

Take Heart

(Derby)

A social support group for heart patients, their families and carers.

www.takeheartderby.co.uk



Newsletter July, 2013.

There are more members responding to this Newsletter than previously, which is terrific. Please continue to take part.



Derby
Heart City

Love our city ♥ Love your heart

July tea party. Instead of our usual monthly meeting on Monday July 8th we had our annual tea-party, where 30 or so of us met in Joyce Cocking's lovely garden. Not only was the garden lovely but so was the weather - blue skies, small



white clouds and a refreshing, but warm, gentle breeze. The sun worshippers placed their chairs in the sunshine, others preferred the shade, but everyone enjoyed themselves. We talked and gossiped, exchanged symptoms and jokes. Marilyn ran a quiz, won by Barbara and David Rowe. Trisha ran a raffle with several lucky winners.

Then came tea - a wonderful spread of scones, savoury and sweet with jam and cream, eight or ten delicious variety of cakes, all made by Joyce and



tea or coffee to drink - what a feast. We forgot all our dietary rules and tucked in, some people were even seen creeping back for seconds! As usual the garden was a picture, flowers of every hue and variety and as usual not a weed to be seen. We must thank Joyce for opening her home and garden to us once again. We do appreciate all the hard work she puts into making us so welcome and making all those cakes can't be easy, especially during the hot weather we have been experiencing. A very happy afternoon. Thank you Joyce.

Next month's meeting. The speaker at our next monthly meeting will be Oliver Sartain-Berry, who is Community Safety Officer from Derbyshire Fire and Rescue Service, based at Nottingham Road Fire Station. Take Heart member, Margaret Storry, heard one of her colleagues give a similar talk, and found it really interesting and useful. Oliver will hopefully give us lots of tips to ensure our homes are safe and sound.

Coffee in a Cube! We did it!!! There were 45 attending our coffee morning (it might be a few more because several people kept moving around to confuse the count, you naughty people).

What a great morning where we met recent members Sally & Paul and were joined by Per celebrating his 70th birthday and also Paul & Brenda who were celebrating their wedding anniversary. So nice of you to join us on



your special day. It was such a lovely event that there was genuine laughter and merriment at every table. So much were you enjoying yourselves that you were there after Michael left at midday. Dare we hope for even more attending on 30 July?

The Digital Revolution! We have recently found it necessary to re-tune our televisions. This digital era is a marvellous thing, if you understand it. How did you get on? Did you manage to obtain BBC East Midlands? Not all of us did, including this writer. Despite following the on screen procedure, we ended up receiving BBC Birmingham and not East Midlands. We gave in after several attempts to rectify the situation and called in an expert, who retuned all the TV's and recorders – by disconnecting the aerial lead at some point to prevent certain channels registering on each machine. Technical or what? We are now fifty odd pounds poorer but can watch the channels of choice, who named it Freeview? Member Julia Backhouse sent this note in to us, she says “*You made my day admitting that you had problems with IT - I would never have guessed! Every time I use the computer I find it a challenge. I wonder how many of your readers found the 'digital retuning' of their TVs a challenge? We, my technophobe husband and I, have still not got East Midlands To-day on one of our TVs. I am sure Look North is very interesting when you live there... but not if you live in Allestree! I have been banned from doing anything about this until I have calmed down and de-stressed...which might take some time!!! WELL, when 1) digitaluk. can't give adequate info in the press (e.g. supplying the new channel numbers), when 2) Sony gives instructions that even with the zoom facility you can't read, never mind follow, when 3) the TV repairer man finds the channels and the channels disappear when he's gone...THIS IS VERY STRESSFUL. BUT the most aggravating thing of all, is that the powers that be think we are all silver surfers or have family members who can do the re-tuning for us (My family members have Sky). Oh well, it's a challenge I might meet tomorrow if I can convince my husband I really would enjoy sorting it... OR... I could wait until he really misses Anne and Dominic on East Midlands Today. OR ... I could just ring the TV repair man! Thanks again for your brilliant Newsletter.” I would like to ask Julia if she has resolved her difficulty but am afraid to telephone her just in case. Let me know how **you** got on?*

More digital nonsense. Take Heart Committee member Marilyn Thompson recently returned home to realise that her computer had been hacked into. A very odd message-purporting to be from her- had been sent to every name in her address book. It claimed that Marilyn and her family had been mugged abroad in Manila (Philippines) and needed £2,500 to get home. To all of those who phoned to express concern, she sends her sincere thanks, but there is no truth in any of it - so put your cheque book away! Meanwhile, it has caused a great deal of inconvenience for no apparent reason. It is a funny old world? But how many of you sent her £2,500? Marilyn candidly admitted that she was planning another holiday shortly. Now we know how she can afford it.

I blame it on the anaesthetic! How many times have you returned from hospital stays and a short time later had trouble remembering things? It seems many of us have done it and blamed it on the anaesthetic. Now, a doctor has conceded this might really be the case, in an article in the Daily Mail recently. Dr Martin Scurr, said “*I must confirm that elderly people do experience a decline in cognitive function after undergoing surgery. Two of the common disorders suffered are delirium and post-operative cognitive dysfunction. Delirium is an acute episode of confusion, which can leave patients disorientated. This affects 10 per cent of patients over the age of 65 - perhaps even more after heart operations or hip surgery. (We are still unclear why these operations seem to trigger problems.) Post-operative cognitive dysfunction is more complex. Cognition is not the same as intelligence; it is about perception, memory and problem solving. However, this impairment can be patchy - it's why people talk about 'senior moments'.*” He went on to say “*It's important to note we are at an early stage in our understanding, and our conclusions about general anaesthesia must be regarded with great caution. We are,*

however, convinced that age is an important risk factor. Other factors that may affect risk include duration of the anaesthetic, respiratory complications, and any associated infection.” A study of 9,000 patients in France, over the age of 65 years, suggested that those who underwent a general anaesthetic showed they were more likely to develop diseases such as Alzheimer's or dementia within a decade. It is thought that the patient could have been heading in that direction anyway and that more research needs to be carried out. So it is true after all, you now have an excuse for everything – you can blame it on the anaesthetic. In the meantime, consult your GP if your condition is giving concern to yourself or others.

Another TH(D) member in print. Majid Quadri has published a book "Indian Tapestry" which is now available via Amazon. It was published on 31 May 2013. You may order the paperback version online for £9.99 and, if you are in the mood for it, write a review which would be most appreciated by the author. Go to <http://www.amazon.co.uk/> and click on the box next to "search" at the head of the page. Input "Indian Tapestry by Syed Abdul Majid Quadri". Congratulations Majid, a lot of hard work but a worthwhile result.

Member news. Since the last Newsletter was published, we have learnt that several members have been ill - we wish you a speedy recovery. Ken Illsley, Ian Knowles, Majid Quadri, Kevin Noon and Paul Riley. We hope to see you again very soon.

New members. This month we welcome Gerry & Yvonne Gilbert, Bill & Jaqueline Whittaker, Michael & Barbara Cooper, Terrina & Keith Girling, Rex & Gwen Plummer and Catherine Thow to our group and wish them well and hope you enjoy as many of our events as possible.

Birthdays. Birthday wishes in July go to Neil Thompson, Kath Robinson, Kath Hemsley, Anthony Lloyd, Ian Gibson, Bob Betchley, John Gutteridge, Chris Wright, Enid Jeffery-Walker, Don Dovaston, Neville Hill, Margaret Storry, Terrina Girling, Jaqueline Whittaker, Pam Fearn, Eric Ward, Terry Rodgers, Yvonne Gilbert and Marilyn Thompson. Happy birthday to you all. We continue to receive thanks from those who have received birthday cards made by April Howe. Wedding anniversary celebrations go Michael & Pamela Brinkworth and David & April Howe. Congratulations to you all, have a great celebration.

Health tourists (of a different kind). This topic has been in the press recently and one of our members is putting different NHS Trusts to the test. Elaine Starbuck tells the story:- *“Rod is recovering well after his stroke, which happened on a weekend away in Yorkshire. He was whisked off to Leeds General Infirmary from his hotel, where he spent 4 days in the Stroke Unit and received the very best of treatment. Through one of the doctors, arrangements were made for Elaine to stay for the duration in a room at the hospital maintained by the local branch of Take Heart. We were most grateful for this and on making a donation to Take Heart, we received a beautiful letter of thanks from them. Rod had a previous stroke 8 months ago while in Cornwall for a family wedding and combined prompt action by the ambulance crew and the air ambulance service enabled admission to hospital 30 miles away in less than an hour. Once again we can testify to a timely, caring service with marvellous facilities which helped to limit the distressing effects of the stroke. Thank goodness for the good old NHS. These 2 episodes, coupled with Rod's treatment at Derby Royal have led to light-hearted comments being made about being a health tourist sampling the services around the country! We hear a lot of criticism of the NHS but in our experience, when the chips are down it produces the goods.”* Nice to hear the good side of a great institution for a change. Does anyone else have a story to tell?

Derby Hospitals Talks. Learn something new at Derby Hospitals, who regularly hold talks on various medical conditions. These popular events are called 'Medicine for members of RDH

talks' and are aimed at informing the public about hospital services in an informal setting. The next talk is: 24 September - Kidney disease. Everyone is welcome to go along and enjoy refreshments from 5.30pm - talks start at 6pm and are held in the Education Centre, Royal Derby Hospital. Pre-booking is required email to Derby Hospitals or call 01332 786896. Why not become a member of the Trust and keep up to date about what's happening at your hospital. Membership is free - use the contacts above to find out more.

Swimming. . Swimming works your whole body, improving cardiovascular conditioning, muscle strength, endurance, posture, and flexibility all at the same time. Your cardiovascular system in particular benefits because swimming improves your body's use of oxygen without overworking your heart. It is healthy, great exercise, could prolong your life, and **reduce aches and pains**. Those who turn up, say how good the exercise is and how they feel better for having made the effort. See you next week!



Should I or shouldn't I... (From Per Staehr). The phone rings and the lady of the house answers, "Hello." "Mrs. Sanders, please". "Speaking". "Mrs. Sanders, this is Doctor Jones at Merrywell Clinic. When your husband's doctor sent his biopsy to the lab last week, a biopsy from another Mr. Sanders arrived as well. We are now uncertain which one belongs to your husband. Frankly, either way, the results are not too good." "What do you mean?" Mrs. Sanders asks nervously. "Well, one of the specimens tested positive for Alzheimer's and the other one tested positive for HIV(AIDS). We can't tell which is which." "That's dreadful! Can you do the test again?" questioned Mrs. Sanders. "Normally we can, but the NHS will only pay for these expensive tests one time." "Well, what am I supposed to do now?" "The folks at the NHS recommend that you drop your husband off somewhere in the middle of town. If he finds his way home, don't sleep with him!"

June luncheon. After last month's disappointment, it was fantastic to see 23 members turn up for our lunch at Swarkestone Garden Centre. As is quite usual, we had to rearrange the tables so as to sit together comfortably (why is it that restaurants cram tables so close together it is difficult to get in and out)? With the re-organisation complete, then came the talking,



a typical TH(D) event you might say. We even welcomed two new members Gerry & Yvonne. Everyone enjoyed their meal and several indulged in a sweet (which looked extremely sweet). There was plenty of discussion about medical matters and prescription drugs. It seems that many are concerned about the continued use of statins and their side effects. On a lighter note, Brian Fearn was celebrating his 75th birthday and he received the benefit of a chorus of "Happy Birthday" from the ensemble. Terrific stuff. Needless to say, many toured the nursery to purchase plants and garden "stuff".

New heart attack guidance should improve care for patients. Last month, Dennis Pollard wrote to us about his relationship with statins. He subsequently wrote to the BHF who have forwarded the following notes. "Guidelines aimed at improving the care of

people who have survived a heart attack will be updated, according to the National Institute for Health and Care Excellence (NICE). The new draft guidance recognises the use of stents rather than drugs as a way to widen blocked arteries, and recommends timely cardiac rehabilitation. The mooted guidelines also no longer recommend eating oily fish for the prevention of further heart attacks. Dr Mike Knapton, Associate Medical Director at the British Heart Foundation, said: "It has been six years since the last heart attack guidelines were published and treatment of heart attacks has changed substantially. Stents are now the preferred treatment option and all patients should be offered cardiac rehabilitation afterwards. It's great news that NICE has recognised this and is updating the guidance in the light of new evidence. It's one thing to save a life, it's another thing giving patients a life worth saving. Only 44 per cent of eligible patients currently receive cardiac rehabilitation, despite the evidence demonstrating it can reduce premature death. Interestingly, oily fish is no longer on the menu for those who have had a heart attack, but the benefits of a Mediterranean diet are helpfully emphasized in the guidance. It remains to be seen how quickly the NHS can implement any new guidelines." Better see your GP about dietary advice.

What would Neil Sedaka think of these new lyrics by anaesthetists from Minnesota USA which were sent to Marilyn. It should be sung to the tune of "Waking up is hard to do." Life in an operating theatre may never appear to be the same again?

Patients going down
Doobie, do down, down
Patients going down
Doobie do, down down
Patients going down
Doobie do, down, down
Waking up is hard to do.

Don't take my tube away from me
I'm trying to breathe- oh can't you see?
Take these out, and I'll turn blue
Cos' Waking up is hard to do.

I beg of you, please give me one more try
I'm only 90: much too young to die
I put all my faith in you
Cos waking up is hard to do

They say that waking up is hard to do
Now I know, I know that it's true.
Don't say that this is the end
Instead of waking up I think my

Incision's opened up again.

I am in such misery
Feels like my eyes are taped and I can't see
If I wake I'm going to sue
Cos waking up is hard to do.

They say that waking up is hard to do
Now I know, I know that it's true
Don't say that this is the end
Instead of waking up I think
My incisions opened up again
Cos waking up is hard to do.

Patient's going down
Doobie doo, down down
Patients going down
Doobie doo, down down
Waking up is hard to do.

Coffee, anyone? Coffee has been in the headlines again recently. Millions of us drink this "pick me up" every morning to help us on our way. Recent research suggests that this is not so but it actually fights the caffeine withdrawal symptoms (fatigue, mental fogginess and a dull headache). Professor of Biology Psychology at Bristol University, Peter Rogers, has studied this effect for 20 years. "On balance, caffeine is not particularly helpful. It triggers withdrawal and increases your blood pressure, which is not a good thing... Many of my team have given up caffeine – we are all on decaf." His recent study involving 300 volunteers found that it did not increase alertness, concentration or reaction

times but “*it will keep you awake.*” A study by Harvard University in the USA, and published in the journal ‘Circulation’, suggested moderate coffee intake (four cups per day) reduced the risks of heart failure. They analysed 5 different studies involving 14,000 people to reach their conclusion. So who is right and who is wrong? What do you think?

Do you have an email address? Please notify Michael if you have an email address but currently receive your Newsletter by snail mail.

Jam Jar Challenge. How are you getting on with your jam jar? Is it filling up? It could make a difference when we empty them in November. Received this response “*Jam jar's still receiving coins. I am just curious...how will you want them presenting? Surely YOU are not going to sort them into bags!*” Who else is with me on this, please?



The Travel Trust Club. Annual Holiday takes place on October 11th til 14th and is returning to Folkestone at The Langhorne Gardens Hotel (highly recommended). There are a few trips planned to local beauty spots. Places are limited due to advanced bookings, so if you wish to go then contact Bob Betchley on 01332 751198 quickly.

There is money in walking. Derby Hospitals Charity has written a letter of thanks to David Rowe for raising £275 by way of sponsorship in the recent Cromford Circular Walk. David, in turn wishes to thank members of TH(D) for their very kind donations to his ‘healthy’ total. Photographs of the walk can be found at www.facebook.com and select the Derby Hospitals Charity page. Well done David (again).

Talking Walking. On the road to a longer life. Researchers from the National Institute of Health in Rome examined a group of elderly people for a period of TEN years. Survival was highest for those who walked in the open air for 15 minutes four times per week compared with those who walked less. After factoring in age and weight, walker’s risk of death was reduced by 47%. Walking boosts cardiovascular health and strengthens muscles, which can help prevent falls. So there you have it, it is healthier to walk, so see you all soon. Bring your family and friends to enjoy a great social occasion and join in fun which is good for all of us and get great exercise in beautiful Derbyshire countryside.

Hare (it is NOT a fast walk but a LONGER walk) & Tortoise combination walks.

We visit some of the most beautiful countryside on our walks and it seems a shame that tortoise walkers miss out on the hare walk pleasures. So, from now on we will contrive to include a tortoise walk within the hare walk. Such was the case at Dimmings Dale, near



Alton, where 3 tortoise and 4 hare walkers (and Bella) left the Ramblers Inn car park half an hour later than usual. Alton Towers was host to a music event as well as its normal amusement rides, seven mile traffic

queues made getting there frustrating. Off into the forest which gave us relief from the heat of the sun, we walked above Mill Pond to its head. There we split into two groups before returning down the opposite side of Mill Pond, where we happened across a pair of “black” swans. At the Inn we enjoyed a chat until the hare walkers joined us. Fabulous.

Tortoise walking. Tissington was the beautiful location of our tortoise walk at the end of June. The weather was bright and sunny in Derby but was much more a case of "Tissington" just as we set off from the village. Noel had the foresight to be properly prepared. With 11 members setting off, the walk became a 3 way split – 1 walker retiring with a hip problem, then 2 cutting off the last mile, with 8 going the whole hog. But we all met up in the café for refreshments



to catch up on our talking. Coffee and cakes were the reward for our efforts this morning but where were you? We mingled with a wedding party (can anyone tell me what the wedding car is?) and Lord Fitzherbert, who popped in for a plate of sandwiches. See what you missed. A wonderful way to spend a couple of hours. All this history and health – terrific stuff.

If you need help getting to the walks telephone David Rowe on 01332 767368.

Comment corner. We continue to send the Newsletter via email to those who are able to receive it. We are delighted to receive the following feedback from June's edition: *"Thank you for the latest Newsletter which I got today. It was very informative and funny/Have no fear --- reception of newsletter is spot on and much appreciated/received and read with interest/ Thank you so much for yet another interesting Newsletter which is a pleasure to read - a blend of serious subjects lightened with a touch of humour. -a real "newsy" read for us all, but what a marathon effort for you .On behalf of all members, a "heartfelt" thanks to you for your dedication and enthusiasm!(Steady on, have you seen the size of his head?)/ I hope you have good weather for your garden get together. The jokes are very funny as usual and it gives me something to make my friends laugh."* But do you agree? We would love to hear from you, especially those who are unable to attend our events! Thanks to all those who respond, it makes a difference.

Gardening. A report from Pat Fitton. Once again it is not really gardening weather but instead of being too cold and wet it is too hot and dry, we can't win can we? Watering, so much is needed at the moment and something to be done in the cool of the evening. Pots, tubs and baskets are especially needful, lots of plants in a small space - they may need watering twice a day. Newly planted shrubs and plants have not yet had time to establish themselves and they too need copious amounts of water. If you grow tomatoes, keep them watered and fed, pinch out the side shoots and cut-off the lower leaves flush to the main stem, they are not needed and allow more air to circulate round the plant. Keep deadheading roses and bedding plants to promote flowers instead of seeds. Look out for blackfly on flower stems and buds. Blast them off sturdy stems with a jet of water and wipe them off tender stems with a damp cloth. Keep your hoe moving the to prevent weeds taking hold and finally - put your deckchair beneath your sunshade, furnish yourself with a glass of very cold white wine (or lager) relax and enjoy the sunshine - it may not last long!

Stay cool in the heatwave. The BHF have issued some tips: 1.Keep out of the sun between 11AM and 3 PM. 2.Walk in the shade, apply sunscreen and wear a hat and light scarf. 3. Avoid extreme physical exertion. 4.Wear light, loose-fitting cotton clothes. 5.Have plenty of cold drinks (avoid excess alcohol, caffeine and hot drinks). 6.Eat cold foods, particularly salads and fruit. 6.Take a cool shower, bath or body wash. 7.Sprinkle water over the skin or clothing or keep a damp cloth on the back of the neck. Enjoy the weather but sensibly.

Last month' poser! Only one response and it was correct. Andy Hopkins replied that the Hundred years war lasted 116 years. Well done Andy!

A new poser for July. Which country makes Panama hats?

Change of venue for lunches. For a variety of reasons we are changing the venue of our lunches in August and November. August will see us return to the Crewe & Harpur at Swarkestone Bridge, a popular 2 meals for the price of 1 pub on the banks of the River Trent. November will be a trip to The Lawns, High Street, Chellaston. Both will be at the normal time. Change your diary NOW!!

Forthcoming programme.

July.

Saturday 20th Walking back to health - 🐢 Tutbury Heritage walk of 3 miles. Meet at the Tutbury Hill site car park at 9.30 to walk at 10.00 AM.
Wednesday 24th Swimming at the Queens Leisure Centre at 3.15 PM.
Tuesday 30th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 31st Swimming at the Queens Leisure Centre at 3.15 PM.

August.

Wednesday 7th Swimming at the Queens Leisure Centre at 3.15 PM.
Saturday 10th Walking back to health – 🐰 Melbourne & Breedon walk of 7 miles PLUS a tortoise 🐢 walk of 3 miles. Meet at the Potter Street car park or at the Church at 9.30 to walk at 10.00 AM.
Monday 12th Sarah Drinkwater about “Safety in the Home” at The Friends Meeting House from 2.30 PM.
Wednesday 14th Swimming at the Queens Leisure Centre at 3.15 PM.
Wednesday 21st Swimming at the Queens Leisure Centre at 3.15 PM.
Friday 23rd **CHANGE OF VENUE** Lunch at Crewe & Harpur, Swarkestone Bridge, Derby DE73 7JA at 12 noon. 2 for 1 meals at this popular pub.
Saturday 24th Walking back to health - 🐢 Carsington Reservoir walk of 2 miles. Meet at Sheepwash (free) car park at 9.30 to walk at 10.00 AM.
Tuesday 27th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 28th Swimming at the Queens Leisure Centre at 3.15 PM.

Exercise classes.

Royal Derby Hospital - Contact Christine Chambers on 01332 785597 for phase 4 rehab only. “Exercise for the Heart”. Contact Jane on 07930 975681. Classes at Draycott and Ilkeston. “Mobile Sports Therapy” contact Matt on 01332 832224 or 07714718910. Tai Chi held in a studio on London Road, contact Carol on 07920 080443. BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health. Cardiac Rehab Programme at Belper Leisure Centre, Amanda Gowling, 01773 825285

Contacts.

If members have a problem and would like to talk to someone in private, please telephone one of our “listening ears” Jean Percival 01332 512112, Geoff & Jean Sykes 01332 549229. Any queries, comments or questions about Take Heart (Derby) should be directed to our Chairman Michael Flude on 01332 380219, by post to Willowbrook, Markeaton Lane, Derby DE22 4NH or email michael.flude@takeheartderby.co.uk. Items for the newsletter should be sent to Michael, information about publications to Marilyn on 01332 558756.

Affiliated to the British Heart Foundation