

BRIGHTON TAKE HEART GROUP

MAGAZINE

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shires
Borsch (beetroot soup)

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Hospital Hero

Did anyone catch an episode of 'Hospital Heroes' broadcast on 17th December on BBC1? This was a short series of programmes broadcast from Kings College Hospital in London and one of the programmes focused on a lady who had been diagnosed with 2 holes in her heart that needed repair.

Although one of the consultants at Kings was interviewed the actual procedure was performed by Brighton's own Dr Hildick-Smith who was also interviewed later in the programme.

The BioSTAR® bioabsorbable implant is used to repair a hole in the septum, the muscle that separates the left and right sides of the heart. It is an advanced implant designed to provide biological closure of defects between the atria, that is the top chambers of the heart, using the patient's natural healing response. Over time 90-95% of the BioSTAR® implant is absorbed and is replaced with healthy native tissue.

The BioSTAR® implant can be collapsed into a very small tube (catheter) for insertion into the heart. Once inserted through the catheter, the implant is opened, with one umbrella positioned on each side of the defect.

Information from MNT Medical Inc.



Biological repair with BioSTAR® at 30 days

Photo courtesy of Dr. Christian Jux, Department of Paediatric Cardiology and Paediatric Intensive Care Medicine, George-August University, Goettingen, Germany

Update from Lead Exercise Instructor – Richard Stantiford

For the start of the new year, I had some objectives to improve the service for our Take Heart members. This included additional classes for both Brighton (Stanley Deason) and Peacehaven (Meridian Leisure Centre). We are now pleased to offer twice weekly exercise sessions at both venues, providing increased capacity for cardiac patients to continue to improve and maintain their cardiovascular fitness following discharge from the NHS Phase III rehabilitation programme (see timetable for more details)

In addition to this I wanted members to enjoy a fresh start to their exercise sessions for the new year – so designed a new circuit which also included different equipment. The new circuit has three levels of progression at each station – beginner, intermediate and advanced which is highlighted in blue, green and red respectively. The stations are structured in such a way to enable continuous work to be performed without fatigue occurring in a particular group of muscles. For example upper body and lower body exercises are alternated where possible and the participant can choose a level of intensity which is appropriate for them.

We have also incorporated a new piece of equipment called a "CORE BOARD" designed to improve strength in the trunk muscles as well as balance and coordination.

So far the new circuit has been well received and a growing number of participants are now indulging in two sessions a week!! We do encourage more members to try and attend a second session in addition to engaging in other forms of physical activity.

The classes at Peacehaven are thriving and continue to grow – all members and partners are welcome to attend. We do however need more people to attend our Friday evening class at the Stanley Deason centre which we hope will be as successful as the others.

Thanks for all of your support, *Richard*



Exercise is good for you!

A study published in Preventative Cardiology looked on the effect of aerobic exercise on selected risk factors for coronary heart disease (CHD) by looking at 4 previous studies that in turn examined groups of studies or meta-analyses on diabetes, hypertension, cholesterol and obesity. In the USA CHD is the biggest killer causing 20% of all deaths in 2004. The 6 major risk factors for CHD are cigarette smoking, physical inactivity, diabetes, hypertension (high blood pressure), high cholesterol and overweight/obesity.



In the USA 15.2 million adults have diagnosed diabetes, 95% of which have type 2 (non-insulin dependant), 72 million adults have hypertension, 79.3 hyperlipidaemia (high cholesterol) and 140 million are classified as overweight or obese.

Looking at these multiple studies the authors found that aerobic exercise showed statistical significance or a trend for statistical significance in reducing HbA1c (a marker in diabetes), blood pressure, LDL cholesterol and body mass index .

Efficacy of Aerobic Exercise on Coronary Heart Disease Risk Factors. Kelley et al. Preventative Cardiology Spring 2008

Sussex Beacon Half Marathon



Congratulations to one of our members Don on completing the Sussex Beacon Half Marathon in a very respectable time & raising £72 for the Take Heart Group!



Cardiac Risk Varies Widely in Sussex

The lifespan gap between men and women continues to narrow but 2.6 million people live with heart disease in the UK today. Two recent national studies have highlighted that life expectancy shows a wide variation across Sussex and heart disease is more likely in some parts. The BHF has attributed that more people died from heart disease in deprived areas and because of poorer diets and smoking. Pockets of comparatively higher cardiac risk exist within centres of greatest population rather than in Sussex's country areas. The River ward, Littlehampton, had a notably high rate of 269.7 male deaths per 100,000 due to heart disease compared with 68.07 per 100,000 in Arundel or 33.8 per 100,000 in Mayfield. In Brighton and Hove, the highest rate of 212.94 per 100,000 exists in Hollingbury & Stanmer ward compared with the lowest of 115.18 per 100,000 in Central Hove.

These statistics from council wards show how the needs of certain areas might be overlooked if health services are not targeted and others living nearby are healthier and wealthier. Catherine Scott, Assistant Director, West Sussex PCT, said: "We are aware that life expectancy within West Sussex varies by 13 years between electoral wards. This is clearly unacceptable." Press releases did not elaborate on risk factors that may differ between council ward areas, such as age, occupation and stability of the community. In order to support the health and local authorities and community partners in selected problem areas, the BHF is funding cardiac superclinics, of which the first will be in Newham, London and Dundee, Scotland.

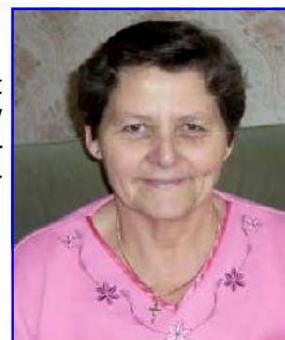
Event Reviews

Hello everyone,

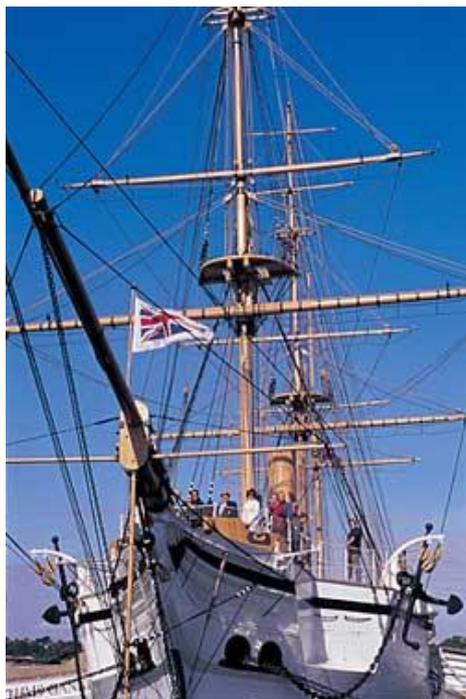
I would like to say thank you to all the people that came on the last 2 coach trips. It was nice to fill both of the coaches each time. It was also great to see so many new faces on the trip to Dickens World. This was my first year for organising the excursions. I hope to see you again this year as well as some new faces! Any suggestions for trips will be given careful consideration.

Best wishes

Christine Gumbrell



HISTORIC DOCKYARD, CHATHAM



A Spectacular maritime heritage site. Discover over 400 years of Britain's maritime history at The Historic Dockyard Chatham as you explore the world's most complete dockyard of the Age of Sail and meet characters from the past. A Stunning 80 acre site with historic buildings, museum galleries, historic warships and a vibrant programme of events and activities.

3 HISTORIC WARSHIPS

RNLI COLLECTION OF HISTORIC LIFEBOATS

THE GEORGIAN-VICTORIAN ROPERY

ROYAL DOCKYARD MUSEUM

'WOODEN WALLS' INTERACTIVE EXHIBITION

HISTORIC BUILDINGS

'3 SLIP' THE BIG STORE OF BIG 'THINGS'

Saturday 30th May. £19.00, includes admission.

Coach departs 9am at Withdean Stadium and returns at approximately 6pm.

For bookings contact Christine Gumbrell on 01273 889031

WHEELWRIGHTS RESTAURANT. The Wheelwrights' Shop was built in 1780 and is constructed from reused warship timbers. It now houses the fully licensed Wheelwrights' Restaurant which offers a wide variety of quality refreshments - hot and cold lunches, snacks, beverages and pastries.

Quiz Night Saturday 18th April

St Francis Church Hall, Moulsecoomb Way

7pm for 7:30 start

£1 per head, maximum six per team.

Cash Prizes and raffle. Tea, coffee and nibbles

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If you can't get a full team together, come anyway,  
we are a friendly crowd!

Contact Ken Thomas with names please.

Tel 01273 621343

Look for our sign. Parking at rear.



## Princess Elizabeth's visit to Brighton, 1945 - David Rowland

On Tuesday 4th December 1945, with the war now at end, Brighton was very proud and pleased to receive a visit from Princess Elizabeth, Sadly there were few flags showing around the town to welcome her but there was a little doubting the warmth expressed to her by the crowds who turned out.

The Princess arrived at the Pavilion grounds on a wet morning, the enthusiastic crowds cheering her from beneath their umbrellas. The Princess was obviously delighted as she continually waved to people standing on either side of her route.

She had come to open the Gillespie Observation Wing to the Royal Alexandra Hospital for Sick Children in Dyke Road and attend the Southern Philharmonic orchestra's concert at the Dome.

The Princess travelled to Brighton in a first class corridor coach attached to an ordinary train arriving on platform 8. She was wearing an emerald green coat and accompanied by her lady in waiting, Mrs Vicary Gibbs. The official welcome was carried out by the Lord Lieutenant of the County, Lord Leconfield, also in the welcoming party was the High Sheriff of Sussex, Major Abbey, The Mayor and Mayoress of Brighton, councillor and Mrs. Walter Clout as well as council dignitaries. She made a circular journey to the Children's Hospital by car, giving the residents a chance to see her. Her journey took her down Queens Road, North Street, East Street and along the seafront, then up Preston Street, Western Road and along to Montpelier Road and then to the hospital. The matron and a guard of honour drawn up from nursing staff greeted her at the hospital, Inside, the Princess was introduced to senior medical staff and the board of management.

The observation ward was brought about by a very generous donation of £5,000 and just outside of the ward is a very touching memorial which states:

***'Erected by A. J. Somerset-Lister in memory of his grand-daughter, Gillian Rosemary Gillespie, who died in her seventh year in a northern hospital through lack of an observation ward.'***

The Princess toured the various wards, stopping frequently to speak with the patients. One of the children she stopped to talk to was 11 year old Pamela Winter who had spent almost the last 47 weeks in bed. She managed to sit up for a while the previous day for the first time. On her bed was an open book, 'What are you reading?' asked the princess, bending over the bed. She picked up the book to see that it was about Princess Elizabeth. The Princess and her party lunched at the hospital and after bading farewell made her way to the Dome for the concert.

At the conclusion of the concert she inspected members of the military who were lined up in the Pavilion grounds. She was accompanied by the Mayor and Mayoress during the afternoon. Before leaving Brighton she personally thanked the Mayor, Councillor Clout and expressed her utter delight with the day's proceedings, which she said she had very much enjoyed.

## Royal Alexandra Hospital for Sick Children

The Royal

Alexandra Hospital for Sick Children – affectionately known as The Alex – was officially opened in 1881 by their Royal Highnesses the Prince and Princess of Wales, but its history goes back further than that, to 1868, when the original Brighton children's hospital opened in a private house in Western Road, Brighton. In the ensuing years, the Alex became arguably Brighton's best-loved hospital. It has a long history of progressive and innovative paediatric care embracing medicine, nursing and related professions, paediatric nurse training and research.



Taylor Wimpey planned to demolish this distinguished building which makes such an important contribution to the townscape of the Montpelier area. The planning application to demolish the building and replace it with 149 flats, a GP's surgery and 66 parking spaces was refused by the Planning Committee on 3 December 2008 against the advice of the officers.

In June 2007, the new hospital opened on the Royal Sussex County Hospital site - the state-of-the-art facility has won an international design award and continues with offering pioneering paediatric care. It provides inpatient facilities, including intensive care and outpatient care, for children.

**Q** I was prescribed ramipril after I had a heart attack. I've heard that it's used to lower blood pressure but my blood pressure has always been normal. Do I need to take it?

**A** *Ramipril* belongs to a class of medicines known as angiotensin converting enzyme inhibitors (or ACE inhibitors). You quite rightly state that *ramipril* is used to lower high blood pressure however it has a number of other uses too. These other uses may mean that your doctor will prescribe *ramipril* for you even if your blood pressure is not high.

With specific reference to use after a heart attack - clinical trials have shown that following a heart attack a combination of tablets, which includes ACE inhibitors, have a protective effect on the heart in the longer term. This is particularly true for patients who have sustained any damage to the left ventricle of the heart (the main pumping chamber of the heart) and for diabetic patients.

Because ACE inhibitors can lower the blood pressure they are usually started at a low dose which then needs to be increased to the target dose or to the maximum dose that a patient can tolerate. For *ramipril* the target dose is 10mg per day, which is typically given either as a single daily dose or split into two doses (morning and night time).

Before starting treatment and one-two weeks after each dose increase the blood pressure should be checked and a blood test taken to check the levels of the salts in the body (in particular sodium and potassium) and the function of the kidney (in some patients ACE inhibitors will affect the way the kidney works).

Further information on the recommendations relating to patients who have had a heart attack can be found in the National Institute of Clinical Excellence (NICE) guideline CG48 published in May 2007

[www.nice.org.uk/nicemedia/pdf/CG48publicinfo.pdf](http://www.nice.org.uk/nicemedia/pdf/CG48publicinfo.pdf)

[www.nice.org.uk/guidance/CG48/quickrefguide/pdf/english](http://www.nice.org.uk/guidance/CG48/quickrefguide/pdf/english)



*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



### **Keep Fit Circuit Training**

Tuesdays 11:30am - 12:30pm

Thursdays 10:15am – 11:15am

Membership £5.00, 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 09.15am – 10.15am**

**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**

Dear Contributors and Editors of Take Heart Magazine

Since I have joined the Take Heart Group and received my first copy of the Magazine I found it a good companion and a good read. The efforts by the editors to follow the research and the effects and side-effects of heart medication is a first class effort. It does help readers to learn about their illness and what to do to avoid complications as well as making themselves feel better and learn more about their problems. The articles are educational and cover a wide range of fields in addition to the attention paid to heart issues. The layout and the variety have improved enormously and it is nice to see and read about the people making the effort.

I have already said too much. Please accept my thanks and best wishes for a good future.

**Abdel Kasem**

Dear Members  
Can you beat this?

In 1941 I became friendly with two boys who lived in nearby streets, namely Ewart Street and Jersey Street, while I lived in Grove Street. All three streets lead off from Southover Street in Brighton. The boy's names are Frank Parsons and David Moore.

We were school friends both in Junior and Senior school, and were great friends as we left school, becoming local yobs on Madeira Drive, trying to 'chat up' girls and thinking we were the 'bees knees'. In fact I think we were 'God's gift' to girls at that stage. I don't recall we got one girlfriend from along the sea-front in those days. What do they say' good try - could do better'.

Now, 67 years later (at time of writing) we are still close friends and although David still lives in Brighton, Frank now lives in Sidcup, Kent and he comes down to visit us from time to time.

That is a total of some 201 years of being friends, can anyone beat that? However, I believe that 67 years as friends may take a little beating too. Incidentally, David is the father-in-law of Katherine Moore.

**David Rowland**

Recognise anyone?



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](mailto:katherine.moore@bsuh.nhs.uk)