

# Take Heart

(Derby)

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

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



## Newsletter November, 2012.

Thanks to all who send articles and who contribute in debates to make the Newsletter more interesting. We hope you all appreciate and enjoy each edition.



Derby  
Heart City

Love our city • Love your heart

**November speaker.** We had a packed house for our general meeting on Monday November 12<sup>th</sup>, with 46 members present. Our speaker, Charles Hanson, provided us with much entertainment, with many anecdotes about his work. We felt that we already knew Charles from his television appearances. He has been seen in Bargain Hunt, Antiques Roadshow,



Flog It and Cash in the Attic to name but a few, all of which are very popular programmes. Charles is an auctioneer and valuer and he runs his antiques business from his auction house headquarters in Heage Lane, Etwall. He holds regular monthly auctions of antiques, collectables and country house attic furnishings are sold, and also specialist quarterly fine art and antique auctions there too. Charles told us about the very funny and unusual objects he had been asked to sell. There was a piece of toast left by Prince Charles on the morning of

his wedding to the Princess of Wales, this sold for £600! A pair of Queen Victoria's bloomers, which attracted worldwide interest, were sold to an American for £5,000. Another lot was a box of Star Wars figures from 1977. At first these were disparaged by Charles, but eventually sold for £18,000. After many more stories Charles turned his attention to the antiques and



collectables brought in by Take Heart members. These ranged from jewellery, figurines and porcelain to a Victorian page - turner, a snuff - box and a collection of Imari China. As well as giving a valuation Charles was able to give information about the age and origin of many items. Altogether we had a most interesting and entertaining afternoon. I think we all came

away thinking that we are all antiques experts! This was a thoroughly entertaining afternoon (see the photograph above) and some of our members went away with a smug look on their face following Charles's valuations.

**Two presentations!** You wait a long time for one and then two come along all at once. Michael presented Sophie Jardine with a cheque for £200, resulting from sponsorship he gained on the BHF Chatsworth Charity Walk, for which Michael thanked the members for their support of him. He added that the only thing keeping him going from the half-way point, was the thought that the money pledged would help with the research programme of the BHF. Sophie thanked Michael for his efforts and the



cheque. She then outlined another appeal for a scanner at the RDH (see notes later in this edition), and requested our help in this matter. Sophie was then surprised to receive an instant response with a cheque for £660 from the members of TH(D). Wow. Thanks everyone.

**Talking of the Appeal.** The Children's Hospital within the Royal Derby Hospital has launched an appeal for £56,000 to purchase a 2D scanner and associated equipment for use with babies, children & young adults. £28,000 has already been awarded to this fund, with TH(D) adding £500, together with donations from individual members adding a further £160. The BHF are purchasing the equipment through their sources and Sophie Jardine received the money at our monthly meeting on 12 November. She said "It is reassuring to the BHF that we have such a wonderful and understanding group here in Derby". Anyone wishing to donate to this appeal can forward their cheque to Michael, made payable to the BHF. Thank you for your support.

### **Membership.**

This month we have been joined by Stephanie & Ronald Wright, Per & Marbit Staehr, Graham Cockcroft, Jayne Wilkie, Elaine & Annie McCulloch and also Rita Hancock (we did not know about you until recently). Welcome to you all and we hope to see you at our many events. 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. Due to personal reasons David & Louise Pearson have left the group. We wish them well and thank them for all the support they gave to us. Some of our members have been unwell recently – Desiree Day, Pat Fitton, Derek Skidmore, Janet Stewart, Noel Clough, Annie Middleton, Mollie Illsley, Tony Jackson, Reene Meakin, Nellie Dye, Derek Stean, Noreen Shepherdson & Gwen Williams. So many! What are we going to do with all of you. We wish you all a speedy recovery and look forward to your being amongst us again soon.

**Birthdays.** Birthday wishes for November go to Dorothy Thornhill, Ted Bland, Gordon Gaskin, Mathew Taylor, Hazel Young, Jean Clarke, Nellie Dye, James Robinson, Cyril Thornhill, Molly Illsley, Josephine Fowler and Les Baynton. A special mention to Dennis Pollard, who celebrated his 80<sup>th</sup> birthday on 8<sup>th</sup> November, with a dinner party for 24 at the Littleover Lodge. Dennis kindly funded the whole evening and the collection was split equally between McMillan Cancer Appeal & the RDH Scanner Appeal. Thank you Dennis, a wonderful evening and a tremendous gesture to worthy causes. Happy birthday to one and all.

**To make sure we do not miss your birthday get in touch with Michael or April.**

**Coffee in a Cube!** Forty-two members attended our coffee morning at the end of October. Is this a record? There was lots of chat and banter. David was busy distributing the newly printed calendar to all those attending, Rasphal was advising members about the possibility of free carer breaks, Barbara was finalising details for the Christmas luncheon. No wonder it was 12.30 before we left. Great fun for all, see you next time!



### **The sign of senility.**

A smile - is a sign of joy  
A hug - is a sign of love  
A laugh - is a sign of happiness  
And a friend like me? Well that is a sign of good taste.  
We'll be friends until I am senile  
And then we'll be new friends!

**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 for which 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 Take Heart (Derby) 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.

**2013 Free Calendar Alert.** It has now been delivered to you. We hope you all like it (judging by early comments, you do) *"Thanks so much the lovely Take Heart calendar received yesterday/ Wonderful photographs/Very professional/Great calendar, we are sending one to Canada/It is beautiful/Such a lovely idea, thank you/We did a lot of those walks in our younger days, nice to be reminded/Thanks for the lovely calendar. Well done to all concerned in its production/ I sent a Take heart calendar to close relatives in Torquay and they were very impressed with it/We have sent a copy to family in Canada/Our relatives in Perth, Australia might feel homesick if we send them a copy, it is a quality gift"*.



You will notice the logo of TH(D) appearing against dates for each month, which means there is an event taking place on that day, you will have to wait for the programme to be printed, read the last page of the Newsletter or refer to the web site for further details. Please contact David Rowe on 01332 767368 to order additional copies, priced at £4.00 each.

**Message of thanks.** We reported news of Geoff & Jean Sykes 60<sup>th</sup> wedding anniversary. We received the following message from them *"We both thank you all for remembering our Diamond Wedding and for the champagne which gave it an added zest! Many thanks too for the beautiful card and the many others from individual members. They all helped to make an unforgettable day."* Other comments following receipt of a birthday card *"Thank you for the lovely birthday card. With best wishes."*

**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 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.

**Luncheon.** We enjoy meeting and socialising together and that helps with our confidence to continue our life with enthusiasm. And so it was when 20 of us had lunch together at The Bridge Inn in Duffield. The building could do with a bit of investment but the conviviality of the company was tremendous as ever. The food was not bad either and the whole affair was appreciated by all. Do you need a lift to the lunches? Phone Michael.

**A big thank you.** The power of the people has won a reprieve for the Children's Heart Unit at Glenfield Hospital and it is partly down to you. A decision had been made by the NHS to close Glenfield and move services to Birmingham. An on-line petition brought in more than 100,000 signatures which has persuaded officials to review the original decision. Further news is expected in February when the review is complete. Thank you to everyone who made the effort.

**Energy drink alert.** US Food & Drug Administration has begun an enquiry into an energy Drink – Monster Energy. It contains 5.3 times more caffeine than a 330ml can of cola. Unfortunately it took the death of a 14 year-old girl before the authorities took any action. The British Soft Drinks Association has drawn up a voluntary code recommending warning labels, such as "Not suitable for children, pregnant women and persons sensitive to caffeine".

The FSA confirmed there had been reports of caffeine consumption linked to deaths in Britain (how many of you knew that) but there were other factors involved. In the meantime it might be sensible to tell all your family to avoid it and not take any risks.

**Stoptober.** Did anyone stop smoking during last month? Let Michael know how you are getting on. Did it work? How long since you stopped the habit? How are you feeling?

**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.

**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 Cromford 🐣 Walk.** Does anyone remember the pop group Unit 4 + 2? They were a mid/late 60's group who had a hit with Concrete & Clay and others. Well that was the shape of things at the Cromford Hare walk. Four members (David, Kevin, Chris and Chris) set off on the long 7 mile walk, whilst two others (Michael & Emma) arrived late and did the short walk to High



Peak Junction and back. It was an overcast day but even in the autumn there were signs of new life in the canal. Who can identify the chicks in the photograph – send your answer to Michael. The fit walkers were soon passing through three tunnels, leaving the canal and ascending Lambert Hill and then down onto the Midshires Way. Then uphill again before descending to Intake Lane and back to the car park. Phew! Refreshments needed now.

**Osmaston 🐢 Walk.** Five men went to walk, two women went to walk and one dog went to walk - around Osmaston Country Park. On a bright but windy day we set off down the track to the lake. We noticed that the old mill house was being restored. Then it was a steep climb to the south end of the forest before turning west and into the varied colours of the autumnal forest. Across two streams, wandering alongside a field of maze before ascending a hill to the rear of the ruins of the old house. Back at the Shoulder of Mutton, three couples enjoyed a spot of lunch together. Another fabulous social event!



**The Markeaton & Mackworth Walk.** On a cool morning, nine set off from Willowbrook. It was not long before Emma & Joe were striding ahead and getting very muddy as we trekked alongside fields where fresh crops had been sown. After about one mile the group



split to take different paths back, so that the short walk was about 2.25 miles and the longer walk about 6 miles. This worked quite well and we may consider doing this again on other Hare walks. Michael had been doing his own version of this for some time, you may recall, but on this occasion he at least had company on the return leg. It was quite invigorating and just the way to start the weekend. As

always, there was lots of talking as we trekked. Should we change the name of the walks to the Talking Treks? See for yourself next time out.

**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.

**Think about your carer!** Spouses of heart attack victims are at a high risk of anxiety, depression and suicide because the shock is similar to post traumatic stress disorder, according to research. Men are more susceptible than women which persists even if their partner survives. Researchers compared 16,506 spouses of people who died of a

heart attack between 1997 and 2008 with 49,518 spouses of people who died from other causes. They concluded that nearly 50 times as many spouses used a benzodiazepine after the event compared to before. The rates of depression were significantly higher after the event in the fatal heart attack group. Researchers believe it is the sudden nature of a heart attack that causes extreme impact on the spouse. We are all a bit fragile, so be nice!

**Carers Forum.** The carers forum was held on 16 October at the Cardiac Rehabilitation department. Around 60 people attended and saw exhibits from various support organisations, including Take Heart (Derby) and a demonstration of resuscitation. Dr Damien Kelly replied to questions about breathlessness, clopidogrel & other medications, chest pain, arrhythmia, exercise, the risk of further heart attacks, angina, ischemic heart disease, returning to work and the risks (or not) of flying. Those attending went away thoroughly satisfied with the information gleaned from the event. Our thanks go to Tracey Ralph and her team for putting on this informative and reassuring event. Pity some of you missed it!



**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.

**Abdominal Aortic Aneurysm Screening** It takes place at the old DRI with access and free parking off Osmaston Road. The Aorta is the main blood vessel that carries blood to your body. In some people as they get older, the wall of the aorta in the abdomen can become weak and start to expand. This is most common in men aged 65 and above. The NHS have introduced a screening programme. If you, or anyone you know, is interested ring 01332 789859 for details.

**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 Octobers edition: *Thank you once again for a very interesting newsletter/Once again a great effort by all involved. For me, if we had prizes for effort, it would go to the undisclosed author of the re-vamped lyrics of the 'Sound of Music' - what a cracking good contribution - Rogers and Hammerstein would have been impressed I'm sure. Hey! Why don't we make this type of plagiarising a regular feature? One small comment, At 8 pages long I am the extreme limit of my stapler capacity, so is there some way of either compressing or sectioning so that individuals can choose how they build up their files according to preference?/ Interesting as ever/A fantastic newsletter Michael. Very informative and the song lyrics are hilarious/ Many thanks as always Liked the Sound of Music Ditti/ Well done again/ Once again a very full and interesting Newsletter/ Am thoroughly enjoying the Take Heart swimming sessions/ Thanks for your interesting News Letter. Sounds like I missed an interesting lecture by Dr Michael Miller-Craig"*

Several people have commented verbally "My wife & I have read it already. She particularly liked the joke about the wine/I have email but am trying not to get too hooked and I do like to see the envelopes drop through the letterbox, especially when the Newsletter is due/Can you put page numbers so it's easy to collate after printing " 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. The pool managers put a temporary spoke into the wheels for a few weeks when they closed the Family Pool. Several members decided not to swim when offer the use of the Gala Pool. We are back in the Family Pool again now the problems have been resolved. See you every week?

**Listening ears.** 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.

**BHF & Flora Pro-active.** The BHF have joined forces with Flora ProActiv to highlight the risk of heart disease for women and are celebrating women who have joined the fight against heart disease or have helped others. Flora is clinically proven to lower cholesterol and is therefore better for you than many other spreads. Eat foods like oily fish, nuts & seeds. Eat a variety of wholegrain bread and cereals, fruit & vegetables. Be a healthy weight and shape. Increase your heart rate by walking, swimming or dancing. All these are the essential targets of Derby – Heart City.

Aloe Barbadensis Miller is succulent, closely related to the lily, onion and asparagus family. Paula Barsby runs her own company helping people to lead healthier lives using products containing Aloe Vera. It is a useful source of vitamins and minerals, it contains many amino acids too - this means the body can function at 100% and gives people a wonderful feeling of well-being. It has benefits for the gut, skin and helps promote healthy joints, aids mobility and flexibility. If you would like to know more, please contact Paula to arrange a consultation. 07827 468 368 – [onevision@ntlworld.com](mailto:onevision@ntlworld.com). Paula will attend our next coffee morning where she will be pleased to discuss helping you to be healthier.

**NICE are nice again!** A new drug has been approved by NICE, which is of interest to heart patients. Ivabradine (or Procoralan) slows heart rate and improves pumping ability and trials show a 17% drop in death rates. This is good news for those living with heart failure (almost 200,000 patients) who could benefit from treatment and reduce hospital admissions by almost a quarter. It will also reduce medical bills as it costs only £1.40 per day. Could this be the biggest reason NICE have recommended it or am I just being cynical? Time to talk to your GP, I think.

**Flu jab!** Contact your surgery now to book your flu jab but be warned, vaccines are in short supply. Tell them you are a heart patient or the carer of a heart patient. This simple flu jab could also reduce your chances of a major cardiac event by 50% and cardiac death by 40% compared to a placebo used in tests. The research also claims that the flu jab had a beneficial impact on people with or without heart disease. Ellen Mason, Senior Cardiac Nurse at the BHF said, *“It’s still unclear why the flu jab may hold extra heart health benefits. What is crystal clear is that the vaccine is hugely important to many people including those with heart disease.”* The research behind this report comes from 2012 Canadian Cardiovascular Congress in Toronto.

**7 a day!** Some months ago we reported that the 5-a-day slogan to remind us to eat healthily should have been NINE. We seem to be catching up at long last but not quite getting there. Scientists have analysed 80,000 responses from Britain’s who eat between 7 and 8 portions of fruit and veg per day. The respondents claimed to feel more cheerful, loved and optimistic about the future. It is not known exactly how fruit and veg improve wellbeing, they contain antioxidants which are attributed to reduce stress levels. Professor Andrew Oswald, of the Centre for Competitive Advantage in the Global Economy at Warwick University was emphatic that eating more fruit and veg will help us all feel better. Perhaps this will be the Government strategy to encourage us to forget all our troubles by eating more fruit and veg and that we overlook all the taxes and loss of jobs. The French are encouraged to eat 10 portions a day and the Japanese 13 portions a day. What do they know that we don’t and is this why we are behind in other things as well? What is a portion? 7 strawberries, 2 satsumas, 1 banana, half a grapefruit, 4 heaped spoons of spinach, 3 celery sticks, 150ml unsweetened 100% fruit juice or 14 cherries.

**Are you on THE LIST?** Have any of our readers heard of the Liverpool Care Pathway? Has anyone any comments?

**Cheap stamps for Christmas.** Have you heard 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 1<sup>st</sup> & 2<sup>nd</sup> 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.

**Hospital car park charges.** You are not the only one to think it is expensive to attend hospitals. Figures have recently been released showing how much money is raised from you and I when we visit. Derby Hospitals collected the sixth largest amount of money in car parking fees, at £2,200,000.00 (that's £2.2million). Nottingham and Leicester were higher than that, so I suppose that's a bit of good news. However, when you think they collect that much, how much more do you think they could raise if there were sufficient space for all of us to park at visiting times and not to be in a queue waiting to get in? Perhaps the ticket givers could help by directing us to where there are spaces or would that be asking too much? After all, we only have a 2 hour slot to visit our loved ones before the ward "lock the patients away" until visiting at 6 o'clock.

**BHF Furniture & Electrical Store.** Newly opened at 4 Babington Lane, Derby. They will collect and re-sell unwanted furniture and electrical items (after ensuring they are safe). Contact them on 0844 848 9610 or online at [bhf.org.uk/collection](http://bhf.org.uk/collection). Your donations will help support the BHF efforts to further fund research into heart health.

**Recipe.** Double celery soup with Roquefort cream.

1 onion	8 inner sticks of celery
900g celeriac	50g unsalted butter
150ml white wine	800ml vegetable stock

Sea salt and black pepper.

Peel & chop the onion, trim & slice the celery, peel the celeriac & cut into 3cm pieces. Melt the butter in a large saucepan over a medium-low heat and fry for about 10 minutes until glossy and softened. Add the celeriac and continue to fry for another 10 minutes, stirring occasionally. Add the wine and simmer until well reduced, add the vegetable stock and some seasoning. Bring to the boil, cover and simmer for a further 15 minutes on a low heat. Puree the soup in a liquidiser and press through a sieve into a clean saucepan. Reheat as required, serve in a bowl and finish with Roquefort cream.

For the Roquefort cream, blend 100g sour cream, 1tbsp whole milk in a small bowl.

Crumble 100g Roquefort. Swirl each bowl of soup with a little sour cream, then scatter over some crumbled cheese and finely chopped chives.

**Local magazines & publicity.** If you get any local magazines delivered to your home, please contact Marilyn Thompson (01332 558756 or [marilyndthompson@btinternet.com](mailto: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 – thank you for your assistance.

**Christmas luncheon.** Our Christmas luncheon is fully subscribed. You should now pay the balance of the meal price to Barbara Rowe (01332 767368) before the end of November.

**Gardening.** November is not a month very conducive to gardening, but there are a few essential jobs that can be done on fine days. Leaf sweeping - an important job for two reasons - firstly the leaves can be made into compost that can be used as an organic soil conditioner and mulch. Collect the leaves as soon as they fall as they will contain more moisture and rot down more readily than dry leaves. On lawns, set the mower blades slightly higher than the length of the grass so that the leaves can be chopped up as they are collected in the grass box. Shredded leaves can be mixed with other garden and kitchen waste, lawn clippings and pruning's and then added to your standard compost heap. If you have large quantities of leaves try making simple leaf mould enclosures out of chicken-wire

or plastic netting. Alternatively pack leaves into old compost bags, folding over the tops to conserve moisture. Puncture few holes in the sides and base to let a little air circulates. After about six month empty the bags, mix up the contents and refill. Re- wet material if it appears too dry. Leaf mould should be ready after a further six to 12 months. You can apply a compost activator to speed up the composting process as composting leaves takes time. Secondly, always pick off leaves accumulating on alpiners, evergreens, bedding and other plants and try to prevent them from blowing into ponds and water features by covering the water with netting. Sweep or rake up leaves where possible, making sure paths, steps and patios are kept clear, as wet leaves are very slippery and can cause a nasty accident. Other important jobs to do this month are to wash the windows of your green house (if you have one) this will then let in the maximum amount of light, spike lawns to improve drainage, cut down and clear away dead marginal plants, place bricks or feet under pots to prevent water logging, clear top growth of annual climbers, prune climbing and rambling roses, insulate pots that are too large to take indoors and shorten tall stems on standard roses. After all this, sit down and have a lovely cup of hot tea (or something stronger) and nurse the feeling of well-being and a job well done!

### **Forthcoming programme.**

#### **November.**

Saturday 24<sup>th</sup> 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 27<sup>th</sup> Coffee morning at the Cube café/bar, Chapel Street, Derby at 10.30 AM.

Wednesday 29<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

#### **December.**

Saturday 1<sup>st</sup> Walking back to health - 🐢 Tortoise walk around Carsington Water (2.5 miles). Meet at the Sheepwash car park.

Wednesday 5<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 8<sup>th</sup> Walking back to health - Foremark Reservoir 🏊 (7 miles) starting from the car park.

Tuesday 11<sup>th</sup> Christmas luncheon at Littleover Lodge, Rykneld Road, Littleover.

Wednesday 12<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Tuesday 18<sup>th</sup> Christmas coffee morning at The Cube café/bar, Chapel Street, Derby.

Wednesday 19<sup>th</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.

### **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. 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.