

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter October, 2012.

Thanks to all who send articles and others who contribute in debates to make the Newsletter a relevant document. It is your Newsletter which we hope you all enjoy.



Derby
Heart City

Love our city • Love your heart

September meeting report.



Last month Dr Steven Burn gave a talk about the 3D scanner in use at the Royal Derby Hospital. Due to a number of factors a full report of his talk was edited down. Here is a much better explanation of what took place. Steven Burn, consultant cardiologist at the Royal Derby Hospital has a very special interest in cardiac imaging. He joined the Derby team in April 2000, having qualified at Liverpool University Medical School in 1986 with subsequent

training in Hull, Coventry and Manchester. He has sub specialist interests in heart failure, cardiac haemodynamic and exercise testing, and is clinical lead for the Southern Derbyshire Heart Failure service. Such is his interest, that he took part in the British Heart Foundation fund raising efforts in 2009, which resulted in the purchase of three 3D echo machines and Toe probes for the Royal Derby Hospital. He opened his talk with an explanation of what the cardiovascular system looks. Imaging shows how well the heart is squeezing and whether valves are performing correctly. Dr Burn traced the history of imaging, starting with simple X rays showing an enlarged heart and then electrocardiograms giving the pattern of heart beats in graph form. Echocardiograms are a type of cardiac ultra sound and are non-invasive. They use the Doppler effect, but cannot pass through air or bone effectively. CT scans are a rotational X ray with 3 D images. They are fast and reliable, although they present a slight risk from radiation. MRI scans use a powerful magnet and give high resolution images to detect spinning protons, although they cannot be used if you have a pacemaker or metal stents. TOE probes (trans oesophageal) are more invasive as it is necessary to "swallow" the camera probe, to take pictures of the heart from inside the body for more defined images of the heart valves. Detailed pictures of the heart are taken from the oesophagus which lies behind the heart. Other imaging includes Nuclear and multi-dimensional CV imaging with 2D being the usual view of a "slice" of the heart, then 3D, 4D right up to seven dimensional images, mapping flow of the blood and squeezing action and velocity. There have been continuous evolution over the last 50 years and they are now able to measure how much blood flows in and out of the left ventricle. Dr Burn gave a careful explanation of each type of image, with examples. Of particular interest was the close up view of a healthy mitral valve - contrasted with the mechanical implants. Advances in imaging could mean that invasive techniques like angiograms may soon become a thing of the past. Results are often instant - though the training to use and interpret images is complex and difficult. An interesting topic, ably explained to us all in terms we could all understand and appreciate.

Letter of Thanks. We have received a letter of thanks from Sophie Jardine, Fundraising Manager of the British Heart Foundation for the cheque of £700 presented to Chris Perera last month. She adds that she really enjoyed her time with us on the day and

sends her thanks to all those who helped to make it happen. The money will be used to help fund research into how the heart can regenerate itself through the 'Mending Broken Hearts Appeal'. Thanks to you all for your on-going support.

October meeting report. October saw the return to our midst of our former president, Dr Michael Millar-Craig, MMC for those who know him as a cardiologist. He came to talk about one of his hobbies - Mountain Trekking – The pleasures and pains of high altitude walking. It was in the 1950's when Hilary and Tensing climbed Mount Everest and inspired him to start walking. Dr Millar-Craig said that walking is a very good way to get people going again after having a heart attack and he was pleased to see the walking group within TH(D) was thriving. Dr John (Grenfell) had said that he was going to climb Kilimanjaro which is 19,000ft (5,800 mtrs) high and Dr Miller-Craig had thought this was a good idea and decided to do the same. Most books say that Kilimanjaro is regarded as an extreme mountain. He went on to say that the body does not cope with a rapid ascent of a mountain as there is only a 50% of success at reaching the summit, it is far better to climb slowly with stops on the way which gives a 95% success of reaching the top. Kilimanjaro was given to Kiser Bill by Queen Victoria when the British Empire was divided up and is known as the Roof of Africa. If a climber becomes ill they can be put into a Gamov bag which they then blow up with air, this will keep a climber safe at high altitudes until help arrives. Oxygen is always on hand when climbing. Dr Millar-Craig said that they would always use the local people to be their guides and porters as they are used to living at high altitudes with less oxygen to breathe. He said that there were 4 people in his group but needed support from 12 porters, 1 cook and 2 guides. At the end of the climb you are given a Diploma to take home with you. The porters carry all the equipment on their heads and although they would leave after the group had started climbing for the day, they would always pass the group on their climb and be ready with a cup of tea for them, when they reached the next camp for the night. Drinking plenty of water whilst climbing is essential and the higher you get the more fluid you need to take in. It took the group 8 days to get to the top of the mountain and the final climb is done at night. This is safer as the small stones that you have to walk on to reach the top freeze together at night making it easier to walk on them. At the start of the climb you are going through Forest then Heather the next is Mooreland followed by Alpine Forest which leads on to Rock and Ice. Dr Millar-Craig went on to tell us about the Inca Trail which is 26 miles long. He then talked about Mount Everest and how you would start off by having a couple of days rest in Kathmandu before starting your climb from a place called Lukla. You reach Lukla by a small twin-engined plane. Everest is 27,000ft high and on your climb up you would pass monuments to people who have died on the mountain in their quest to conquer the summit. Dr Millar-Craig also told us that he had climbed the Simian Mountain last year where you had to be accompanied by armed guards. Earlier this year he climbed Virunga Mountain and showed us photographs of the Mountain Gorillas, with the male gorilla weighing in at 26 stone. He showed us a photograph of the 'big drop' toilet. All in all, a fact filled detail of high altitude trekking with amusing anecdotes. Thanks MMC.



November speaker. A change to the speaker for November. Due to ill health, Charles Hanson is unable to attend our meeting in November. We wish him a speedy recovery. Hanson's valuer and auctioneer Isabel Murtough has been a general valuer at Hanson's since March 2012. Her particular specialisation is in jewellery. She has been salesroom manager at Hanson's Antique and Collectors sales and is also taking part in the next series of Flog It! as an off-screen valuer. So bring your treasures to find out what they are really worth. Do remember that sentimental values are not included.

Coffee in a Cube! Thirty-eight members enjoyed a great coffee morning at the Cube café/bar in September. There were a few mother & children who wondered what all the excitement was about but they were enlightened. Such was the enthusiasm that the session went on well past midday. You really are missing out on a fun event, so see you next time!

YOUR story of heart illness & Recovery. Michael would like to hear your story and how you overcame your heart difficulties and what you enjoy about Take Heart (Derby). Write to him at Willowbrook or via email. A few have been submitted and Michael is very grateful. He will write them up in a manner so as not to identify the individual and hold them on file. There are opportunities occasionally, to gain publicity for health issues and for TH(D) via local press, radio and sometimes even television. Nothing will be passed on without your consent but it will help us to point journalists in the right direction. Help by passing your story to Michael.

Luncheon. A report by Louise Pearson. It was a lovely sunny day when 10 of us met for



the informal lunch at the Spotted Cow in Holbrook. There was a good selection of food including a carvery, the puddings were

well received and on the whole the food was good. It was a lovely drive out in the country and worth it for the company! We enjoy meeting and socialising together and that helps with our confidence to continue our life with enthusiasm. Do you need a lift to the lunches? Call Michael on 01332 380219.

Membership. Having passed the heady landmark in TH(D) history, with the group going from strength to strength but the really impressive aspect is the genuine warmth and conviviality. New members mix easily with longer serving members to make each event a pleasure to be a part of. This month we have been joined by Brian & Virginia Davis and Sandy Smith. Register your family and friends so that they can see the good work that you do, first hand. It could also make it easier to keep in touch with some of you who are not on email and who we do not see very often.

2013 Calendar Alert. Do you buy a calendar each year? Do you give calendars as gifts? You will be delighted to hear that Take Heart (Derby) will be producing our own calendar for 2013. All residences on our membership list will receive a **FREE** calendar! Inspired by David Rowe, photography from several members and designed by Louise Pearson, TH(D) will soon be printing our very first high gloss calendar. Please contact Louise on 01332 705596 to reserve additional copies to give to family and friends, priced at £4.00 each, including post and packing.

Message of thanks. Some of you will know that Trisha Flude has recently suffered another heart attack. She is now at home and recovering. She sends the following message "*Thank you all for the good wishes, get well cards and messages. Michael enjoyed the chocolates!*"

Do you have an email address? If you have an email address, we can forward your monthly Newsletter and other urgent information straight to your inbox. Newsletters and other important messages do not have to wait until following month to reach you. The e-edition is also in full colour and helps to add to the impact. Several members have recently advised Michael of the email address and will now benefit from a speedier service. So could you. Please send details to Michael at michael.flude@takeheartderby.co.uk.

Birthdays. Birthday wishes for October go to Gwen Williams, Dorothy Lorking, Shane Thow, John Benson, Elisabeth Hillis, Michael Walker, Derek Stean, Mary Hill, Margaret Smith and Ann & Majiid Quadri. Happy birthday to one and all.



Wedding Anniversary. Geoff and Jean Sykes celebrated their 60th wedding anniversary on 4 October in diamond style. Also Cynthia & Ted Bland (47) and Pam & Brian Fearn (45) celebrated anniversaries this month. Many congratulations to you all on such achievements. **To make sure we do not miss your birthday get in touch with Michael or April.**

Stoptober. No I have not spelt it incorrectly. October is the month where, if you stop smoking now, it is more likely that you will quit completely. Give it a try, you will be healthier and richer as a result. You have nothing to lose and much to gain.

Walking. Bring your family and friends to enjoy a great social occasion, join the fun which is good for all of us and get great exercise in the fresh air. A wonderful way to spend 2 hours, no wonder we call it a tortoise walk!

Last Owl Walk. Meeting in the Village Hall car park, six intrepid walkers set off to explore the fields and hamlets to the east of Spondon. You can see from the expression on Emma's face that it is fun, so where was everyone else who would like some fun? The evening closed in quite quickly and adjustments to the route had to be made. Such a pity as we had hoped to examine the hamlets of Ockbrook but eventually we traced our steps back to the car park in complete darkness. Time for a time change?



BHF Chatsworth Walk. Four of our members started the charity walk on Sunday 23



September, and they all completed it (Michael who took the 4 mile challenge, whilst David Rowe and Chris & Chris Whewell completed the 10 mile walk). It was a cool morning, just right for walking. Chatsworth is a wonderful place to visit and even more knowing that we were raising money for the 'Mending Broken Hearts Appeal' for the BHF. A few photographs tell only a small part of the story of the day.

The Roaches Walk (report by Kevin Noon) was attended by 5 TH(D) members (David Rowe, Noel Clough, John Twells, his daughter Jackie and myself. Initially a sunny day it was quite windy when we got there, having all managed to get in Dave's car for the journey. We found the ground was wet and muddy on our climb to the base of the Roaches and Hen Cloud. As a group we went up and down Hen Cloud and then proceeded up the edge of the Roaches. The ground became very rocky and did not really improve all the way to Roach End, with the wind at the triangulation point blowing us from side to side. The views were gradually improving though as we got some sunshine but also a heavy downpour for about 10-15 minutes. From Roach End, over the top and then down and round to Lud's Church (which is in fact a natural chasm caused by a huge primeval landslide in the grit stone, being over 50 feet deep and barely 6 feet wide in places). It is believed to have been a place of ancient pagan worship, whilst in more recent times it was a place of worship for Catholics who were persecuted following the acts of Henry VIII in establishing the Protestant Church. Having found a path over the mud we explored the rest of the chasm before ascending a steep flight of steps back to the

footpath, then made our way back up on to the ridge and back to Roach End. At this point just Dave and I went back over the top of the Roaches whilst the others went back to the car via the road, where we joined them after meeting several Duke of Edinburgh groups and exploring Rockhall, now used as a hut by the British Mountaineering Council for renting out to climbers and walkers. Great day's walk taking just over 5 hours despite the wind.

If you need help getting to the walks. Anyone wishing to attend a walk and is in need of transport, should telephone David Rowe on 01332 767368.

Watch out. "I am a woman and I have PMS & GPS, which means I'm a bitch and I will always find you wherever you hide!" Watch out guy's!

Asprin. Taking aspirin is not very pleasant. It could, however, slow down memory loss. So now you can find your glasses that you put down somewhere a few minutes ago but your arthritic hands won't be able to pick them up! Can't have it all, can we?

A jab to trick the heart. The BHF are funding research into finding a way for the heart to heal itself. Scientists at Imperial College London are hopeful that stem cells from a patient's heart cells will trick the heart into repairing itself. They are close to requesting consent to carry out human trials, which if successful, paramedics could eventually be able to administer whilst in the ambulance, saving much time and possibly lives. Wow, is that good or is it good? So don't delay, support other fundraising opportunities for the BHF and help save more lives.

I've learned That sometimes all a person needs is a hand to hold and a heart to understand.

An apple a day. It seems it can keep the cardiologist away, apparently. Robert DiSilvestro, professor of human nutrition in Ohio State University described the consumption of apples as significantly more effective at lowering LDL (low-density lipoprotein) than other antioxidants. In his study of middle-aged adults, taking one apple a day for 4 weeks lowered the LDL by 40%. Sad to report that fruit and veg prices are on the up because of poor harvests.

Travel Insurance. Who has taken out travel insurance since our recently? How did you get on? Did you test out any of the recommended companies? Who else can let us know how you get sufficient cover at a reasonable cost. Let Michael know how you get on, please, so that we can pass on the best experiences to our members.

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 September's edition: *"Brilliant - always something new & exciting. Coffee at the Cube with lots of dancers sounds exhilarating. Going to have to check the painkillers - generally have a little drop instead - but an article does not recommend this or eating dark chocolate - life would be duller without a few treats. Really enjoyed the Spondon evening walk - amazing how quick it gets dark, now around 8pm/Thank you for a very informative and enjoyable newsletter/ Thank you for a fabulous newsletter - very informative and interesting to read! Fantastic to hear that the membership is growing, the word is certainly getting around!/ Louise would like to say thank you so much for her lovely birthday card received 13th September. She had a few days off work and we had a nice time together. Thank you as always for a very interesting newsletter/ Thanks for including the 20 Oct swim in your forthcoming events/ You put together a great newsletter!! Thanks for all your hard work/ Once again, loved the newsletter for September but can we think of a way of reducing its size - perhaps by leaving out the 'regular' items which could go on a separate publication like an appendix and only be updated when there are changes. Thus, only the newsy stuff need to be downloaded/printed, the Appendices could carry a 'Rev. No' to indicate content status/ received and very good as usual"*

Several people have commented verbally "The Newsletter is fabulous, so much information and I do enjoy the odd joke! (are the jokes really odd?) I really look forward to

receiving the Newsletter – there's so much in it." But do you agree? We would love to hear from you, especially those who are unable to attend our events!

Swimming. There have been weeks when we had had only one swimmer but the gradual build-up of a social effect has reached our swimming sessions. As one new member said "I really enjoyed the swimming and everyone is so friendly". There are now 12 swimmers and one even went as far as to say "We don't need any more to join us as this is cramping my swimming style". Cannot please everyone, can we?



Car Booty. A report from Louise Pearson. "Many thanks to all those who donated items for the first Take Heart (Derby) Car Boot Sale. It was a great success! We raised £115 over 3.5 hours of frantic selling! It was dark at 5.45am when the alarm went off but David and Louise braved the unearthly hour to get to Willington Sports Club car boot at 7am for a lovely pitch. We had 2 Take Heart (Derby) banners and leaflets to promote the group, we also wore the Take Heart (Derby) tabards to make us easily identifiable to the many bargain hunters! Denis Pollard joined us later to help for a couple of hours which was really appreciated. We had lots of chats with people who had lost loved ones to heart related illness and those who experience heart problems themselves. Some people were keen to give us more than we asked for items because it was for a good cause. The left over things were taken to the BHF charity shop." Well done all of you.

How old are you? Do you remember the "Sound Of Music" which was released in 1965? Well here are new lyrics for the song – sing along to the same tune.

*Maalox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.*

*Cadillac's and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things..*

*When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.*

*Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favourite things.*

*Back pains, confused brains, no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short, shrunken frames,
When we remember our favourite things.*

*When the joints ache, When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.*

Obesity. It seems the next generation of 5 to 15 year olds are increasing their risk of heart disease. Dr Matthew Thompson, co-wrote an article for the British Medical Journal of conclusions drawn from a study of 49,220 children in which they found clear evidence of enlarged hearts, high blood pressure and raised cholesterol, with some 5 year olds with heart damage. “The relationship between obesity in children and cardiovascular risk is much higher than we anticipated” said Dr Carl Heneghan of Oxford University. It is frightening and yet lots of overweight children frequent fast food outlets with their parents. What do we do to change their lifestyle choices and safeguard their future wellbeing.

Who are you talking too? An elderly couple were enjoying a glass of wine, “I love you so much, I don’t know how I could ever live without you” she said. Her husband then said “Is that you talking or the wine?” She replied “It’s me and I’m talking to the wine!”

I've learned.... That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

Listening ears. We list two telephone numbers on every Newsletter as ‘listening ears’. These are members who, just like all of us, have experienced heart difficulties as a patient or carer. Please use the numbers when you feel in need of advice or just a chat – a problem shared is a problem halved – so call now, do not be shy, pick up the phone.

Welfare. It has started. A number of you have received the first letters, two of you have responded. We do wish to hear from you, so please send your comments back. Over the next few weeks more of you will receive a letter from us, asking you what you think about the idea of Take Heart (Derby) Angels.

Flu jab! Yes, it is that time of year again when you should be making an appointment for your annual flu jab. Telephone your surgery now.

Cheap stamps for Christmas. You will all soon be hearing from the post office about stamps. If you are in receipt of Pension Credit, Employment & Support Allowance or Incapacity Benefit you will be allowed to purchase a maximum of 36 stamps. They will be 14p cheaper for both 1st & 2nd class stamps, making them 46p & 36p respectively. So look out and don’t throw it away with all the other junk mail which finds its way to our homes. Good news at last.

Recipe. Apple & Blackberry Crumble.

150g soft brown sugar 85g diced butter 1tsp ground cinnamon

4 peeled cooking apples, cored & cut into bite size pieces 100g blackberries

For the topping: 75g unsalted butter 75g plain flour

70g soft light brown sugar 75g flaked toasted almonds

Preheat oven to 190C/gas 5. Lightly butter a shallow baking dish. Place the soft brown sugar in a saucepan, add 100ml of water & simmer over medium heat for 10 minutes or until it has turned to a rich colour. Add butter gradually, whisking well until it has been absorbed. Stir in the ground cinnamon and the apples and cook for 5 minutes. Spoon the mixture into the prepared baking dish, scatter over the blackberries. For the crumble, put the butter & flour into a large bowl and gently rub together with fingertips until it resembles coarse breadcrumbs. Stir in the sugar & almonds and sprinkle over the fruit. Bake for 35 – 40 minutes until golden brown and bubbling. Serve warm with cream or hot custard. Mmm – lovely!

Local magazines & publicity. If you get any local magazines delivered to your home, please contact Marilyn Thompson (01332 558756 or marilyndthompson@btinternet.com) with details. If you see and details of Take Heart (Derby) in any publication, then please let Marilyn have a copy for our records.

Christmas luncheon. Our Christmas luncheon has one seat available. You should pay your deposit (or the full price) to Barbara Rowe (01332 767368) before the end of October to reserve your place. No deposit means someone else will be offered the place.

A poem of our times? Jack & Jill went up the hill,
To fetch a pail of water,
Poor old Jill forgot her pill
And came down with a daughter.

Forthcoming programme.

October.

Wednesday 17th Swimming at the Queens Leisure Centre at 3.15 PM.

Thursday 18th Lunch at the Bridge Inn, Makeney Road, Duffield DE56 4BG at 12 noon.

Saturday 20th BHF Ashbourne Fund Raising Group, annual swimming at Arc Leisure Centre, Matlock. 5pm to 9pm Sat 20 October. Entry Forms and Sponsor Forms from either Sophie Jardine or John Dean 01298 687320 or dean580@btinternet.com. Entry is free but you are requested to obtain sponsorship per length of swimming.

Wednesday 24th Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 26th The Travel Club Trust evening outing to Marsh Farm leaving at 6.00 PM. Contact Bob Bletchley on 01332 751198.

Saturday 27th Walking back to health - 🐢 Tortoise walk around Osmaston Park 3.5 miles). Meet at the Shoulder of Mutton pub car park, Moor Lane at 9.30 to walk at 10.00

Tuesday 30th Coffee morning at The Cube café/bar, Chapel Street, Derby at 10.30 AM.

Wednesday 31st Swimming at the Queens Leisure Centre at 3.15 PM.

November.

Wednesday 7th Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 10th Walking back to health - A walk around Mackworth & Markeaton 🐣 (6 miles). Meet at Willowbrook, Markeaton Lane, Derby DE22 4NH at 9.30 to walk at 10.00.

Monday 12th Speaker Isabel Murtough – sales room manager of Hansons Valuers.

Wednesday 14th Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 16th Lunch at the Broadway Hotel, Duffield Road, Derby DE22 1JB at 12 noon.

Wednesday 22nd Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 24th Walking back to health - 🐢 Tortoise walk on the Tissington Trail (2 miles). Meet at by the village pond at 9.30 to walk at 10.00.

Tuesday 27th Coffee morning at the Cube café/bar, Chapel Street, Derby at 10.30 AM.

Wednesday 29th 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.

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.

If anyone has a special birthday or anniversary, tell April on 01332 751149 or Michael.

Any ideas or suggestions for speakers should be sent to Marilyn on 01332 558756.