with Salt Skip News is published every 2 months, from February to December (6 issues a year). This newsletter is not a substitute for health and medical advice. Readers should always seek the advice of a qualified health professional regarding their health or a medical condition.

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