

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter February 2018



We continue to invest in helping the cardiac departments at Royal Derby Hospital on your behalf. You can see from the photographs above that we have purchased a second recliner chair for ward 408. In the photo you can see HCA Becky Barker, Trisha Flude and Pete Stevens. In the centre HCA Jackie Noble (408) and on the right Sister Helen Bradley of CCU and testing out the pressure relief cushions. Thank you all for your continued support. We do what we can to help when the NHS is under so much pressure. Staff of each department are so very grateful for everything we do and send their very best wishes and hope they do not see you very often (a nice thought). We have also invested in A5 plastic wallets for Cardiac Rehabilitation, where leaflets and booklets given to rehab patients can now be collated within the wallets. We have added our logo to the wallet to remind everyone we are the group who care. For once, Michael can be seen in the photograph with Allison, Deborah, Wendy and Christine. But who took the photograph? Answers on a postcard to Michael.



A little misunderstanding with my new iPhone!

First message: Hi Fred, this is Alan next door. I have a confession to make. I have been riddled with guilt for months now and have been trying to get up the courage to tell you face-to-face but...I am at least telling you in text what I cannot live with a moment longer. The truth is I have been sharing your wife, day and night, when you're not around. In fact, probably more than you really. I haven't been getting it at home recently, but I know that's no excuse. The temptation was too great. I can no longer live with the guilt and hope that you will accept my sincerest apology and forgive me. It won't happen again. Please suggest a fee for usage and I'll pay you. Regards Alan. Neighbours response: Feeling so angered and betrayed. Fred then picked up his gun, walked round to Alan's house and shot him dead. He returned home, poured himself a stiff drink and sat down on the settee. He picked up his phone to read the message again and noticed a second message from Alan, received shortly after the first message. The message read: Hi Fred, this is Alan next door again. Sorry about the "typo" with this predictive text on my phone. For some reason it typed 'wife' instead of wi-fi. That's technology for you. Hey!!! Regards Alan.



Birthdays. Happy birthday this month to Muriel Bartrum, Norma Bracewell, Annabelle Evans, Donna Knowles, Babs Norton, Paul Riley, Dorothy Stevens, and Les Tibbles. We hope you have a happy and memorable day.



Those wonderful church bulletins: This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.



2018 Subs are due. Thank you to all those who have paid their annual subs on time. For those who have not yet paid I remind you our subscription year is from January until December. Please send your cheque to Richard Flatman, 105 Ferrers Way, Allestree, Derby DE22 2BE. We request a minimum of £10.00 per household per year, "probably the best value membership in the world!!" Of course, you can contribute more if you wish. Why not Gift Aid it, whereby HMRC will add a further 25% and it won't cost you a penny more. Some of you even send postage stamps as well, which is always useful. You can see on the front page of this Newsletter what we do with some of the money we raise, it helps in all manner of ways but without your subs it is difficult. Thank you in advance.



Two men were discussing popular family trends on sex, marriage, and family values. Bill said, 'I didn't sleep with my wife before we got married, did you?' Larry replied, 'I'm not sure, what was her maiden name?'



Do you have a favorite walk? At some point in our lives, most of us have enjoyed the fabulous countryside in and around Derby. Was it Carsington Water or perhaps Chatsworth House and grounds? What about the Tissington Trail or Matlock Bath? Whatever walk you enjoyed, please let Michael know and we will try to feature it into our programme for 2018. Details to Michael, please.



An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.' The other man said, 'What is the name of the restaurant?' The first man thought and thought and finally said, 'What's the name of that flower you give to someone you love? You know, the one that's red and has thorns.' 'Do you mean a rose?' 'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'



January Coffee Morning. The first coffee morning of the year and great to meet old friends and new alike. We met Phil Dixon who had enquired if any of our members had suffered with Mitral Valve Prolapse. What a stroke of luck with Charlie Dowsett responding. The pair spoke for a long time about their mutual heart event. Meanwhile Richard accepted subscriptions and Michael sold more tickets for the Music & Magic 2 show for 24 February. See note later about tickets! There were visits from several members we do not see very often amongst the thirty-eight who attended. It was another great opportunity to catch up, readily accepted by all.



Scared of the Dark? Ever since I was a child, I've always had a fear of someone under my bed at night. So, I went to a psychiatrist and told him, "I've got problems. Every time I go to bed I think there's somebody under it. I'm scared. I think I'm going crazy." "Just put yourself in my hands for one year," said the psychiatrist. "Come talk to me 3 times a week and we should be able to get rid of those fears!" "How much do you charge?" "£60 per visit," replied the expert. "I'll sleep on it," I said. Six months later, he met me on the street. "Why didn't you ever come to see me about those fears you were having?" He asked. "Well, £60 a visit 3 times a week comes to about £9,000 a year. It is an awful lot of money! A barman cured me for £10. I was so happy to have saved all that money that I went and bought myself a new car!" "Is that so?" With a bit of an attitude he said, "And how, may I ask, did a barman cure you?" "He told me to cut the legs off the bed! Ain't nobody under there now!"



Member news. So many of you have been hit for a second time with this horrible winter bug, with many being placed on a combination of antibiotics and steroids as a fail-safe method of trying to eradicate it. Dennis Pollard has been re-admitted to RDH and awaits further tests and treatment. Cath Blatherwick suffered a brain tumour last autumn and has been left disabled but is fighting back. Good luck and we hope you all soon recover. If you know someone who is ill, then please let Michael know.



A teddy bear is working on a building site. He goes for a tea break and when he returns he notices his pick has been stolen. The bear is angry and reports the theft to the foreman. The foreman grins at the bear and says "Oh, I forgot to tell you, today's the day the teddy bears have their pick nicked."



Committee vacancy. Our Treasurer has given notice that he is to stand down from post following the AGM in July. We offer our most grateful thanks to Richard for carrying out this role for a number of years and for guiding us through the Charitable Status in 2015. We, therefore seek a new Treasurer/committee member to take post from the AGM onwards. Are you interested? Please contact Michael to discuss this very important role on 01332 380219.



News from the BHF. Scientists in Reading to investigate blood clot formation to help stop heart attack. Professor Jonathan Gibbins has been awarded £246,000 by the BHF to study a group of proteins called connexins that are believed to play a crucial role in clot formation. Platelets are tiny blood cells that create clots by clumping together after an injury such as a cut. The chemical signals that enable them to recognise an injury, are also present within the blood vessels of someone with heart disease. This can trigger blood clots, also known as thrombosis, to form in blood vessels. If these clots block the coronary artery it can stop flow of blood to the heart muscle causing a heart attack. To strengthen their ability to bind together, platelets communicate with each other through proteins called connexins. They form channels between platelets which allow them to pass chemical messages. However, the nature of those messages and how they influence blood clotting is not known. Previous research by Professor Gibbins has identified three specific connexins which play a key role. In this new project, he will study genetically modified mice to learn how platelets use connexins in the clotting process. Professor Jonathan Gibbins said: "Platelets are individual cells which circulate in the blood, but when they're activated they work together in a coordinated way. The discovery that platelets use connexins to control this function means it could be an important target for efforts to reduce the risk of dangerous blood clots. "Through this study we will discover how platelets use and regulate these proteins, and begin to learn what signals travel through the channels they form. "If we can fully understand this process, it may ultimately be possible to develop treatments which could lower the risk of a heart attack or stroke by controlling connexin function in platelets." Dr Subreena Simrick, Senior Research Advisor at the BHF, said: "Anti-platelet medications, which reduce the risk of blood clots, are commonly used to prevent heart attacks in high risk people. "Unfortunately, existing medications don't work for everyone, and like all medications have potentially problematic side effects. Therefore, it is important that we fund research that explores new ways of preventing the clots than can cause heart attacks. "This work is only possible thanks to the generosity of the public. Without their continued support we would not be able to fund the science that can help improve the treatment, prevention and cure of heart disease." Source:

<https://www.bhf.org.uk/news-from-the-bhf/news-archive/2018/january/scientists-in-reading-to-investigate-blood-clot-formation-to-help-stop-heart-attack>



Corny? A duck walks into a post office and asks the man behind the counter: 'Do you have any corn?' The man answers politely: 'No, we don't have any corn here.' The next day, the duck enters again and asks: 'Do you have any corn?' Annoyed, the man answers: 'No! We don't have any corn.' This goes on for several more days until finally, when the duck asks 'Do you have any corn?', the man gets so upset he yells: 'NO! For the last time we don't have any corn, and if you ask again I'll nail your beak to the counter!' The next day, the duck returns and asks: 'Do you have any nails?' The man answers: 'No.' Then the duck asks: 'Do you have any corn?'



Jam Jar Challenge. You should already have quite a few "pennies" saved in your Jam Jar's in readiness for next week. February is when we bring our jam jars to the Cube coffee morning and tip it all into the bucket. If you have forgotten to "chuck your change" into a jar, simply bring a cheque or some cash with you on 27 February. The British Heart Foundation are very appreciative of the efforts we make and even published our 2017 contribution in a promotional leaflet. If sending a cheque, then please make it payable to Take Heat (Derby). Thank you for your previous efforts – last year it was around £280.00 - but let us see if we can achieve a larger donation this year.





February talk.

Our speaker this month was Dr. Catrin Rutland who is an assistant professor of anatomy and developmental genetics, faculty of medicine and health services and is based at the Veterinary Medicine and Science at the University of Nottingham. Her father was an important geneticist. She told us that she teaches both medical and veterinary students. She showed us the watch she wears on her wrist that notes her heart rate throughout the day. She put up a graph of the recording of her heart rate of the previous day, which showed that the markings got higher when she was doing exercise, but the highest one was recorded when she went home and her cat was there waiting for her. She explained that it doesn't always go up when you have bad news. She said that when one of her students had been in an accident and they were not sure if she would live her heart rate had stayed low, but after she had been told that she would recover that was when her heart rate went up. Her research is in looking at the genes that cause cardio-myopathy; she said that two out of three families are affected by this throughout the world and that she and her brother had been tested, with her being found to be ok but her brother needed an operation. We were told that 90% of cardiovascular disease is preventable by genetic testing. She went on to say that the man who invented the paternity test works at Leicester University, and people can now pay for a test that will tell them if they are related to the Vikings. Dr. Rutland talked about DNA testing and how it had got men off death row in Texas. She told us that in South Korea everyone at birth has their DNA taken. The people of Iceland were asked if they would give their DNA with a 100% in agreement, which has brought their crime rate down. We were told that when a horse goes lame if you mix two particular genes together and inject them into the horse they will usually get better. We were told about the Greek herald Phyllippides, who died from cardio-myopathy after running 175 miles in two days and also about broken heart syndrome which is when someone has a great loss and this makes their heart stop. Dr. Rutland said that she was lucky enough to have a letter from the Pope giving her permission to explore the library in the Vatican, which was such a wonderful experience. All the members who attended the meeting had a very interesting afternoon with many of them asking questions at the end of the talk.



March talk.

In spite of great planning and attention to detail, plans sometimes don't work out. It transpires that our original speaker has withdrawn and so we present a replacement in Mike Kelley. His talk is entitled "CROMFORD CANAL- THE SLEEPING BEAUTY". This is an illustrated talk with Power Point on the topic of Cromford Canal and its Restoration. The history of a canal, once of great importance to the area. Mike is a member of the Friends of Cromford Canal which formed in 2002. His talk looks at the reasons why this canal has been classed as a structure of national importance, the current attempts to restore it and the reasons why it should be restored. Indeed, you can see all the wonders and works when we "Walk back to Health" on Saturday 28 July for a fascinating journey.



So what if I can't spell Armageddon? It's not the end of the world!!!



2018 Calendar is now in circulation along with our new 6-page Programme of Events.



The calendar has a larger date grid to add your own notes and includes a logo on dates where TH(D) has an event. The programme is much enlarged, with Singing for Fun added to all the usual events. It looks very impressive. More comments have been received, *"Fabulous calendar this year/where do you find the time and inspiration to produce this lovely calendar/I am sending an extra copy to my aunt who now lives in France, she'll just love it."*

Hope you enjoy your calendar. Additional copies are available at £3.00 (plus post and

packing £1.50 each) via Michael.



My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were £70.00!!! Blow this, I thought, I can get one cheaper off the web

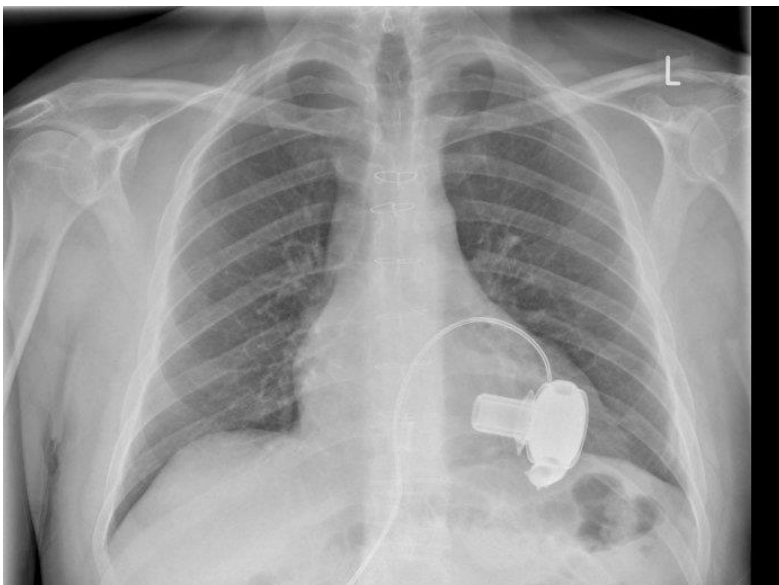


Newsletter feedback. The following messages were received following last month's Newsletter: *"A good read as usual, hope you and Trisha are keeping well/ Thanks for the newsletter ,liked the joke about the German Shepherd/Thank you for telling us about 'Taxes and Toyboys'. It was very informative and helpful. The BHF article was very interesting too. I always have a giggle when I read the funny bits . Thank you too for the lovely Birthday card - it was very much appreciated/Thank you for the newsletter and keep up the good work."* Thank you to all those who respond, I achieve much pleasure in reading your comments (even the critical one's)! Please send your comments to Michael.



My Journey – another story from a heart transplant patient known to many within TH(D). Chris Smith writes, *"Thinking back to my childhood, I think I have always had a weak heart. I could never keep up with my mates on their push bikes or play football for hours. I was quite pleased to reach 16 and get a motorbike. At 18 I became a blood donor and I signed up to the organ donor register should anything happen to me and thought no more about it. I got married at 23 and we had our son when I was 25, nothing extraordinary there. I enjoyed good food and holidays. I was a painter and decorator. We had been to Greece on holiday for a week and when we got back we went to Scotland on the motorbike with friends, and after lots of rich food and alcohol felt not quite right and less than a week later I suffered a major heart attack, I was 46. I needed 2 stents and after a week in hospital and 6 weeks of rehab I was recovering well. After 15 weeks I returned to work as a painter, but I found it more and more difficult to work and was falling to sleep as soon as I got home from work. I changed companies hoping the work load would be lighter and even though it was in January 2010 I had another major heart attack again with no warning but this time it was a much worse. I woke up the next morning feeling very unwell and was hooked up to a balloon pump via my groin which meant I was unable to sit up or move. Mr McCance kept me on this pump for a week to give me heart a rest and after a few more days in C.C.U. was allowed home but again referred to the lovely ladies in Cardiac Rehab at the Royal. These ladies tried to get me well enough to return to work. It was one of the fitness instructors that noticed that my blood pressure was dropping during exercise and that my pulse rate wasn't at all normal. I was sent for further tests and then on to see Mr McCance for the results. We sat in his office, and I can't remember the whole conversation, but he said there was nothing further he could do and that the only option was transplant. It didn't really sink-in, but he said he would write to Papworth*

Hospital and see what they could do for me. A few weeks later we were driving down to Papworth Hospital I'd been invited to go for tests to see if I was suitable for transplant. and after many tests I was told my pulmonary pressures were far too high. I had to have a L.V.A.D, (left ventricular assist device) fitted. Regular trips to Papworth showed the pressures lowering and in March 2011 I was finally considered for the transplant list. I continued to go to rehab as they had advised that the fitter I could keep myself the better I would recover after transplant. To be listed you must be ill enough to need a transplant but fit enough to have one...a very thin line. I'd been hospitalised in Derby a few times with the LVAD which was very worrying. I had no heart beat or blood pressure as the pump was continuous and this confused many doctors and nurses who just didn't believe it. I had to have weekly blood tests and my LVAD was attached to my heart via a wire that exited through my stomach into the controller that weighed about 5lbs. It had 2 batteries that had to be plugged in always or I could plug into the mains at night or a car socket. It was quite a life changing thing. No one knew what it was, and it was scary for people when the alarms went off when a battery needed changing or I got a low flow. and had to stay within an hour of home in case I got THE call. I'd been living with the LAVD for 3 years, when I noticed an olive sized lump sticking out of my stomach. I called Papworth hospital who asked me to get it checked out by the Royal. When I arrived, I had to go through the usual "I'll check your pulse" and "I'll do your BP" I had none of the above. Papworth hospital had asked that they give me a scan to see what it was and then give me antibiotic's, but the lump was getting bigger and bigger. We called Papworth hospital again who advised the doctor in Derby to get me an ambulance with a paramedic to get me to Papworth hospital. When I arrived, they decided to cut the infection out, but it wouldn't stop bleeding. It was Christmas Eve, I'd been stuck in there for 3 days and couldn't see a way out as they had told me that because of the infection I'd been taken off the transplant list. Not a good Christmas but the staff did their best to make it as good as possible. A week went by and it still wouldn't stop bleeding. On the 30th of December 2013 I was woken up at 6am and told I couldn't have any breakfast as they'd found a heart for me. I watched everyone else eat theirs in total shock. My wife arrived at 10.30 and we sat and waited for news. Lunch was served and then afternoon tea but none for me. Then at 2.50 pm Richard, one of the transplant co-ordinators told us it was going ahead and wheeled me down to theatre. I have no memory of the next week but woke up feeling terrible. My recovery was very slow, but I was allowed home after 5 weeks. I slowly got stronger until I was able to go to the gym again at Rehab. The fabulous ladies there really saved my life and couldn't have helped me more. They supported me the whole way for all the years until I was well enough to go back to work. I'm now working at the hospital as a



phlebotomist. Its almost 4 years now since my transplant and 11 years since my first heart attack but I'm fitter than I've ever been. I'm so thankful that I got a second chance. The donor was from the London area and even though we have sent 2 letters to the family, we haven't heard from them, but I do know that they were asking how I was after my transplant. It's such a selfless thing to do I've always been on the donor register you can't take your organs with you so you may as well pass them on."



Thank you! John Dean of Ashbourne has sent the following message of thanks to those who took part or sponsored the swimmers, “*Our swim in aid of the Mending Broken Hearts Appeal on 18 November last year at Arcleisure Swimming Pool, Matlock raise over £5,000 our highest so far with a further £700 to be claimed from Gift Aid. We hope to continue with our charity swim and we shall let you know as soon as we have any news. Best wishes to you, your wife and all of your members*”. Great effort by all.

Forthcoming events



February.

Saturday 24th Music & Magic 2 show at St Nicholas’ Church Hall, Allestree Lane, Derby DE22 2PE. 6.30 for 7.00 PM start. Advance ticket admission only on 01332 380219. **SOLD OUT!!!**

Tuesday 27th Coffee morning at The Cube café/bar.

March.

Friday 2nd Singing for Fun at 10.00 AM.

Wednesday 7th Swimming at the Queen’s Leisure Centre.

Friday 9th Singing for Fun at 10.00 AM

Monday 12th Mike Kelly “**CROMFORD CANAL- THE SLEEPING BEAUTY “** Illustrated talk with Power Point on the topic of Cromford Canal and its Restoration. The history of a canal, once of great importance to the area. Mike is a member of the Friends of Cromford Canal which formed in 2002. His talk looks at the reasons why this canal has been classed as a structure of national importance, the current attempts to restore it and the reasons why it should be restored.

Wednesday 14th Swimming at the Queen’s Leisure Centre.

Friday 16th Singing for Fun at 10.00 AM

Tuesday 20th Lunch at Woodlands Hotel, Blenheim Drive, Allestree, Derby DE22 2GP

Wednesday 21st Swimming at the Queen’s Leisure Centre.

Friday 23rd Singing for Fun at 10.00 AM

Tuesday 27th Coffee morning at The Cube café/bar from 10.30 AM.

Wednesday 28th Swimming at the Queen’s Leisure Centre.



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.

Cardiac Rehab Programme at Belper Leisure Centre, Amanda Gowling, 01773 825285

Seated exercise classes at URC, Becketwell Lane, Derby. Tel Gwen 01283 701284

BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health.

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. Committee members are Pam 01332 606583, Richard 01332 557028, Michael & Trisha 01332 380219, Robert 01332 608219 and Margaret 01332 766916.

Any queries or comments about Take Heart (Derby) should be directed to Michael Flude on email michael.flude@takeheartderby.co.uk, 01332 380219 or 14 Brookside Road, Breadsall, Derby DE21 5LF. Items for the newsletter should be sent to Michael, information about publications to be sent to Marilyn on 01332 558756 and lunch venues to Pam on 01332 606563.

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Registered Charity Number 116370



Spring lunch Tuesday, 10th April 2018, 12 noon for 12.30
Mickleover Golf Club, off Uttoxeter Road, Mickleover, Derby DE3 9AF

Your menu choices are:

Starters:

Leek & potato **soup**, with crispy onions & freshly baked roll
Creamy garlic **mushrooms**, toasted brioche & dressed leaves
Smooth duck & orange **pate**, melba toast & onion chutney

Main:

Roast English **beef** with rich roast gravy & Yorkshire pudding
Baked **chicken** supreme stuffed with spinach, tomato & cheese, bacon & garlic cream
Grilled **salmon** fillet, courgette ribbons & prawn butter sauce
Mixed **vegetable** wellington with red pepper sauce

Deserts:

Citrus **tart** with mixed berry compote & raspberry sauce
Hot **apple** pie with custard
Toffee & vanilla **cheesecake** with toffee sauce
Tea, coffee or decaf-coffee, with diner mints

Please make your selections by using the highlighted terms and send to:
Margaret Storry, 86 The Hollow, Littleover, Derby DE23 6GL 01332 766916
The cost is £18.00, including gratuity.
All monies to be paid by 28th March 2018

Cheques payable to "Take Heart (Derby)."

Name Choice starter.....
Choice main Choice desert

Name Choice starter.....
Choice main Choice desert

Name Choice starter.....
Choice main Choice desert

Name Choice starter.....
Choice main Choice desert

