

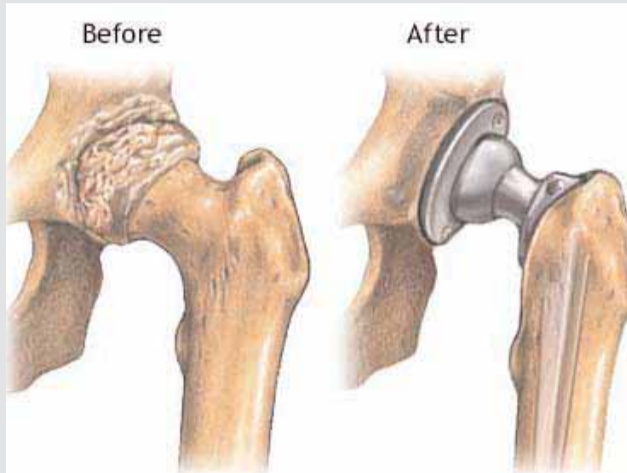
Reduced rates of primary joint replacement for osteoarthritis in Italian and Greek migrants to Australia: the Melbourne Collaborative Cohort Study

IntroductionRacial and ethnic disparities in rates of total joint replacement have been described, but little work has been done in well-established migrant groups. The aim of this study was to compare the rates of primary joint replacement for osteoarthritis for Italian and Greek migrants to Australia and Australian-born individuals.

Methods: 39,023 eligible participants aged 27-75 years, born in Italy, Greece, Australia and United Kingdom, were recruited for the Melbourne Collaborative Cohort Study between 1990 and 1994.

Primary hip and knee replacement for osteoarthritis between 2001 and 2005 was determined by data linkage to the Australian Orthopaedic Association National Joint Replacement Registry.

Results: Participants born in Italy and Greece had



a lower rate of primary joint replacement compared with those born in Australia [hazard ratio (HR) 0.32, 95% confidence interval (95%CI) 0.26-0.39, $P < 0.001$], independent of age, gender, body mass

index, education level, and physical functioning. This lower rate was observed for joint replacements performed in private hospitals (HR 0.17, 95%CI 0.13-0.23), but not for joint replacements performed in public hospitals (HR 0.96, 95%CI 0.72-1.29).

Conclusions: People born in Italy and Greece had a lower rate of primary joint replacement for osteoarthritis in this cohort study, compared to Australian-born people, which could not simply be explained by factors such as education level, physical functioning, and weight.

Although differential access to health care found in the population may explain the different rates of joint replacement, it may be that social factors and preferences regarding treatment or different rates of progression to end-stage osteoarthritis in this population are important to ethnic disparity.

Greek burgers oozing feta cheese offer a unique taste for grillers

Feta cheese and kalamata olives flavour ground turkey for this Greek burger which will be a hit for grillers this barbecue season.

- Feta-Stuffed Turkey Burger
- 550 g (1 1/4 lb) ground turkey
- 50 ml (1/4 cup) breadcrumbs
- 5 ml (1 tsp) dried oregano
- 125 ml (1/2 cup) kalamata olives, pitted and chopped
- 5 ml (1 tsp) lemon zest
- 15 ml (1 tbsp) lemon juice
- 1 egg
- Salt and pepper, to taste
- 250 g (8 oz) feta cheese

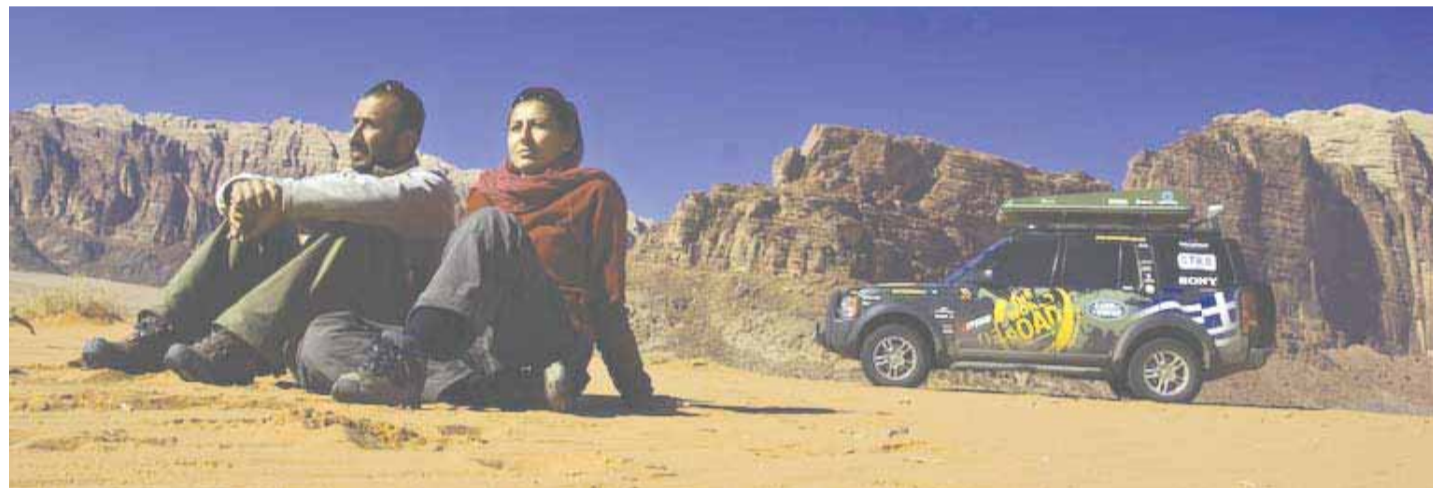
In a large bowl, combine turkey, breadcrumbs, oregano, olives, lemon zest, lemon juice, egg, salt and pepper. Mix well.

Shape turkey mixture into 4 equal balls. Insert thumb into centre of each meatball to create a pocket. Put 60 g (2 oz) of feta in the centre of each meatball and close meat around cheese. Shape into 4 burgers.

Grill burgers for 5 to 7 minutes each side over medium heat or until internal temperature reaches 77 C (170 F).

Serve with Greek pita, tzatziki sauce, tomatoes and cucumbers.

Makes 4 servings.



Akis Temperidi's letter to Ljupco Stankovski

ATTN.: editor Mr. Ljupco Stankovski

Dear Ljupco, my name is Akis Temperidis. I am a journalist from Macedonia, Greece, travelling around the world and reporting travel stories on Greek media. Among others, you can read our stories in English at www.theworldoffroad.com

After 700 days on the road, in 46 countries, we are currently in Australia, from where we depart this week to USA. During our stay in Sydney, we were in touch with the vast Greek community with whom we shared their concerns about their life here and their cold relationship with expatriates from FYROM.

I would like to express you my deep disappointment about the hard feelings between the two communities that don't express the real relationship between our countries. I take as an example an article at Australian Macedonian Weekly, published on Tuesday 19 May 2009 on page 27 and signed by "Gandeto" - arguably a nickname.

Reading this article I feel offended

as a Greek citizen and I would like to have your opinion as an editor about this - hoping to read it at first hand without considering that you share a priori the one of your author.

I would like to ask you some questions by the way:

How can you promote a writing style full of offensive features for your neighbour country? And how do you expect a fair treatment from the Greek side (government or even simple people like your fellow Greek expatriates) with opinions like this?

Do you really think - as a paper editor - that Greeks are zealots, deranged bastardly monsters that took the Macedonian language from your children? This is like igniting a real war in a region that is calmer than ever in history.

Do you really consider freaks of nature us Greeks?

Do you doubt the democracy, freedom of speech and civil rights in our country?

Do you doubt that the ancient Macedonia was speaking Greek language in a special idioma?

Do you doubt that 2,5 million

Greeks are Macedonians and feel Macedonians sharing the geography, the history and the culture of the place like anybody else if not more?

Do you doubt that the concerns of the Greek governments - not allowing your country to be named officially Macedonia - are justified by articles like the one published in your newspaper?

Do you really doubt I am Macedonian - as my parents and I were born in Thessaloniki?

Dear Ljupco, I am not writing to spark a writing war but just to have your true and calm opinion on what I say. If you want my personal opinion, I would be really OK if your country had a name including the term Macedonia but not exclusively this, as I consider it a confusing one, given that we are Macedonians as well.

Waiting for your sincere opinion I would like to thank you for the time given to my message.

Best Regards

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