



The North West Adelaide Health Study Continues



The staff in the North West Adelaide Health Study would like to wish you a happy and safe Christmas. We are now at the exciting stage of analysing all the information collected from the study so far.

The staff working on this stage of the analysis of the North West Adelaide Health Study are highly qualified, practising epidemiologists. The job of an epidemiologist is to look at patterns of disease in large communities. All staff members have different lead roles and specific areas of interest in the analysis

of the NWAHS but are acting as a team in the analysis.

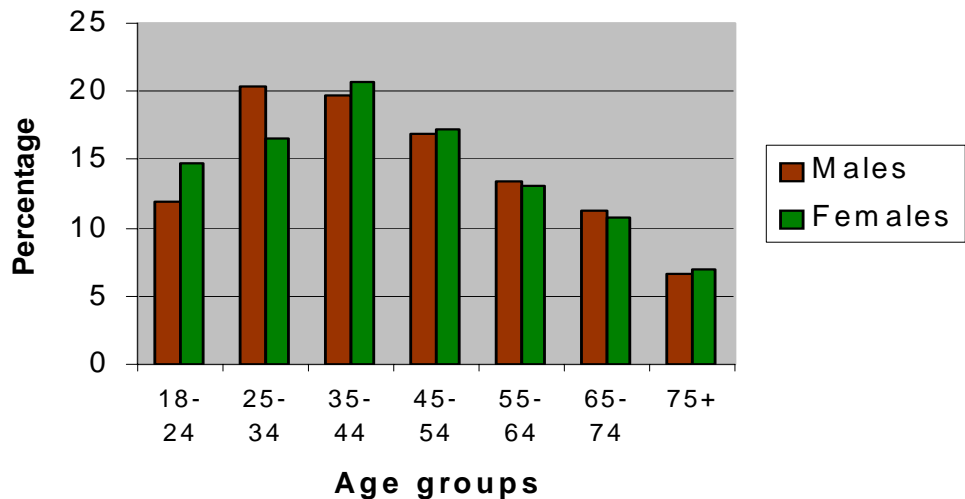
The main aims of the NWAHS are to:

- Determine the number of people that are affected by health problems in the North Western region of Adelaide.
- Determine the major factors that contribute to these diseases and how they are related to factors such as age and gender.
- To provide some knowledge of burden of disease for health planning.

NORTH WEST ADELAIDE HEALTH STUDY

NEWSLETTER

Participants in the North West Adelaide Health Study



The graph indicates that the majority of participants in the NWAHS were aged between 25 and 44 years.

Chief Investigator - Dr Patrick Phillips



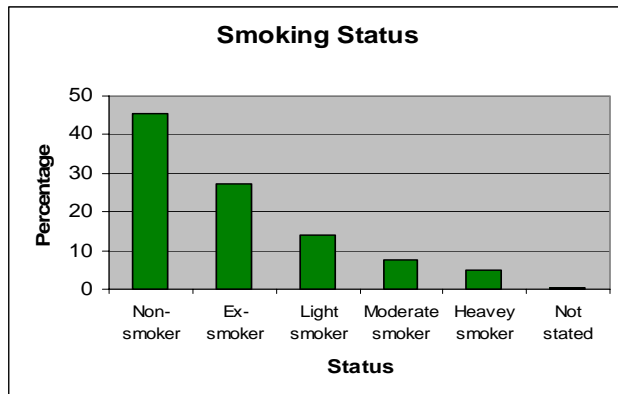
Dr Patrick Phillips

One of the Chief Investigators of the North West Adelaide Health Study is Pat Phillips. He is the Director of the Endocrine and Diabetes Service at The Queen Elizabeth Hospital. Dr Phillips is a national leader in the area of diabetes and has represented Australian research in many international diabetes forums. He has published extensively on diabetes and its related problems. Dr Phillips is also responsible for many diabetes initiatives in South Australia resulting in community programs such as Diabetes Outreach Services (part of the Diabetes Centre at The Queen Elizabeth Hospital). He is also the Editor of Diabetes Conquest,



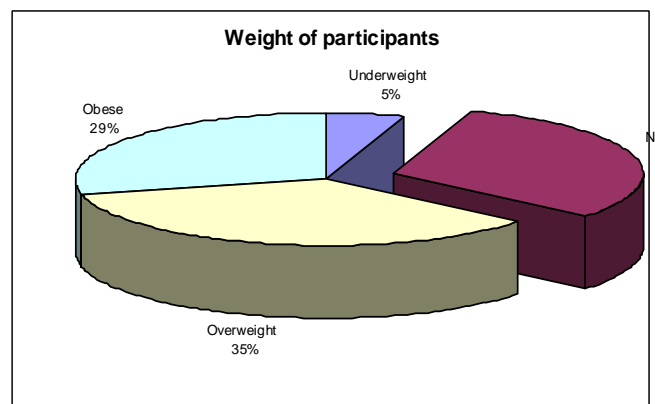
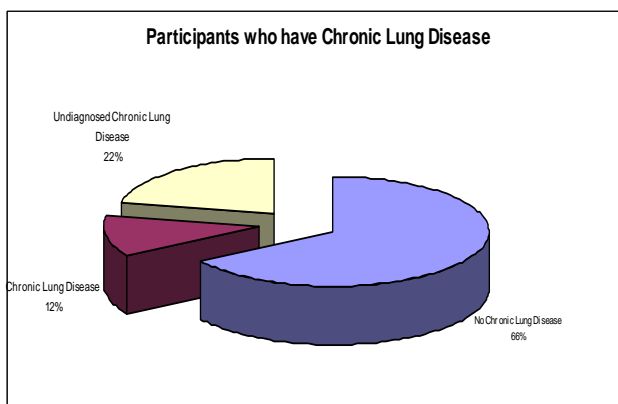


Findings from the NWAHS



These graphs show that most participants in the NWAHS are either non-smokers or ex smokers. However, 22% of participants had undiagnosed chronic lung disease (mainly caused by smoking) and 12% had chronic lung disease. This can cause shortness of breath during daily activities and physical exercise.

It was also found that a majority (64%) of the participants studied were either obese or overweight. This can increase the risk of heart disease, stroke, and diabetes.



Depression - the facts

Since it is estimated that one in every six Australians suffers from depression at some point in their lives and the rate of diagnosed cases is increasing, the NWAHS staff thought it important that we inform participants about the illness. Major depression has been characterised as a persistently depressed mood for at least 14 days that is associated with loss of pleasure in most activities, and results in loss of personal, social and work function.

Symptoms:

- Prolonged sadness or unexplained crying spells
- A loss of interest and pleasure in normal activities
- Considerable changes in appetite or sleep patterns
- Irritability, anger, worry, agitation, anxiety
- Pessimism, indifference
- Loss of energy, persistent lethargy
- Feelings of guilt or worthlessness
- Having trouble concentrating, indecisiveness
- Feeling restless, agitated, worthless or guilty

What you can do if you are feeling depressed

- Seek professional help
- Ask friends and family for help
- Exercise
- Sleep and eat as well as you can
- Take a break from work
- Phone lifeline on 13 11 14
- Walk into casualty or the emergency section of a major hospital



Remember that depression is an illness that lots of people have, if you would seek help for any other illness, why not seek help for depression?

We value your support on the NWAHS project and would like to keep you informed. If you change your address, phone number or circumstances, please contact Jacqueline Hickling on:

Phone: (08) 8226 6396
 Fax: (08) 8226 6291
 Email: Jacqueline.Hickling@dhs.sa.gov.au