

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter September, 2011.

A new development. Last month saw the first email edition of the Newsletter. Twenty members received their copy, in full colour, for the very first time. They were delighted, we list some of the responses as follows:

"It looks good and well done to you both." "Many thanx for the Newsletter, wonderful pictures of us at lunch at Melbourne hotel and in the garden at Melbourne house having tea. Thoroughly enjoyed the day - appreciate the time spent organising the events."

"Thanks for the newsletter, and also for the piece about my talk, which I really enjoyed doing. The newsletter is a great little journal, well done." "Confirming safe receipt of email with Newsletter attached." "We would both prefer to receive the Newsletter in this format."

"The newsletter was safely received and has been downloaded for reading tomorrow."

"Thanks for the newsletter – looks great!" "Thanks for the newsletter, so encouraging to see the amount of work being done around the heart. So often we forget the importance of this vital organ. Take care and hope to see you both at the next Health Promotion meeting September 19th." "Thanks, I received the Aug. newsletter OK, but don't know how to open it. Any suggestions? Thanks, your suggestion worked! I'm sure I tried all this yesterday, but somehow I just didn't get there."

Thank you for your comments, they are much appreciated. I look forward to more responses.

Monthly meeting cheque presentation.

It was lovely to welcome 30 Take Heart members to our monthly meeting on September 12th despite many of them having to battle through a howling gale to reach us.

We had apologies from Reene Meakin, Jean Sykes and Doug Glenday.



Proceedings started on a very happy note with the presentation of a cheque for £600 to Sophie Jardine - the chief fundraiser for the British Heart Foundation in this area. The money, made up of £300 from Take Heart Summer Party, £257 from David Rowe's sponsored walk in the Yorkshire Dales (David scaled the three peaks of a Pennyghent, Whernside and Ingleborough in just over nine hours). The remainder came from poet Les Baynton who donated his fee from last month's talk. Sophie thanked us for such a large donation which will go towards the "Mending Broken Hearts" appeal.

Monthly Meeting - speaker at the meeting was Zoe Nettleship. Zoe, spoke to us about a new Derby City Council project "Streetpride". Streetpride is working to improve our living environment dealing with such problems as pot holes, fly-tipping, litter, dog fouling, graffiti, abandoned vehicles and broken street lights. In the first three months when Streetpride was launched in May 2010, they received 22,399 phone-calls and answered them within 99.2 per cent of an average of 10 seconds. During this time the team removed 453 incidents of litter, 504 incidents of graffiti and mended 1154 pot holes, for example.



The City has been divided into four zones, each has a Neighbourhood Forum which meets regularly and is always attended by a Streetpride representative. Streetpride's aim is to work with the Community to maintain and improve the street scene to a standard that will promote community pride and responsibility. They aim to encourage pride in Derby as a place to live and work, and to encourage local action to make Derby greener and cleaner. If need to contact Street Pride please ring Derby 0333-200- 6981. Zoe was thanked by Marilyn for her most interesting and informative talk.

Membership. One new member to report this month is Sandra Brown. She attended our last coffee morning and liked what she saw (who slipped the gin into her coffee?). Sandra also attended the monthly meeting. We hope to see her at many more events.

Anniversaries. Birthday celebrations during October include Gwen Williams, Dorothy Lorking (a nice, big one – well done), John Benson, Mary Hill, Ann & Seyd Quadri and Margaret Smith.

Very best wishes also go to Cynthia & Ted Bland and to Geoff & Jean Sykes (nearly there for a really big one next year – well done) who celebrate their wedding anniversaries in October. We hope you all enjoy your day and have many more celebrations ahead of you.

Walking. The Derby City walk took place on a bright, but fresh Sunday. Three walkers turned up and risked their health by standing in the car park when an elderly person parked her car at pace into a very narrow slot. She did it superbly and we breathed a sigh of relief. One of our walkers did not look the part, in his short sleeved shirt, shorts and open toe sandals but he relished the challenge. David and Noel were amused but Brian McCarthy showed his mettle by completing the course. Well done to you “three amigos”. **From September**, all walkers are



requested to take their cameras on each and every walk to take shots during the walk. The brainchild of David Rowe, walk leader, is to create a calendar for the year 2013. Sounds a long way off but we need to start now to capture the scenery from September to August next year. This will allow time for design, editing and printing of the calendar to be available for sale in November 2012. We need your support, so start taking your photographs now and forward them to Michael for collating.

An Extra walk for 2011. By popular demand, we have added a tortoise walk at Carsington Water on 3rd December. Meet at the Sheepwash car park (free parking), walk to the visitor centre (calling at the observation points along the way), have a refreshing drink at the Visitor Centre and return to Sheepwash.

An offer of help to get you started. Our walks take place in beautiful locations around Derbyshire. The start point can sometimes be difficult to achieve on public transport. Anyone wishing to attend a walk and is in need of transport should telephone David Rowe on 01332 767368.

Starting from January, all walks in 2012 will meet for registration at 9.30 and to walk at 10.00 AM

Sponsorship. David Rowe wishes to thank all of those people who sponsored his Three Peaks Walk of Ingleborough, Penyghent and Whernside. He raised a total of £257 by completing the challenge – well done David, a magnificent achievement. His generosity extended to him passing on all the proceeds to the British Heart Foundation (as stated above).

An appeal for help with publicity for Take Heart (Derby). Many thanks to Barbara Rowe, who responded to last month's appeal. She has volunteered to assist Marilyn with our publicity effort.

Reports from the media. Last month we mentioned one news item from the media. Look at what has been reported over the past few weeks.

The end of transplants? We previously highlighted the case of Matthew Green, who had a plastic heart, powered by an external battery. Imagine what would it be like to not need a replacement heart even when in end stage heart failure? Surgeons at the Freemans Hospital in Newcastle fitted a Berlin Heart, a device named after the city it was invented in. It performs the same job as a normal heart by circulating blood around the body. It is used as a bridge to a heart transplant. Tubes are implanted into the heart, blood removed and then returned back into the blood vessels supplying the lungs and body. Natasha Oldershaw, a 14 year old from Crewe, underwent this surgery about eighteen months ago as a temporary measure. There are huge risks, such as a stroke, but after three and a half weeks, Natasha's medical team performed a stress test (put her to sleep and switching off the Berlin heart to see how her heart responded). Incredibly, her heart "appeared to be working better and better by itself" according to cardiologist Asif Hasan. "The Berlin heart gave it a chance to heal". Over the next few weeks Natasha's heart continued to improve to such an extent that after twelve weeks she was taken off the Berlin heart and allowed home. It is not yet known how many other forms of heart disease it could treat but Mr Hasan believes it to be thousands. Natasha still survives without a transplant for the time being. Could this discovery, alongside the "Mending Broken Hearts" appeal signal the end for heart transplantation?

Laughter is good for you. Laughing at a film or sitcom is good for the heart according to research. The University of Maryland School of Medicine in the USA, conducted tests which suggested there was a link between mental stress and the narrowing of blood vessels. After watching a funny movie, blood vessel linings expanded. Dr Michael Miller said that "laughter has a positive effect on vascular function and the opposite when watching a horror movie". Have fun!

Singing improves health – official. Heart Research UK confirms that singing is good for general health and your heart in particular. Professor Graham Welch of the University of London says "The health benefits of singing are both physical and psychological". Singing increases oxygenation in the blood stream and exercises major muscle groups in the upper body. Helen Astrid of the Singing Academy in West London says it has a better effect to eating chocolate - because it produces the same feel-good endorphins but without the calories. Sing louder but don't make it rain!

Could statins be better than we thought? Many people comment that doctors prescribe statins far too easily. I have heard heart patients say they have cut their statin tablet on their own without consulting their GP. . A new analysis of data involving British patients found the overall death rate was 14 per cent lower, due in part to infection and respiratory illness reductions. Experts believe that the anti-inflammatory effect of statins could be responsible. Imperial College London looked again at studies of more than 10,000 patients with high blood pressure between 1998 and 2000. Other studies reveal that statins reduce heart attacks and strokes significantly. Perhaps we should all think again. GP's beware of requests for consultations!

Talking of drugs. A trial of 18,000 patients with irregular heart-beats showed that Apixaban is better and safer than warfarin. Apixaban is one of the new generations of anti-clotting agents aimed at preventing strokes and other potentially fatal events in people with arterial fibrillation.

Chocolate is good for you – official. It's official, chocolate is good for you according to another report, this one from Cambridge University. Apparently, at least two pieces of chocolate per week is the recommended level and is linked to a 37 percent drop in the chances of developing cardiovascular disease. Dr Oscar Franco and his team reviewed

seven studies which involved 100,000 patients. Their findings were presented to the European Society of Cardiology in Paris and subsequently carried in the British Medical Journal. Powerful stuff but please note **it is only two pieces - not two bars**.

Warning - this relates to plain chocolate high in cocoa solids not milk or white chocolate.

Remember - chocolate is high in calories and eating too much can cause a serious weight gain

A report from BHF Ambassador, Les Baynton. I attended the BHF Annual Supporters Meeting with Sophie in early September. There were BHF supporter groups there from Nottingham, Derby, Leicester, Ashbourne and Little Eaton. This takes place every year and is designed to give BHF supporters an up to date idea about what research is happening and what money raised is being used for. It is also a pleasant social occasion. Professor Samani spoke to us first and outlined the current research taking place at Glenfield, much of it funded by the BHF, which funds around 1,200 research projects around the country. Glenfield also links up with medical researchers around the world to share findings. They are currently working on: drug eluting stents, appropriate pacemakers for the elderly, reducing the risk of strokes and identifying over 30 genes common in hereditary heart conditions. They will be joining in the Mending Broken Hearts/Zebrafish project at a later stage. There is a lot of building work taking place at the hospital now to create a state of the art Research Centre at a total cost of £12 million. This is partly funded by the BHF and will be appropriately named The BHF Cardiovascular Research Centre. After lunch we had a tour of three facilities and saw an echocardiogram machine in action. We were also able to see a variety stents and understand how they were used to unblock arteries. Finally in the labs we were helped to understand how DNA analysis could be used to predict heart problems and how gene research could lead to future treatments. We left with our heads full of the fascinating work that is currently going on at Glenfield, surely a world class heart centre.

Cardiac Rehabilitation Carers Forum. This takes place in the Royal Derby Hospital Cardiac Rehabilitation Department (level 0) at 2.00 pm on Tuesday 18th October. All carers are welcome (the patient is also welcome) to access advice and support from members of the Cardiac Rehabilitation team. Topics will include: Treatments for heart conditions, healthy eating for your heart, activity and exercise, resuscitation and Take Heart (Derby) support group. An opportunity to get up-to-date with heart related matters from the professionals.

Findern Garden Centre luncheon. Following the success of the Melbourne Hall visit, 16 members dined together for lunch at the Findern Garden Centre. A very pleasant and inexpensive lunch with new friends. Special thanks to Fred & Margaret and to Fiona who provided lifts for those without their own transport. See you at the International Hotel next month.



The British Heart Foundation. The BHF is requesting information about cuts to heart health services. The NHS is facing financial cutbacks and the BHF wish to know if heart patients in Derbyshire are being affected. Please forward full details to Michael, who will collate them and forward to the BHF. (This message is repeated from last month).

Stem cell drug may heal heart damage

By **Tamara Cohen**
Science Reporter

HEART attack patients will be injected with stem cells in a new treatment hailed as a medical breakthrough.

It uses the cells to fortify and rebuild damaged heart muscles and blood vessels in an attempt to prevent further attacks.

Initial tests have shown promising results and a large advanced trial involving dozens of British patients is scheduled to begin later this year.

If successful, the pioneering procedure could be available across the NHS within five years, potentially saving thousands of lives.

It is low-cost and unique in the world of stem-cell treatment for heart disease because the cells used do not need to be taken from the patient after their heart attack, but are harvested from adult donors in advance and can be used 'off the shelf'.

There is no risk of the patient rejecting the stem cells because the type used does not need a match donor.

Heart disease is the biggest killer in the UK, claiming a victim every six minutes.

Between 20 and 30 per cent of patients arrive at hospital too late, or have a heart attack too serious for them to benefit from traditional treatments. Hospi-

tals routinely treat patients with an angioplasty, which reopens a blocked artery using a fine tube - usually inserted near the groin - that makes its way to the heart and inflates a balloon called a stent.

This helps most patients, but many suffer heart failure, where damage to the organ spreads.

The stem-cell treatment Revascor is injected into the artery during the angioplasty to prevent damage to the heart, using the healing properties of stem cells. It can be administered up to 12 hours after a heart attack.

It will now be tested on 225 patients in six countries including Britain. They will be moni-

tored for 36 months afterwards.

An initial trial of Revascor last year in 60 American patients with congestive heart failure saw a 75 per cent reduction in the risk of related deaths over the following 21 months.

The UK's lead investigator in the research, Dr Jonathan Hill, a cardiologist at King's College Hospital in London, said the treatment 'offers the hope of a fully functioning lifestyle' to a wide range of heart patients.

The Australian medical firm Mesoblast, which has patented the treatment, says it is revolutionary because the stem cells are obtained from the bone marrow of healthy donors in a non-

invasive, half-hour procedure similar to giving blood.

Previous stem-cell trials for heart attack patients have required their own cells to be harvested after the attack, delaying treatment.

Professor Chris Mason, an independent stem cell expert at UCL, who was not involved in the research, said: 'This is a serious trial and if it is shown to be safe and effective, this could be the beginning of a breakthrough in medicine.'

'Because the stem cells are "off the shelf" and ready to use, it could be a convenient and universal therapy.'

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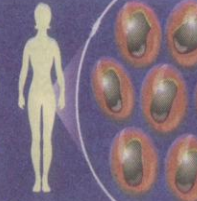
HOW IT WORKS

1 Catheter inserted near groin and fed through the artery to reach the blockage which caused the heart attack

2 When it reaches blockage, a balloon with a mesh tube is inflated. This holds the artery open



3 Millions of stem cells, taken from a donor, are injected into the patient within 12 hours of the attack



4 They travel to the heart and repair damaged muscles and build new blood vessels to stop the heart failing



Julia Baron, Cardiac Consultant (and President of TH(D)) said "I wish it were that easy! There have been trials before with people's own stem cells, but with pretty varying results. I've never been over-convinced, and this is obviously just a new trial in the field. We'll see!"

Whilst the BHF welcomes this step, Professor Jeremy Pearson, BHF Associate Medical Director, said: "This experimental trial takes another step towards knowing whether cell therapy will be able to help repair damaged hearts safely. However, we are still **a long way from knowing** whether this particular therapy will succeed or whether other ways to encourage damaged heart tissue to repair will be more successful."

"[Our Mending Broken Hearts appeal](#) aims to spend £50 million so we can further investigate regenerative medicine and find a way to prevent heart failure, helping some of the 750,000 people living with the condition in the UK."

Take Heart Fun Evening. We are having a fun evening on October 13th at the Honeycomb public house in Ladybank Road, Micklegate. No need to book, just come along and enjoy socialising among friends, with a game of cards, dominoes, darts, cribbage etc.

Gardening. Well, this month didn't start well with its high winds and blustery showers, it's a bit better now but still not very settled, we did however, (after the driest spring and summer for 76 years, they tell us) need the rain. However the show must go on and there is much to be done before winter sets in. This month we need to be tidying up the flower beds, but not too much - a few seed heads look nice in winter when covered with frost and snow. Also they provide shelter for overwintering insects. Herbaceous plants can be tidied up and cut back now. If the clumps are too big and have become very woody, then dig them up, discard at the woody centres and replant the younger more vigorous shoots from round the sides. The green house will need a clean out ready to bring in the plants that need extra protection. Do check for slugs and snails first though and get some bubble-wrap to line the green house with, the bigger bubbled one is the best. The bulbs of spring flowering tulips, daffodils, hyacinths and crocuses are planted during the months of September, October and November. Select good disease-free bulbs. Plant the bulbs three times deeper than the greatest diameter of the bulb. For example, crocus bulbs that usually have about a one-inch diameter should be planted three inches deep. The bulbs will grow and flower best in well-drained soil. Pot up some spring flowering bulbs for indoor: during the winter. Stow the pots in a cool dark place until new growth emerges from the soil and then move them to a bright window sill. If you want to add some colour to the garden this winter, try pansies. The pansies are particularly nice to plant when planting bulbs, because they reach their peak of beauty in the spring just about the same time as the bulbs bloom. Pansies are also good for filling hanging baskets, after a bleak winter they start to come into their own when the worst of the frost has gone. For a good show plant crocuses, dwarf tulips or tiny daffodils among them. Happy gardening!

Recipe. Now how about these rainbow chips? They are low in fat and salt, tasty and serve as 1 and 1/2 of your 5 a day.

- 1 1 Carrot,
- 2 1 Parsnip
- 3 1 Potato
- 4 2 Sweet potatoes
- 5 1 Large beetroot
- 6 1 Courgette
- 7 Drizzle olive oil
- 8 Pre-heat oven to 200c/280 fan or gas mark 6.
- 9 Peel the carrot and the parsnip and scrub the other vegetables.
- 10 Cut all the vegetables lengthwise into chip sized pieces
- 11 Bring a pan of water to the boil, add all the vegetables excepting the courgettes and boil for 5 minutes.
- 12 Drain into a colander and leave to drip dry.
- 13 Lay veges on a baking sheet, season and drizzle sparingly with olive oil, making sure that all are coated.
- 14 Bake for 30 mins until the veges are golden brown and crispy round the edges.
- 15 Enjoy!

A couple of quotes from Jean.

"We do not stop playing because we grow old. We grow old because we stop playing."
Anon

"Reminds me of my safari in Africa. Someone forgot the corkscrew and for several days we had nothing to live on but food and water." W. C. Fields.

You will remember the last month we published a poem about heart surgery in Glenfield Hospital, by Les Baynton. Here we have another one, this time about rehab.

Rehab Revealed

After the heart operation,
A little consternation, hesitation
When arriving at Cardiac Rehabilitation.
Some of us with new parts, stents and valves,
Others had their bypasses, triple and quadruple,
Their chests and legs all stitched, glued and stapled.
We look discreetly at each other's once opened chests
Deciding whose lengthy scars were best.

Our nurses and instructors were a formidable sight
No messing with them – “**do as we say – right**”
And they crammed a lot of cardiac knowledge
Into our stubborn, once healthy heads.
Lots of fruit, veg, brown rice and oily fish.
Learn how to make your healthy heart dish
Kick out the saturated fat
Only unsaturated now – that's that

Weight reduction, active lifestyle
And do it all with the smile
You can't slob out on the sofa now,
You're a fitness fanatic and how.
Knees up, clap, step and stretch,
Everything aches, I'm going to retch.
You measured my cholesterol, pulse rate,
blood pressure..... now I feel great.

14 weeks at Cardiac Boot Camp,
Then at I'm released – I'm free
Free from monitors, health inspectors
I'm free, I'm free....'cos I'm healthy,
Thank you all at Rehab, you were great
Now you're IMMORTALISED in verse!.

The Sunday School teacher was describing how Lot's wife looked back and turned into a pillar of salt when little Jason interrupted.” My Mummy once looked back whilst she was driving,” he announced triumphantly,” and she ran into a telephone pole!”

Forthcoming programme.

September

Tuesday 27th. Coffee morning at Derby Cathedral coffee-shop from 10.30 till 11.30 AM.

Wednesday 28th Private swimming group at the Queens Leisure Centre at 3.15 pm.

October

Wednesday 5th Private swimming group at the Queens Leisure Centre at 3.15 pm.

Sunday 9th. “Walking back to health” on the Dale Abbey walk, meet Main Street, near the Carpenters Arms.

Monday 10th. Monthly meeting at The Friends Meeting House with John Beckerson demonstrating the art of making “Marzipan Fruits”.

Wednesday 12th Private swimming group at the Queens Leisure Centre at 3.15 pm.

Tuesday 18th. The Cardiac Rehabilitation Carers Forum commencing at 2.00 pm in the Cardiac Rehabilitation Centre (level 0) at the Royal Derby Hospital.

Wednesday 19th. An informal lunch at The International Hotel, Burton Road, Derby. We

meet at 12 noon for a return visit to this established restaurant.

Wednesday 19th Private swimming group at the Queens Leisure Centre at 3.15 pm.

Saturday 22nd. Our Tortoise walk today in our "Walking back to health" series is the Tissington Trail, meeting at the Old Railway Station car park.

Tuesday 25th. Coffee morning at Derby Cathedral coffee-shop 10:30 am to 11:30am.

Wednesday 26th Private swimming group at the Queens Leisure Centre at 3.15 pm.

Christmas Lunch - advance notice for your diary - our Christmas Lunch will be held on **Tuesday December 13th** at the Littleover Lodge Hotel, Rykneld Road, Derby. A menu sheet is attached for you to confirm your booking. Twenty places have already been reserved so far, so hurry to avoid disappointment.

Comment corner. I am delighted by the comments received about our new emailing of the Newsletter. This technology has been around for a long time and I hope to add other things to our web site in the New Year. For those with internet access the Newsletter is published each month in full colour. Tell your family and friends about it and us. Let Michael know your views about other aspects we can bring to our group. I look forward to hearing from you.

Exercise classes.

Royal Derby Hospital - Contact Christine Chambers, 01332 785597 for phase 4 rehab only. Fit and for U with BACR instructors, contact Matt on 01332 832224.

"Exercise for the Heart". Exercise classes with BACR instructors, contact Jane on 07930 975681. Classes are run at Draycott and Ilkeston.

Swimming.

Every Wednesday afternoon between 3.15 and 4.00 PM, an exclusive swimming session for Take Heart (Derby) members only at the Queens Leisure Centre. So come on down and enjoy a relaxing swim in the heated pool. Cost £2.15 or £1.70 for those with a "passport to swim". Telephone the pool on 01332 641444. Please note – the ladies changing room is currently closed for remedial works which may take a long time to resolve. Alternative arrangements have been made.

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 or Betty Hassell 01332 518402.

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 Pat Fitton on 01332 342544 or to 1, Princes Drive, Littleover, Derby DE23 6DX or email patfitton@aol.com

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

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

"For the very first time we have run to eight pages. I trust that you are not too tired now that you have eventually reached the end. I hope you enjoyed the additional "health" information. Do let me know your thoughts."