

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter September, 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

Inspirational. What a summer of sport we have experienced. The 2012 Euro football, 2012 Olympics and now the 2012 Paralympics. If, like me, you have seen any of the Paralympics you cannot be other than impressed by the sheer tenacity, skill and determination of the athletes. Comparing their health restrictions to our own, I think they showed us what can be achieved if we try. Let us carry this legacy forward with our attempts to improve our health and fitness in the coming years.

September meeting report. We were blessed with 43 members at our September



meeting to hear Dr Steven Burn give a talk about the advent of the 3D scanner now in use at the Royal Derby Hospital. Lots of technical; details explained for us simple souls to understand. At the same time that Dr Burns commenced his talk, Trisha

Flude was presenting a cheque of £700 to Crish Perara of the British Heart Foundation, assisted by the Mayor of the City of Derby, Cllr Lisa Higginbottom. This money was part of the proceeds from the Jubilee Garden Party.

October speaker. Marilyn Thompson reports – who can forget those immortal initials – MMC above your bed in the DRI/RDH. Yes it was some time ago but he was there for the start of many cardiac patients road to recovery. Shortly after joining the staff at the DRI, Michael Millar-Craig became President of TH(D), a post he served until 2011. He also retired from his full time post at the RDH but still practices with private patients. We welcome him back but not to talk about cardiology but “Mountain Trekking – the pleasure and pains of high altitude walking”. I have no doubt there will be a lot of questions following his talk but will it be about walking? Come along and welcome back a friend.

Coffee in a Cube! Not only a change of date this month, the kitchens are to undergo some improvements but we also had to share our visit to The Cube with a group of young dancers during their school holiday. This caused concern amongst some of our members, but the children were only there for fifteen minutes. It did restrict the space



we have become accustomed to but there were more than enough seats for everyone who attended. Indeed, we welcomed 4 new members for their first visit to The Cube, who all enjoyed the occasion so much that one said “*What a fabulous event and that we could make a fortune if we could bottle the atmosphere created here*”. Overall, it seems that we pleased most but sadly not all. I do hope that you will be joining us on future occasions. We are back

to our normal Tuesday for September.

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. The Dog & Duck in Shardlow was the unsuspecting venue for our August luncheon.



Eighteen members descended upon the venue, where Michael moved tables and people around so as to ensure we all sat closely together.

The food was good, great value at 2 for the price 1 and the ambience was first class. 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. Tom Hunter, Chris & Gerry Scott, Ted & Annabelle Evans, Richard & Gill Flatman, Annie Middleton, Tom & Cindy Keeley, Antony & Sheila Jackson, and the Robinson family of Susan, Philip, Rachel & James have all joined recently. The addition of Emma Saville-Steeden brings our membership to 200. This is a landmark in our 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. 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.

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 September go to Louise Sherratt, Nicola Alcock, Desiree Day, David Newton, James Cann, Vera Allsopp, Ben Jennings, Donald Pate, Ian Knowles, Betty Hassell, Ted Evans and Janet Stewart. It seems I put September birthdays in last month instead of August birthdays. Sorry, so belated birthday wishes for August go to Marjorie Pate, Roland Furber, William Jeffery-Walker, Steve Wheeldon, Helen Blackburn, Geoff Hinks, Jean Eastwood, Joan Smith, Louise Pearson, Rod Starbuck, Michael Flude and Barrie Birkin. **To make sure we do not miss your birthday get in touch with Michael or April (or send some memory medication to Michael).**

Cardiac Rehabilitation Carers Forum. On Tuesday 16 October, from 1.30 til 3.30 PM there is an opportunity for carers to access advice and support from members of the Cardiac Rehabilitation Team. It will be held in the Cardiac Rehabilitation Centre on level 0 of the Royal Derby Hospital, with topics including - treatments for heart conditions, healthy eating for your heart, activity & exercise, life support demonstrations, a question & answer session and Take Heart (Derby). It is an opportunity to learn more about how to look after **yourself**. Take Heart

(Derby) members will be in attendance to demonstrate that there is a group of people who can help patients restore their confidence and enjoy life.

Giving something back. We have worked very closely with Cardiac Rehabilitation department for many years. They have been kind enough to print the Newsletter for those who do not



receive it electronically. Take Heart (Derby) give talks to rehabilitation patients as they begin the process of getting their life back on track and we give input into future developments within cardiac rehabilitation. Recently, we presented them with heart rate monitors, whistles and stop watches for use in the gymnasium where they will be used on a daily basis during exercise sessions each week.

Tracey Ralph expressed her gratitude in a letter to our Chairman for the gift.

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! The Tortoise walk at Carssington Water saw 7 members start, 10 take refreshments and 8 return to the car park. Just what



does go on at these walks can be a bit confusing but is also great fun. Setting off from the Sheepwash car park (parking is free), passing several bird hides on the walk to the visitor centre under a cloudy sky but a very humid morning, the original 7 became 10 when 3 late comers caught up with them. They all enjoyed the refreshments and much exchange of information (or gossip). Another great social occasion many of you missed out of, such a shame. Two remained in the centre

whilst the others walked the return leg back to Sheepwash, capturing a shot of a grebe on the water. Some indulged in a "Mr Whippy" on arriving back at the car park (naughty but nice).

The Hare  Walks. We returned to Hartington Village for our September Hare walk.



Hartington is a beautiful village on the fringes of the Peak District and only 25 miles from Derby. On a very sunny morning, 10 walkers set off across fields, which were surprisingly muddy considering the lack of rain over the past week. There were a few stone walls to negotiate, which did not prove to be a setback for our blind walker, Keith. His sunny disposition is an inspiration to us and the great social event continued yet again. New members were quickly assimilated and lots of chatter could be heard across the

rolling fields of Derbyshire & Staffordshire. After a mile, much to the dismay of Emma, Michael felt he had done as much as he could and the two of them departed, leaving the others to complete the picturesque walk. Back in Hartington we found that the well dressing competition was being judged later in the day and that the village was about to celebrate its 115 years of its annual 'Hartington Wakes Sports & Show'. There were many exhibits on show during the day, with stalls offering local produce and the coffee and cakes were yummy.

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.

Travel Insurance. Who has taken out travel insurance since our recent article. How did you get on? Did you test out any of the recommended companies? Liz tells us that her bank offer competitive rates because she is so young. Who else can let us know how you get sufficient cover at a reasonable cost. Try Staysure (www.staysure.co.uk) on 0844 692 8444 or Global Travel Insurance (www.globaltravelinsurance.co.uk) on 01903 267432. Both of these companies are suggested by Martin Lewis of ITV Good Morning fame. 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 August's edition: *Another great newsletter. Although I have not managed to attend any of TH (D) events yet, I feel already 'part of the crew'. I very much hope to attend the coffee morning Tuesday 21st. Aug. and thus break my 'duck'/Another terrific Newsletter Michael, particularly the story of the scruffy man begging/all looks good especially the Garden Party stuff/Very interesting. Keep it up/Thanks for the newsletter - it sounds like the garden party was very successful - well done for raising so much money/I loved the full colour front page, it made me wish I had attended after all/ confirming receipt and a good read, thanks.* Members have also commented verbally that "colour on the front is much nicer than the black and white I normally receive/I would have liked all the photo's to be in colour/I really enjoy the Newsletter and read it as soon as it arrives through my letter box". But do you agree? We would love to hear from you, especially those who are unable to attend our events!

Swimming. Is Ellie Simmonds responsible for the amazing turnout of 11 swimmers on 5 September? If so, she should receive another gold medal for her inspiration. 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. 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. As you become fitter and are able to swim longer, your resting heart rate and respiratory rate will be reduced, making blood flow to the heart and lungs more efficient. It is healthy, great exercise, could prolong your life, reduce aches and pains. So there is no excuse for not turning up and you can even resort a refreshing 'cuppa' afterwards.



Don't use too much "lippi". Recent research has discovered that there is triclosan in lipstick. Triclosan is used as a preservative in popular lipsticks but Professor Isaac Pessah, a molecular scientist, found a dramatic 25% reduction in heart function within 20 minutes on laboratory mice. The cosmetics industry dismisses these concerns but Johnson & Johnson has pledged to remove triclosan from its skincare products. Good job we are not mice but ladies, please watch out who you are kissing. What a way to go, chaps but if you start to get a lot of kisses, she may be getting trying to tell you something!

Careless talk costs lives, be like Dad – keep mum!

How are things in the city? Fairly predictable, aerospace is up, feathers are down and envelopes are stationary.

Diclofenac. A painkiller taken by millions can increase the risk of a heart attack and stroke by 40%. Researchers say there is no need to panic but diclofenac should only be a prescribed medication and not available over the counter. Medicines and Healthcare Regulatory Agency say you should consult your GP. Diclofenac is prescribed commonly for arthritis, back pain, gout etc. and bought over the counter as Voltarol Pain-Eze. Doreen Maddock of the British Heart Foundation said “The potential risks for heart patients taking certain painkillers have been known for some time and these findings should not be ignored. But scientists and drug regulators will need to delve deeper before we draw any firm conclusions.” You all know that there are side effects with any drug so your GP is the best person to advise you about altering your medication.

Nerve stimulating implant. Heart failure can be the result of high blood pressure, dead heart muscle after a heart attack, or a genetic condition. The heart pumps blood around the body, and when it fails to do this properly people can become tired and out of breath far more quickly. For some patients, sitting in an armchair feels like running a marathon. As the heart loses its ability to pump, it fills with too much blood and becomes stretched over time. The more the heart enlarges, the worse the symptoms. A pioneering operation in Leicester to fit a nerve-stimulating implant in a patient with heart failure has been successful. Similar to a pacemaker, it was fitted to the vagus nerve, part of the nervous system running between the heart and brain down the right side of the neck. Researchers hope this will cut the stress on the heart, reducing swelling and improving quality of life. Dr Ng, cardiologist at Glenfield Hospital said “This study could transform heart failure treatment and support the use of innovative therapy.” Prof. Jeremy Pearson, from the British Heart Foundation said: “Heart failure affects more than 750,000 people in the UK alone and we need new ways to tackle this often debilitating condition. This new procedure could help patients who are responding poorly to current treatment. This is the first large trial to test if the treatment really works and we look forward to seeing the results, which may help thousands of people.” Patients who have taken part in the pilot clinical study so far have seen improvements in heart function, resting heart rate and quality of life. Sounds good, let’s hope it proves successful.

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 is starting now. Over the next few weeks some of you will begin to receive a letter from us, asking you what you think about the idea of Take Heart (Derby) Angels. Please do respond and we can develop our support for our members.

Roland Furber. A few months ago we reported on the progress of Roland Furber on his epic trip around the coast of Britain. He is now home and we include a few words from Roland. He says “I enjoyed very much sending Michael the update of my travels as I reached part way through my journey. I have been asked to conclude the writing of this epic journey and summarize the experience. The first thing to say is that to take on this challenge with a long term cardiac condition was perhaps a greater undertaking than I first perceived. Although I felt a bit bullish about it whilst having every confidence in achieving my goal, the task required careful planning. One of the most important and valuable



components was the level of support and motivation received from many quarters that made the whole adventure enjoyable and achievable. My family, friends, the Cardiologist, heart Failure team, Cardiac rehab team, the palliative care consultant, the Macmillan nurse and the respiratory nurse all were highly instrumental in helping to make this possible. Not forgetting either the wider NHS across the UK for accommodating blood tests and getting results to monitor my health wherever it was needed. We are so lucky to have a health care system that supports patients in such a positive way. I have now arrived home in Derby where I live in the city and not far from the peak district. It is however the most distant from the coast anywhere in the UK. So not to have seen any waves, sand, cliffs or harbours will take some readjusting to. It is good to be here and very quickly feeling comfortable and relaxed. It is time to try and summarize the wonderful experience. It will be difficult to put into a relatively small number of words all that has happened and paint a full picture of the journey. Arriving back there on 18 June at the same place from where I started and met by two of my daughters (Jo and Lisa and Barry, Jo's Husband). That period of time equates to 9 weeks and 3 days or 66 days or 1584 hours and if you are really interested that equals 95,040 minutes. The journey took approximately 188 Gallons of diesel or if you work in metric it is 855 Litres, 1 ltr. of oil for the engine and 1 radiator leak repair kit. I used one gas cylinder for cooking etc, stayed on approximately 60 caravan sites and ended with 1 very weary Satellite Navigation system." Well done Roland, we are very proud of you, but please be wary when considering your next adventure.



Alcohol & Chocolate. We reported recently that both were considered good for you in moderation. Now it seems a new report suggests that advice is wrong. Heart experts say that the mechanism by which they could make a difference is still not proven. The evidence that dark chocolate protects the heart remains elusive even though a recent study showed a 37% cut in risk for those eating one square per day. Apparently the study was "flawed" according to Steffan Desch from the University of Leipzig Heart Centre in Germany. He said "Despite the studies, I could not yet recommend dark chocolate as a prevention or treatment in cardiovascular disease". Additionally, Dutch researchers claimed that red wine was not a panacea either. Even though it is supposed to help heart health, there is no single ingredient which appears to work. Eric Sijbrands of Erasmus University Medical Centre in Rotterdam conducted a series of studies which failed to replicate the findings of heart health from taking resveratrol (found in the skin of red grapes). He added that "if red wine does work, then the explanation is likely to be complex and any benefit could be outweighed by the effects of drinking too much". This is all very disappointing as I like both, so I am no looking forward to the next report which will counter these two so that I can continue my "healthy living" regime.

Recycling. You all know about this one, which colour bin is it today or was that last



week? Well, Take Heart (Derby) undertook their own effort by recycling pre-owned books at the Royal Derby Hospital on 6 September. There was a steady stream of enquiries to our tables throughout the day,

where we raised over £200 towards our funds. We spoke to quite a few people who knew of family or friends with heart difficulties, as we continue to spread the news of our group.

2013 Calendar Alert. Do you buy a calendar each year? Do you give calendars as gifts? If so, then you will be delighted to hear that Take Heart (Derby) will be producing our own for 2013. 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 yours.

Blood pressure. As a heart patient you know the importance of keeping your blood pressure under control, sometimes with the help of medication. What about you carers – have you had your BP checked recently? Why not? Your patient needs you to be in good health to care for them, so don't delay – get it checked. People with high blood pressure are THREE times more likely to suffer heart disease and stroke. It is such an easy check to make and takes just a couple of minutes. A target of 120/80 is good.

Recipe. Joyce's Yummy Ginger Biscuits.

12 oz. Plain flour	2 oz. Margarine
1 egg	1 tsp bicarbonate of soda
8 oz soft dark brown sugar	4 oz golden syrup
2 tsp ground ginger	

Melt the syrup and margarine in a saucepan and when the mixture has cooled, add the beaten egg. Mix in the dry ingredients to form a stiff dough. Roll the dough into balls, place on a baking tray and press lightly in the centre. Bake at gas mark 5, 400f, 240c for about 15 minutes in the middle of the oven. Voila! Enjoy.

Gardening. This month. Remove bedding plants that are past their best. Pick up new seasonal plants in a garden centre for hanging baskets. Give evergreen hedges a final cut to keep them in good shape until spring. Protect cherries against bacterial canker by spraying them with a copper-based fungicide, such as Bordeaux mixture. Prepare soil for planting new roses this autumn. Remove perennial weeds and dig-over, incorporating plenty of well-rotted manure. Check greenhouse heaters now before you need them. Keep rhododendrons, azaleas and camellias well watered during dry spells. Remove unwanted self-seeded perennials before they establish themselves. Cover ponds but leave a gap to allow wildlife easy access. Tidy up blackberries, cut stems that bore fruit to ground level.

Local magazines & publicity. If you get any free magazines delivered to your door and they are not on the list above, will you kindly contact Marilyn Thompson on 01332 558756 or e mail marilyndthompson@btinternet.com

Christmas luncheon Our Christmas luncheon will be held on 11 December 2012 at The Littleover Lodge Hotel, Rykneld Road, Littleover, Derby DE23 4AN. There is a 3 course menu, plus tea/coffee & mince pies at £14.50 inclusive of VAT and gratuity. Places are limited to a maximum of 40 people, so please contact Barbara Rowe on 01332 767368 to book your place. Menus are available to place an order.

Forthcoming programme.

September

Saturday 22nd The Travel Club Trust outing to Trentham Gardens, Peak Tour & tea leaving at 9.00 AM. Contact Bob Betchley on 01332 751198.

Sunday 23rd Walking back to health – The British Heart Foundation – Chatsworth House Walk (4, 7 or 10 mile). Your chance to raise money by way of sponsorship.

Tuesday 25th Coffee morning at The Cube café/bar, Chapel Street, Derby at 10.30 AM.

Wednesday 26th Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 29th Walking back to health. Starting at 10.00am at grid reference SK621004 which is a parking area on a minor road accessed from the A53 and via the village of Upper Hulme. People are welcome to go direct to the start point but David and Kevin will be meeting up at the shopping area on the Clifton Road (A515) on the outskirts of Ashbourne at 9.00am for pick-ups. Walk distance is 8.5 miles.

Saturday 29th Car boot sale at Willington. Contact Louise Pearson on 705596.

October.

Wednesday 3rd Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 5th Walking back to health – in Mickleover for an 🐾 walk of 2.25 miles, meeting at the Square, Etwall Road at 6.30 to walk at 7.00 PM.

Saturday 6th Peak District Challenge Bike Ride at Carsington Water raising funds for the Mending Broken Hearts Appeal. Starts 9.30am. Routes to choose from are 8, 16 or 30 miles – yikes! £8 per adult, £5 under 16's, £21 family entry – so start getting sponsorship now. Contact Sophie Jardine on 01773 822302 or jardines@bhf.org.uk.

Monday 8th Speaker Michael Millar-Craig (former President of TH(D))– “Mountain Trekking - the pleasures & pains of high altitude walking“.

Wednesday 10th Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 13th Walking back to health – The Cromford Walk 🦶 (7 miles). Meet in the car park opposite Arkwrights Mill on Mill Road, Cromford at 9.30 to walk at 10.00 AM.

Saturday 13th Excursion to Southwell and The Workhouse by the Appletree Hundred Group. For details contact Beryl Hough on 01332 363874.

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.

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 a local rate number, available Mon-Fri 9am-5pm, a free service for those seeking information on heart health issues.

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.

Affiliated to the British Heart Foundation