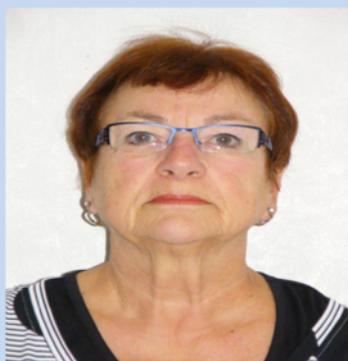




# Sleep Times

NEWSLETTER

## Message from your president



The 2011-2012 SAANZ year has been a time of consolidation and expansion. Systems are now ticking over well in the organisation and the committee has worked hard to bring new services to members. Four support meetings have been held in the regions with a further one planned for Wellington in February, and some follow up “get togethers” to be held in the now active regions. We are hopeful that other regions will also look to become active to support new members, as it is quite clear that many struggle when they first start using CPAP and can benefit from those who have sorted many of the problems that people experience.

The website has now become a more active part of our organisation with the revamp undertaken and further work planned. Phone calls are received each week via this link so it is proving an invaluable way for new users to find support.

There are still some 2012-13 subscriptions outstanding, so if you have received the membership renewal form with this newsletter, it is now time to pay our small annual subscription. The February newsletter will only be sent to financial members.

Finally, I wish you all a Merry Christmas and Happy New Year from all the Executive Committee.

Elaine Bryant

## **AGM & Executive Committee Elections**

The Annual General Meeting of SAANZ was held at Fisher & Paykel Healthcare Cafeteria on December 1<sup>st</sup> at 3p.m. It was pleasing to see some new faces amongst the regulars, and to welcome Jennifer Woodroffe to the Committee for the 2012-13 year. Jennifer boosts the number of Auckland members on the committee and is going to assist John Titchener with some of the secretarial duties. Other returning members for a further term and continuing their previous roles are Elaine Bryant, Mike Matson, Rod Bryant, Jill Hammonds, and Sherry Taylor. Jonathan Ellis and Matt Hitchings from F&P Healthcare continue their support for our committee and provision of a meeting venue, and Dr Alex Bartle continues as our honorary medical adviser. We thank all committee members for their continuing support and energy in the organisation.

## **Nutrition Corner**

We are very pleased to announce that we now have Janene Cooper, Consultant Dietician, volunteering to write this section of the newsletter. Janene has been busy testing and refining some of her favourite healthy Xmas recipes, so we have extended this section in this newsletter so that we can share them with you this year, along with some tips for getting through the festive season without adding too much excess to the waistline – an important factor for all Sleep Apnoea sufferers.



## **Christmas Eating Strategies**

The Christmas season can be challenging especially if you are trying to improve or manage your weight. The expectation is that you need to indulge in all that is offered and be equally generous when entertaining guests. However, with a little thought one can manage the festive season more successfully and enjoy a little of what you fancy!

### **Simple strategies to help you survive the festive season**

#### **1. Do not set yourself up to fail by skipping meals**

On Christmas and New Year's Day enjoy a small healthy breakfast and/or lunch during the day, before indulging in the special Christmas lunch or dinner that will be served.

Aim for having more of the healthy choices, eating these first, and partaking only smaller serves of the higher kilojoule foods.

Take a healthy nutritious dish to the festivities, offering to make a salad or vegetable based side dish. Move away from a buffet table when you have your meal to avoid temptation.

Break the day with a walk in the park or at the beach with friends during the day.

#### **2. Enjoy a small snack before going out**

You will be more in control of making a healthy choice when you are not ravenously hungry.

Long periods of time in between meals can lead to bingeing and overeating.

#### **3. Be mindful of not over catering with food**

A few Christmas treats that one associates with Christmas is fine but spending time doing activities with the children and or friends is more important than having too many Christmas treats tempting everyone to over consume.

#### **4. You can say 'No' – but you may need to practice**

It is possible to stay in control by graciously refusing food – we should not always feel obliged to eat food we really do not want. If you struggle with this take a small amount, and leave a little.

#### **5. Work at recognizing true physical hunger**

We all do some incidental eating – eating when we are not physically hungry, but we need to take control of non-hungry eating and acknowledge this behaviour to improve weight management. If you are not truly hungry the desire will go away if you distract yourself by doing something else not related to food.

Practice mindful eating – eat slowly, taste and chew the food, stopping when you are just feeling satisfied BUT could eat a little more, helping you to recognize your body's signal of 'enough'.

#### **6. Limit alcohol intake – try a low kilojoule non-alcoholic drink**

Alcohol provides a significant amount of kilojoules in addition to what we may eat and we all know how easy it is to lose track of how much we are drinking.

### **'Thought For Food' Summer Tip**

#### **Make vegetables or salads the star of your meals**

Aim for half a plate of non-starchy vegetables and or salads, e.g. asparagus, aubergine, broccoli, cabbage, carrots, cauliflower, celery, green beans, lettuce, mushrooms, peppers, pumpkin, silverbeet, spinach, tomatoes, zucchini etc. These help fill you up and are low in kilojoules or energy so assist with weight management.

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## Festive Summer Recipes Ideas

### Pineapple & Mint Salad

1/2 ripe pineapple – peeled, cored and diced  
1/2 red pepper, finely diced  
1/2 yellow pepper, finely diced  
1/2 red onion, finely diced  
1 small telegraph cucumber, peeled and diced  
Chopped mint  
Chopped Italian parsley  
1 tbsp lime juice (optional)  
Herb vinegar  
Salt and freshly ground black pepper



Combine all the ingredients in a non-reactive bowl.

This salad looks absolutely stunning served in a deep blue salad bowl. It can be prepared the day before and the herb vinegar added before serving. Served with ham it is delicious.

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### Asparagus and Strawberry Salad

32 spears of asparagus or whole fresh green beans, ends snapped  
1 punnet snow peas  
1 red pepper, diced  
1 punnet strawberries cut into wedges. Set aside 6 for the dressing  
2 spring onions, finely sliced  
6 radishes, sliced into wedges



#### Dressing:

2 teaspoons of brown sugar	1/4 cup spiced vinegar
1/3 cup olive oil	1/3 cup fresh basil or parsley
2 teaspoons fresh grated root ginger	Freshly ground pepper
Juice of 1 orange	6 berries from punnet

Blanch asparagus or green beans by cooking in boiling water for 1 – 2 minutes. Drain and refresh in ice cold water. Layer on a platter decoratively and scatter over chopped spring onions and diced red pepper and add the strawberry and radish wedges. Combine dressing ingredients and blend together. Pour over salad and toss lightly.



### Balsamic Berries



3 cups of mixed berries – strawberries, raspberries, blackberries  
artificial sweetener if needed depending on the berries  
1 tbsp. balsamic vinegar  
1/2 tsp ground cloves

Mix all the ingredients with the berries at least 2 hours before serving to allow the juices to flow and the flavours to develop. Chill and serve with a creamy yoghurt sauce if desired.

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## Raspberry and Lime Delight (Serves: 6)

1 1/2 cups frozen mixed berries, thawed  
180 mls cranberry juice  
Ice cubes  
Lime slices

Juice of 1 lime  
1 1/2 tbsp icing sugar  
Soda water



Combine thawed mixed berries, lime juice and icing sugar with cranberry juice. Blend together with a stick blender. Strain berry mixture through a fine sieve pressing firmly to remove seeds. Into each glass put ice cubes and pour over approximately 50mls of berry puree. Add soda water to each glass stirring to combine. Garnish with lime slices.



### Variations:

- Lite Cranberry Juice and Soda Water makes this more suitable as a festive drink for people with diabetes. Diet Tonic Water or Diet Ginger Beer could also be used instead of Soda Water if a sweeter drink is preferred.
- Add a splash of Bickfords Diet Lime Cordial for extra flavour.

Enjoy the festive season.

**Janene Cooper, Consultant Dietician, 'Thought For Food', Epsom, Auckland**

## Interesting Reading



I was enjoying some holiday recreation and came across an interesting book called "*The Carbon Dioxide Syndrome – Learn why changing your breathing can improve your health and well being*" by Jennifer and Russell Stark. There is insufficient space here to do it credit, but the basic principle is that many of us have learnt to breathe badly and that this often leads to a series of possible health issues, amongst these being sleep apnoea (a full chapter is devoted to it), diabetes and asthma. The modern, often sedentary

lifestyle sees many of us with too much food intake and too little exercise – something I'm sure we all know. The human body however was designed for a lifestyle that meant moving around for most of the day, eating a variety of foods when they were available, and going hungry every now and then. Because we are no longer living a style suited to our bodies, this creates stress – a very different stress from that of being faced with attack where the fight or flight response kicks in, and yet that is the way our bodies often react to this stressor. Being stuck in rush hour traffic or being late for an appointment invokes the same kind of reaction but we neither have to fight nor flee. The adrenaline release facilitates fast movement and quick reaction, blood is diverted away from the skin and thickens to lessen potential bleeding, bodily functions such as digestion that are not needed to save us shut down. The part of the brain that controls this response is primitive, involuntary and reflexive. Watching a scary movie can invoke the same response – faster breathing, dry mouth, extra energy and faster heartbeat. Over time we tend to regularly breathe as though under stress and this can lead to poor health. The book suggests that learning to breathe correctly through a series of exercises developed by the Buteyko Institute is helpful – however this should not be seen as an alternative therapy for OSA or as a reason to stop CPAP treatment, so please do not read this as anything other than an interesting viewpoint that may lead you to a generally healthier lifestyle. If you want to read more you can check the book out in your local library or indulge in some internet research. But keep using that CPAP.

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