

BRIGHTON TAKE HEART GROUP MAGAZINE

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Where is Everybody?

During our working lives, I am sure that the phrase 'Invite to your Annual General Meeting' conjured up many various views on what to expect. Many felt that the AGM was a place to be avoided. Who needed to be a room listening to a speaker droning on, showing pie charts of various colours, and not to be given the opportunity to join the debate? One could soon lose the will to live.

Happily the Brighton Take Heart Group AGM is far from being like this. The venue is carefully chosen to suit Members requirements, and always has tea and coffee available for starters. This year's AGM was very interesting as usual, keeping up past standard but with one exception. This year, 2008, sadly lacked Members presence for some reason. The Committee Members plus the guest speakers almost outnumbered the attending Members, which seemed a great shame. Steve Maw presented the accounts, explaining the position of the funds, the various monies raised, spent and invested. A huge ongoing task, all for the benefit of the Group. A very pleasant talk followed, given by Mr Cohen, Consultant Cardiac Surgeon, who may have come straight from work. Likewise did the next two speakers from the P.A.L.S Team. Their information was of great value to the Members. To close the evening, Dave Rowland, Member and local historic author gave a light-hearted talk on some of his past experiences during his career in the police force, including some historic photographs.

As you can see, the AGM is not a stuffy dull meeting, quite the reverse, and in my view could be more supported by the members, which in turn would thank the Committee Members for their hard work to keep the Group running smoothly. So next time when the AGM arrives, do give it a try. You could be pleasantly surprised.

Ray Haynes

Take Heart's Resident Artist

I expect that you will have noticed the fantastic cartoons that have appeared in recent editions of the magazine. Our thanks go to Take Heart member Alan Wickham. We thought that you might like to know about the man behind the illustrations - *Katherine*.

Alan Wickham (S.I.A) was born in Brighton and studied graphic design at Eastbourne Art College and then went on to Brighton Art College specialising in typography and illustration. In the 1960s he worked in advertising as an art director at S.H. Bensons, then Ogilvy Mather and then the Creative Business. In 1973 Alan went freelance and worked on various projects. In 1975 he was voted Illustrator of the Year!

Alan continues to work as a freelance illustrator-cartoonist from his home in Brighton. He has been a Take Heart member since March following angioplasty and stent insertion in February of this year.



Primary Angioplasty for Heart Attacks

Alan Johnson, Health Secretary, has announced a national initiative to provide primary angioplasty to victims within 2 hours of a heart attack. About 227,000 people a year suffer from heart attacks in Britain. Although primary angioplasty is now common in cities, this has not been the routine treatment across the country. Prompt angioplasty restores blood flow to the heart by inserting and then inflating a small balloon in the blocked artery. Angioplasty immediately after a heart attack saves lives and will reduce the number of possible complications, the likelihood of another attack or strokes and the time patients spend in hospital. Some patients will receive clot-busting drugs for medical reasons or because of their remote location. Angioplasty is already a routine procedure for patients with angina.

Professor Peter Weissberg, medical director of the BHF, said: "The challenge now is to turn this recommendation into a reality. Primary angioplasty requires expert centres to be open 24 hours a day and close coordination between hospital and ambulance services. The health service must ensure that sufficient resources are committed for this." [source: S. Templeton, Heart attack victims to get instant surgery, Sunday Times 19th October 2008] (A 24 hour primary angioplasty service was launched at RSCH on Monday 13th October, this has not eliminated the use of clot busting drugs as they are still given to patients who present with a heart attack within the first 3 hours from the onset of symptoms - *Katherine*)

Brush Your Teeth to Avoid Heart Disease

Professor Howard Jenkinson, University of Bristol, and the Royal College of Surgeons have revealed that people who fail to brush their teeth regularly put themselves at risk of suffering a heart attack. Bad dental hygiene leads to bleeding gums, which let in around 700 types of bacteria. These bacteria go straight into the bloodstream and are now known to be independent factors in causing heart disease, no matter how fit and healthy the person is.

Use of Headphones

A US study has found that the strong magnets in headphones used with personal stereos or iPods can cause malfunction of implanted pacemakers or defibrillators. The study cautions heart patients with implanted devices to avoid placing headphones in a breast pocket or draping them over the chest.

Unique Patient Identifier

All NHS organisations in England and Wales have now been instructed to use a patient's NHS number as their unique identifier, after dangerous mix-ups with hospital numbers. So expect to verify your NHS number when you next use hospital services.

New Committee Member

Brighton Take Heart Group is pleased to announce that Peter Mobsby joined the committee on 12th November 2008.

Brighton Take Heart Group's Attendance at Other Meetings

Useful feedback has been reported to the committee meeting on 12th November 2008 as a result of other meetings attended recently. Michael Bryan, our Chairman, was invited to attend a committee meeting of Cardiac Rehabilitation Support (CRS), Worthing, on 23rd October 2008 after the visit of Peter Martin, CRS Chairman, to our committee on 2nd July 2008. CRS organised a fundraising walk for about 150 participants on 21st June 2008 that has raised over £10,000.

Three delegates attended a one-day BHF regional meeting at the Royal College of Nursing, Cavendish Square, London on Thursday 4th September. A number of relevant hot topics were discussed, including ways to improve networking, and workshops were held about funding & resources, patient buddying schemes and effective promotion.

Event Review: Quiz Night

Our latest Quiz Night was held on 11th October, unfortunately it clashed with a Wedding Anniversary party so the turn out was not quite as good as usual. However, it was a good night taking £56.00 on the door which was then given as prize money to the top three teams.

The raffle raised £96.00, the refreshments £22.20 and a further £26.00 was given in donations! Thanks to all who attended and for their generosity, all the money raised go to the club funds. Thanks also goes to David Thomas our Quiz Master and to Clytie for the wonderful home-make cakes.

It was a very enjoyable evening, the quiz is mainly general knowledge and includes a picture round. Why not get a team together with your family & friends and give it a go next time? Best wishes.

Ken Thomas



Event Review: Trip to France

Everyone was on time and all had their passports. Well done!

Arriving at Folkestone we were delayed by half an hour due to timetable changes, this was fine as we were already in the terminal but four of us had to rush around finding the others to let them know not to hurry back to the coach. The numbers on the coaches were slightly down so raffles were held to contribute to the short fall with a creditable £83 being raised. The Committee have decided that just one coach will go next year. A great day of shopping & lunch at *Flunch* was enjoyed by all!

Thanks to Christine Gumbrell for the arrangements.

Ken Thomas



COMMITTEE MEMBERS

PROFILES

I was born in Brighton and went to school in Moulsecombe until I was seven. When the second World War began I was evacuated to Yorkshire, where I was billeted in a mining village. After 2 years I went to stay in a farming village remaining there until I was fourteen.

On returning to Brighton I worked for a family business making lampshades, two years later I joined my sister at Lyons Bakery. At the age of 22 I met Ken at dancing classes and we married in 1954.

Ken had a heart attack and after he completed the rehabilitation course I joined him at the Take Heart group. In 2005 I also had a heart attack and went through the cardiac rehabilitation classes.

I became a committee member for Take Heart in 2006. I am the first person members meet as they come through the door at Stanley Deason Leisure Centre on Wednesday evenings. I am responsible for collecting the subs and also for T-shirt sales.



Clytie Thomas, Exercise Administrator



Kevin Herriott, Cycle Team Leader

I was born on June 8th 1952 in one of the old prefab buildings at Heathill Avenue, Bevendean. I grew up in Moulsecombe and attended the local schools until I was 15 years of age. When I left school I served as an apprentice carpenter & joiner and gained a City & Guilds qualification.

I married Joyce in 1972 and our daughter arrived in 1974. Sarah was born deaf and in 2003 she married and now I have two lovely granddaughters, Rebecca and Kimberley.

I have always enjoyed playing and watching sport, and love travelling in the UK and abroad. I suppose I have to admit to being a bit of a bird spotter and although I am no means an expert I would love to do more of this.

I joined BTHG after having a stent implanted in January 1997. I completed my first London to Brighton bike ride in the same year which was then organised by Sheila Baker. It was on her suggestion that I became team leader of the BTHG Cycle Team and to date we have six Challenge Trophy successes.

Hi, I have been BTHG Treasurer since 7th November 1999. I see my role is to provide objective, impartial and professional advice to the committee and to insist on good accounting standards and best practice.

I am a Chartered Engineer, 54 years old and divorced with two children, Helen and Luke, whom I am proud to have raised for 10 years as a single dad. I was born in Windsor but have lived in Seaford for 32 years. During my career, I have lived and worked abroad in several countries, either consulting, conducting research or as an expatriate professional. In 2007, I was diagnosed as a coeliac, that I found disturbing, because I have always enjoyed being fit and active. I am currently the assistant manager of a Sunday league football team. I struggle to combine everything that I do at the moment, including house building commitments in Portugal, with my duties as the Treasurer.



Steve Maw, BTHG Treasurer

Role of the Nurse Consultant Cardiology – Sarah Young

I have been in post as a Nurse Consultant in the Cardiac Centre in Brighton for 7 years.

Nurse Consultant roles were developed in 1999 with the aim of keeping senior nurses in clinical practice, thus delivering patient care. There are 4 aspects to the role which are common to all posts:

- * **Expert practice, with a minimal clinical focus of 50%**
- * **Professional leadership and consultancy**
- * **Education, training and development**
- * **Practice and service development, research and evaluation**

I am a senior cardiac nurse who has worked in Brighton for seventeen years. I have worked as a Sister and Senior Sister on the acute cardiology ward and the cardiac intervention ward and have completed both a First degree and Masters degree.

My role as a Nurse Consultant has been to focus on some of the key issues outlined within the National Service Framework (NSF) for Coronary Heart Disease published in 2000. My work has been particularly focused on heart failure and myocardial infarction (heart attacks).

I have set up a nurse-led heart failure service which is delivered by 2 heart failure nurse specialists. The aim of the service is to provide education and support to patients with heart failure, early clinical review after discharge to make sure there has been no deterioration, and to provide evidence based care.

With respect to myocardial infarction I work closely with the ambulance service and accident and emergency department to support them giving early thrombolysis (clot busting treatment for a heart attack).

I have also been involved in standardising the nursing care for patients admitted with an acute coronary syndrome (angina or a heart attack) with the development of a nursing pathway. I am now working with the nursing staff as we prepare to provide a 24 hour service for primary angioplasty (where patients go to the catheter laboratory for emergency treatment rather than receiving thrombolysis).

I have also begun to focus on patients with arrhythmias, with the appointment of an arrhythmia nurse specialist, after the publication of another NSF chapter looking at this area of care.

I spend time teaching in the hospital and on the cardiac courses at the university, I work on the cardiac wards and in the heart failure and chest pain clinics, and I am about to start a piece of nursing research.

I also chair the Cardiac Patient Involvement Group. This is a group of patients who have recently been treated in the cardiac centre, either as an in-patient or as an out-patient, who wish to remain involved. We meet every two months for 1½ hours in Sussex House, Royal Sussex County Hospital, Brighton

- * **To hear what matters to patients**
- * **To provide a patient's view on aspects of care**
- * **To provide a view on the patient information we are working on**

If you are interested in joining us please contact me.

As you can see my role is very varied which allows me to concentrate on what is important at that time. I am lucky that I work with such a dedicated and committed nursing and multidisciplinary team in the cardiac centre.

Sarah Young



Q & A

On the news last week it said that aspirin didn't help people with diabetes to protect their heart. Should I stop taking it?

These reports in the media suggesting that aspirin does not prevent heart attacks in diabetic patients and puts them at an increased risk of stomach bleeding were as a result of a study that was published in the British Medical Journal.

The use of aspirin for patients with diabetes is widely recommended by existing guidelines but the evidence to support its efficacy is surprisingly scarce. Recommendations seem to be based on taking data from other high risk groups and applying the benefits to diabetics – a group at risk of heart disease. Furthermore there is evidence that suggests that aspirin may be less effective in patients with diabetes than those that are not diabetic.

In response to this trial the European Society of Cardiology offers the following advice to patients:

Not all diabetic patients need aspirin. They particularly do not need aspirin if no arterial disease is detected or there is an absence of risk factors. Diabetics may need life long aspirin after a vascular problem (e.g. stroke, heart attack or other acute coronary syndrome or peripheral arterial disease) **or** without such history if additional high risk factors (e.g. high blood pressure, high cholesterol, smoking, positive family history) are present.

Further research is underway in large clinical trials to try to clarify the use of aspirin in the diabetic population without a cardiovascular history other risk factors. In the meantime the decision to prescribe aspirin needs to be made on an individual patient basis and diabetic patients should ask their doctor whether they should stay on aspirin treatment or not.

References

Belch J, MacCuish A, Campbell I et al : The prevention of progression of arterial diseases and diabetes (POPADAD) trial: a factorial randomised placebo controlled trial of aspirin and antioxidants in patients with diabetes and asymptomatic peripheral arterial disease, BMJ 2008 337 1840-1849 and www.escardio.org/about/press/press-releases/pr-08/pages/aspirin-diabetes.aspx (last accessed 3.11.08)



Alison **Warren**

Senior Cardiac Pharmacist. Brighton and Sussex University Hospitals NHS Trust.

Peacehaven Exercise Classes

Now supported by Sussex Heart Charity

Would you like to continue with supervised Cardiovascular Exercise?

Do you live in Peacehaven or surrounding area?

Why not come and join our new

PHASE IV EXERCISE CLASS at PEACEHAVEN LEISURE CENTRE

Greenwich Way, Peacehaven, East. Sussex BN10 8BB

Thursdays 10.00am – 11:15am

TIMETABLE

Keepfit Circuit Training 10.00 – 11.15am

Membership £2.00, Session £3.50

For further information please contact:

Richard Stantiford mob. 07786 001771,

Ken Thomas tel. 01273 621343 .



by car - off-street car parking spaces at Meridian centre, limited designated site parking.

by bus - no. 14, 14A, 14B, 14C at Meridian centre.

NB: Please bring a signed letter from your GP, a certificate of completion of the cardiac rehab programme at RSCH or other summary of your cardiovascular medical history.

Would you like to continue with supervised Cardiovascular Exercise?

Do you live in Hove or surrounding area?

Why not come and join our

PHASE IV EXERCISE CLASSES

**Mondays, Wednesdays & Fridays 09.30am –
10.30am**

at Ralli Hall, 81 Denmark Villas, Hove, BN3 3TH

Phase IV follows on from the NHS Phase III programme held at David Lloyd and is designed to meet the needs of cardiac patients who wish to continue with on-going supervised exercise classes to improve and maintain their cardiovascular fitness. Unlike the NHS programme there is no restriction on how often or how long patients can attend therefore maximizing benefits to health.

The classes are supervised by a Clinical Exercise Specialist - qualified with The British Association of Cardiac Rehabilitation (BACR) and the American College of Sports Medicine (ACSM).

For further information please contact: Richard Stantiford Tel: 07786 001771

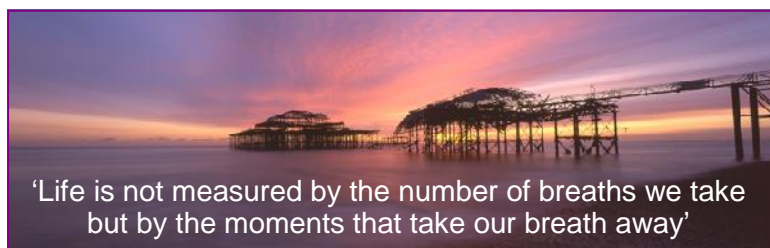
NB: Please ensure you bring a summary of your cardiovascular medical history for Richard Stantiford's attention before you start.

Dear Take Heart Members

I am putting pen to paper to tell our friends of Take Heart that we are OK, Bob is OK now. Because we do not come to classes now we are still members, it's a bit too far for us to come. We hope to see a few of the long-term members at a few of the trips we go to.

I had this small saying given to us by a good friend. I thought it would be very nice if you would put it in the BTHG magazine. It is by our friend John.
Many thanks, keep up the excellent work.

Trish and Bob Hussey



Dear Katherine,

Further to our recent telephone conversations, I wish to place on record my appreciation of expertise of the Cardiology Department at the Royal Sussex County Hospital, including the Rehabilitation team. I have been a keen runner for some years and had a place in the New York City Marathon last year when I began to get breathless after running a couple of miles. After numerous tests failed to find any reason for this, my cardiologist agreed to let me have an angiogram that revealed a blocked artery.

Fortunately I was then able to have a stent fitted a week later in early February and then started rehab. The team were so enthusiastic that patients seemed to regain, and in some cases improve, their fitness, although as far as I was concerned, I would not regard myself as fully recovered until I had run another marathon. The rehab process was not always straightforward, but I completed the South Downs Marathon, a trail route mainly along the South Downs Way, at the beginning of June in under 5 hours.

Since then I have also run the Clarendon Marathon in October [see attached photograph courtesy of **Sussex Sport Photography** and plan another couple of events this year. I feel fitter now than for some time and, although obviously not everyone wants to run marathons, it is possible with enough motivation and the support which I am very grateful to have received from family, friends and the Cardiac Team.

Hugh Martin



To the Brighton Take Heart Group

Just wanted to thank you for the donation you made to the Martlets Hospice in memory of my Mum, Eileen. It was very kind of you and I know it is much appreciated. We will always be grateful to the Hospice for looking after both Mum and us so well during her final weeks. We take great comfort in knowing that your donation will enable the Hospice to continue to help others who find themselves in the same situation as us.

Love from Judy, John and Families.

If you have a letter for the Take Heart magazine please write to: Katherine Moore, Cardiac Rehabilitation Department, Royal Sussex County Hospital, Eastern Road, Brighton, BN2 5BE or email: katherine.moore@bsuh.nhs.uk