

# Take Heart

(Derby)

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

[www.takeheartderby.co.uk](http://www.takeheartderby.co.uk)



## Newsletter June, 2013.

There are more members responding to this Newsletter than previously, which is terrific. Please continue to take part. If you keep away from arterial roads you could avoid atrial fibrillation (or at least Michael said something like that last month). But did you spot it?



Derby  
**Heart City**

Love our city • Love your heart

**June meeting.** Those of you who did not manage to get to the monthly meeting missed an excellent speaker in James Roberson who entitled his talk "News Broadcasting and Life at the BBC." James has been a journalist for 35 years and started his career as a young reporter for the "Sheffield Star." After several spells on different publications he moved into broadcasting on Radio Hallam, a commercial radio station. Finally he moved into television, working on Midlands Today in Stoke and Pebble Mill in Birmingham. In 1991 he became the Leicester reporter for Midlands Today, then the Derbyshire reporter, and now he is the special features editor, working on special stories. Work has taken him to Malta, Uganda, France, Germany and the Caribbean. He showed us film clips from many of his past assignments of which the Kegworth air disaster, the miners' strike and the Falklands war were the most memorable. We heard interviews with Mrs Thatcher, Arthur Scargill and many other notable names. One of his more recent features was a "follow-up" report on the anniversary of the Kegworth air disaster when he revisited the site, visited the Memorial in Kegworth and met some of the survivors whom he had previously interviewed. James commented on how technology has moved on during his time in television. When he started he went on an assignment in a large van along with a cameraman, sound engineer, lighting engineer, and technician. Now he goes alone with his digital camera in a holdall. James's talk gave us a fascinating insight into the life of a television reporter and one, which we all thoroughly enjoyed.



**Next month's meeting. There is not one.** Instead members will be joining Joyce Cocking at her home, 6 Lockwood Avenue, Allestree, Derby DE22 2JD (01332 550283) at 2.30 PM. We will sample Joyce's renowned cooking as we enjoy each other's company in her lovely garden.

**Coffee in a Cube!** What horrible weather greeted us on our coffee morning. Rain, rain and more rain. There seemed to be a low turnout but as members came and went we managed a respectful 38. It seems we are destined to remain at that level or will you prove me wrong next time on 25 June? No collecting for sponsorship this time (or next as far as I can tell) so it's just refreshments you pay for.



**BHF 'Heart Matters' Mag (May/June).** A comment from Dennis Pollard. *“Having read the article on 'Statins', I was very surprised to find a complete absence on the 'down side' use of this range of drugs in respect of the negative effect on the body's natural production of co enzyme Q10. I stopped taking Simvastatin some years ago since my cholesterol level was not considered high enough to justify putting up with the joint pain statins produced. An article I read in the 'Healthspan' mag (April 2009) by an eminent cardiologist (Prof. Peter Langsjoen) claimed that the depletion of Co enzyme Q10 by statins is irrefutable and since the heart has a high content and need of this enzyme to do its important work of providing an adequate supply of blood to all our body, the taking of statins if needed, should be used with caution and be accompanied with a Q10 supplement. I intend to write to BHF about this subject - will copy you in if interested and follow with their reply.”* Others have also spoken about it but let Michael know of your experiences. Do you have side effects and if so how do you cope with them?

**Member news.** Since the last Newsletter was published, we have learnt that several members have been ill, including Fred Evans, who is now much better. Rod Starbuck is recovering from a recent stroke, is doing very well and is anxious to start driving again. Bill Jeffery-Walker has suffered problems to both knee caps. Ian Knowles is 'going private' to avoid a long wait for his operation. To all those who have been ill, we wish you a speedy recovery and to see you again very soon.

**New members.** This month we welcome Muriel Bartram, Neal, Cath & Laura Blatherwick to our group and wish them well and hope you enjoy as many of our events as possible.

**Birthdays.** Birthday wishes in June go to Jean Birkin, Margaret Knifton, Roy Pearson, Virginia Davies, Tracey Chapman, Stefanie Wright, Coleen Yates, Per Staehr, Elaine Starbuck, Brian Fearn, Lyn Rowlatt and Kevin Noon. 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 to Paul & Brenda Riley. Congratulations to you all, have a great celebration. And here's one we missed, Cyril & Dorothy Thornhill celebrated their Golden Wedding Anniversary on 18 May, with family at their home. Better late than never - congratulations to you both.



**SUSAN (age 4)** was drinking juice when she got the hiccups. 'Please don't give me this juice again,' she said, 'It makes my teeth cough...'



**Swimming.** During half term there were 10 swimmers at our regular 3.15 PM slot in the warm water of the family pool. 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!

**Awards season!** Les Baynton was runner up in the Heart Matters national poetry competition for his poem “Heart Surgeon”, which is featured in his booklet ‘This Old Heart’ and available from Les at £3.00 (proceeds split between the BHF & TH(D)) on 01332 206734. Congratulations Les. He and Paul Calladine were also recognised for their work with the BHF, with both being joint runner-up in the



Volunteer of the Year Award in this region. Fabulous, well done both of you.

### Shining Star awards 2013.

Each year Community Action branches throughout England hold an annual awards ceremony to recognise the work of volunteers. In Derby they were held at the DeDa Dance Studio on 5 June, where TH(D) members were awarded a certificate to mark the continuous support they give to the British Heart Foundation. So well done all of us, yes including you. As a further surprise, Sophie Jardine of the BHF, hand nominated Michael for an individual award – the Luminous Leadership Star award. Check out the size of his head now.



**Does anyone recognise this?** I am young at heart but slightly older everywhere else.

**May luncheon.** There was plenty of talking going on as you would expect from a TH(D) group, despite the pub expecting a walking group. Well, we do walk but not today. The special was cottage pie and looked quite appetising. Sadly they only had a restricted number of helpings



and so many ordered from the regular menu. Even those who had ordered the cottage pie did not necessarily get it. Michael did not enjoy someone else's meal but that person enjoyed Michael's order much more. I am not certain of the origins of that Derbyshire

delicacy "salad and gravy"! You might get the impression that the Carpenters Arms were not really prepared and you would be correct. The 18 members who turned up were not disheartened, however, but enjoyed each other's company once again.

**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. Are you with me on this, please? *"Thanks for newsletter, received as usual. Our 'penny jar' is doing well".*



**A distraught** senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?" "Yes, I'm afraid so," the doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REPEATS.'"

**A spoonful of salad dressing could help reduce the possibility of prostate cancer.**

Each year around 41,000 men in the UK are diagnosed with prostate cancer and almost 11,000 die from the disease. A new report in the journal JAMA Internal Medicine involved research on 4,755 prostate cancer patients in the USA, they wrote "Overall, our findings support counseling men with prostate cancer to follow a heart-healthy diet in which

carbohydrate calories are replaced with unsaturated oils and nuts to reduce the risk of all-cause mortality. The potential benefit of vegetable fat consumption for prostate cancer-specific outcomes merits further research.” The research findings showed that men who replaced 10% of their total daily carbohydrate consumption with healthy vegetable fats had a 29% lower risk of developing deadly prostate cancer and a 26% reduced risk of dying from any cause. As well as the benefit from salad dressing, the study also showed that eating an ounce of nuts a day led to an 18% lower risk of lethal prostate cancer and an 11% lower risk of death. So, there you have it chaps – heart health, prostate health and you might even lose weight all in one go. See your GP just to make sure.

**A couple in their nineties** are both having problems remembering things. During a check-up, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember. Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks. 'Will you get me a bowl of ice cream?' 'Sure.' replied the man. 'Don't you think you should write it down so you can remember it?' she asks. 'No, I can remember it,' he said. 'Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?' He says, 'I can remember that. You want a bowl of ice cream with strawberries.' 'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks. Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!' Then he toddles into the kitchen. After about 20 minutes, the man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment. 'Where's my toast?'

**'Spider' stem cell treatment for heart failure.** The BHF web page reports upon new findings in the search for a cure. Top scientists at the University of Bristol are harnessing the amazing abilities of spider-shaped cells – called pericytes – found in the blood vessels used by heart surgeons during heart bypass operations. After years of laboratory research, the team is almost ready to begin clinical trials of their pericyte treatment. Before they can begin trials in patients, they will do research involving pigs which, as a large animal, offer the best way to discover how effective the treatment would be on people with heart problems. Professor Paolo Madeddu said: *“Pericytes could be much more effective than anything we have seen before at mending broken hearts after a heart attack. To find the ideal stem cell therapy in the future we might have to combine different sorts of stem cells and other material, but these cells give new hope to heart patients.”* BHF Medical Director, Professor Peter Weissberg, said: *“Being able to fund groundbreaking studies like this is exactly why we launched our Mending Broken Hearts Appeal. If these studies are fruitful, we expect this promising approach to be tested in people in the near future. The Bristol approach is one of several that could improve the lives of people living with heart failure whose hearts has been damaged by heart attacks. We're not there yet though, more research and studies are needed before we can end the suffering caused by heart failure.”* Let's hope the trials are successful and really makes a difference. You can help by donating or supporting TH(D) by way of sponsorship at our many events.

**The Travel Trust Club.** Annual Holiday takes place on October 11<sup>th</sup> til 14<sup>th</sup> 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.

**A policeman said to the lady driver** “You know, the lights you just went through don’t come any redder!”

**Painkillers and a BHF website report.** Taking high doses of some widely used painkillers such as diclofenac and ibuprofen for a prolonged period increases the risk of heart attack by a small, but significant amount according to new research the BHF part-funded with the UK Medical Research Council. In England in 2010, there were 17 million prescriptions for NSAIDs, with approximately one third of them diclofenac, one third ibuprofen, and one sixth naproxen. This research, led by Professor Colin Baigent and his team at the Clinical Trial Service Unit & Epidemiological Studies Unit (CTSU) at the University of Oxford, found that high doses of some non-steroidal anti-inflammatory drugs (NSAIDs) mainly diclofenac and ibuprofen increased the risk of a major vascular event by around one third. Those who need regularly prescribed painkillers should speak to their doctor about which drug is the most suitable choice for them. However, high doses of naproxen did not appear to increase the risk of heart attacks. The researchers say this may be because naproxen also has protective effects that balance out any extra risk of heart attacks. BHF Research Advisor Dr. Shannon Amoils said: *“This study supports previous findings showing that taking high doses of some NSAIDs such as diclofenac and ibuprofen for a prolonged period leads to a small increase in the risk of heart attack and stroke. Based on this research, we would reiterate the advice that people should take the lowest effective dose of these drugs for the shortest time necessary to control symptoms. Although people who take painkillers infrequently needn’t be overly concerned, those who need regularly prescribed painkillers should speak to their doctor about which drug is the most suitable choice for them.”* So, take the BHF advice and consult your GP about painkillers and not just keep on taking them.

**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. Julia Backhouse says *“I loved the bit about doing a 15 minute walk 4 times a week but it didn’t count if you did it in the Westfield?”*. 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.

**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. So could a tortoise walk!

**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. Michael has been doing this shorter route version for many months and has been rather lonely – aah! We can all join together at a “pit stop” and have a nice cuppa later in the day. Our walk from Ilam National Trust House took place with 3 doing the tortoise walk and 12 doing the hare version. The weather was bright, sunny with a little breeze – perfect. The picturesque English village of Ilam (eye-lamb) nestles beside the River Manifold in the Staffordshire Peak District among spectacular hills. It sits in the Peak District National Park right on the Staffordshire border with Derbyshire, close to the famous Dovedale Gorge. It has Alpine style cottages, a

mansion and an eccentric river and is set against the soft green backdrop of Bunster Hill, Thorpe Cloud and the steep and tumbling pastures. We set off past the Church of the



Holy Cross (host to a hog roast later in the day) and into the village, past the Memorial Cross. Over the river, then north along the River Manifold. Back across a bridge and to Ilam Hall where the tortoise walkers stayed for refreshments. The hare walkers set off on a further 5 mile hike along the Manifold



Valley, completing a figure of eight course, which included crossing the River Dove using the famous stepping stones. A nice cuppa and a sarnie were much appreciated by all.

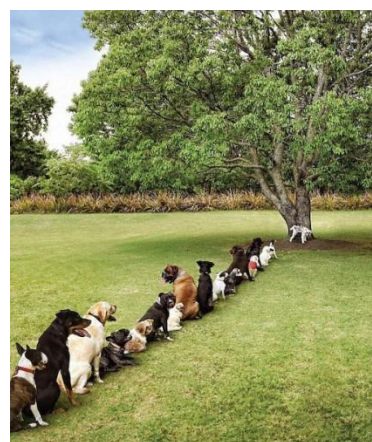
**The call of nature!** Who spotted this whilst out walking?

**Tortoise walking.** A lovely, bright sunny morning greeted nine walkers at Trent Lock, Long Eaton for the tortoise walk, including John who came because he was assured there were no hills. Canals were the life blood of business's dispatching their goods (principally coal in this area).

Progress was steady along the towpath of the Trent canal and up to the Cranfleet Lock (no 4). This canal was 'cut' to bypass Thrumpton Weir and in days gone by there were around 170 barges per day passing through the locks.



Nowadays, there is a lot of leisure use along these historic waters, where the lock keeper was kept busy. After a short rest it was onwards alongside the River Trent before turning across the



Thrumpton Estate, down Pasture Lane, turning left once again to return to Cranfleet Lock before retracing our journey back to Trent Lock. Coffee and cakes were the reward for our efforts this morning but on such a nice day, where were you? 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 February's edition: *"I love the jokes especially the one 'A Great Country or What', I'm going to share it with my American friends, I hope that's OK! Thanks once again for a very newsy, humorous, informative newsletter! I noted that Dennis was asking about ATRIAL fibrillation at the AGM. Your atria fibrillate but an arterial is the local ring road/ The item about the Royal Hospital Ward opening hours made me think- until I worked out that MAU is Medical Assessment Unit, SAU is Surgical Assessment and CCU Coronary Care Unit. I suffer from mnemonic overload- so thought it was Michael's latest quiz question/ Loved the item about "Hospital Regulations" which made me laugh out loud/ Your newsletter has gone on our blog/ Thank you so much for your (very posh) birthday card. It was much appreciated especially since after 48 years of retirement there are not all that many on the mantelpiece/keep up the good work/ Thank you for your Newsletter and details of the*

2013 programme. I enjoyed reading both/ Sorry this message is late but I have just read May's newsletter and once again it was fun and pretty moving and shows you what strength people find from fund raising and each other/ ". Others have commented verbally "It's the best newsletter that comes across my desk/how do you consistently achieve such a great standard – are you a professional?" 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.

**I've learned...** That life is tough, but I'm tougher.

**New clue about male heart attacks.** Men's increased risk of having a heart attack is partly down to their genes, according to a research study part funded by the BHF, reported in an article in the Lancet in May. An international team, led by scientists at the University of Leicester, showed that genetic variations carried on the Y chromosome can significantly increase the risk of heart attack. The Y chromosome is unique to men. BHF Research Advisor Dr. Hélène Wilson said: "*This study shows that genetic variations on the Y chromosome – the piece of DNA that only men have – can increase a man's risk of coronary heart disease. Coronary heart disease is the cause of heart attacks, which claim the lives of around 50,000 UK men every year. Lifestyle choices such as poor diet and smoking are major causes, but inherited factors carried in DNA are also part of the picture. The next step is to identify specifically which genes are responsible and how they might increase heart attack risk.*" This discovery could help lead to new treatments for heart disease in men, or tests that could tell men if they are at particularly high risk of a heart attack. "*One of the fascinating things about the study is that it might provide a partial explanation why Northwestern European men have more heart attacks than their counterparts in other parts of the world.*" We will bring you the follow-up as we receive it. Footnote: The BHF has invested £88,200,000 in research, a phenomenal sum and it is thanks to people like you who donate or sponsor events. Thanks a million (well 88 at least).

**Last month' poser!** No-one has come forward with an answer so far to "How long did the 100 year's war last?" Contact Michael if you know.

**Gardening.** A report from Pat Fitton. At last we have been having a bit of sunshine and hopefully all of those plants which are behind will start to grow and produce fruit and flowers. Hanging baskets and containers can be put in their final flowering positions, for by now the half-hardy plants such as geraniums, petunias lobelia will no longer be at risk from late frosts. Water them whenever the compost feels dry, baskets and pots hold a lot of plants in limited compost and the need for water increases as the plants grow. Use a weekly liquid feed and pinch out spent flowers to ensure more blooms are produced. Feed roses to encourage the production of more shapely, longer-lasting and larger flowers. Sprinkle granular feed round the base of the plant and fork in, if the weather remains dry then water the plants so that the granules can release their nutrients. There are many other jobs to be done this month, given the time and the weather. Protect young plants from slugs and snails and look out for vine weevils. Prune spring flowering shrubs. Water sweet peas well and tie in as they grow. In the green house open vents and water pots and grow bags daily, hang sticky yellow traps among the tomato plants to catch whitefly and feed your tomatoes, courgettes, aubergines and cucumbers with a high potassium liquid fertiliser to encourage more fruit to be produced. This list of things to do in the garden can go on and on. June is a busy month for the gardener, but whatever you do - enjoy it!

**Is the pen mightier than the sword?** I'm not sure but it is the equal of the 'sole'. Les Baynton raised £460 selling his booklet and by chance, Michael raised exactly the same amount on his Chatsworth Charity Walk on behalf of the BHF. Les donated half his funds to BHF and TH(D), whilst Michael's money went sole(ly) to the BHF (Sorry about the pun).



## Forthcoming programme.

### June

- Saturday 22<sup>nd</sup> Walking back to health - 🐢 Tissington walk of 2.5 miles. Meet on Main Street near the café at 9.30 to walk at 10.00 AM.
- Tuesday 25<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 AM.
- Wednesday 26<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

### July.

- Wednesday 3<sup>rd</sup> Swimming at the Queens Leisure Centre at 3.15 PM.
- Saturday 6<sup>th</sup> Walking back to health - 🐢 Dimmingdale, Alton walk of 5 Miles and a shorter 🐢 walk of 3 miles. Meet at the Renowned Ramblers Retreat car park, Red Road, Alton. A truly beautiful walk with an option for those tortoise walkers amongst us. Meet at 9.30 to walk at 10.00 AM
- Monday 8<sup>th</sup> Afternoon Tea Party at 6 Lockwood Road, Allestree, Derby DE22 2JD at 2.30 PM.
- Wednesday 10<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.
- Wednesday 17<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.
- Friday 19<sup>th</sup> Charity Golf Competition at Ashbourne Golf Club. Teams of 4 for £80. Details from Terry Hunt on 07739 337940.
- Saturday 20<sup>th</sup> 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 24<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.
- Tuesday 30<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 AM.
- Wednesday 31<sup>st</sup> 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](mailto: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