

BRIGHTON

TAKE HEART GROUP

Featured in this Issue:

MAGAZINE

BTHG News

Editors' Welcome
Dr de Belder, BTHG President,
Current news articles from BTHG

Members Articles

A Potted History of BTHG
Brighton Police Cells

Events & Activities

Fun Swim at Lewes
SHC Motorbike Events
Chatham Dockyards
Portsmouth Christmas Shopping

Food & Drink: Recipes

Abdel's' Recipes
Alcohol Wise

Medical Pages

Ask Alison.....

Exercise & Healthy Living

Peacehaven Keep Fit Session
Brighton Thistle Hotel
Keep Fit Classes, Stanley Deason
Over 50's Activity Session
Exercise classes in Hove

Hospital spot-light

The Cardiac Research Unit

Letters & Committee Members

Kevin Mechen

Specialist Treatment Centres in Sussex

We continue to report on local service improvements for cardio-vascular patients, including angioplasty or thrombolysis. The NHS South East Coast aims that by 2010 all strokes, heart attacks and major injuries will be treated in specialist 24/7 centres. Despite this the recently published National Audit for Stroke 2008 shows that 25% of stroke patients are not offered a stay in a dedicated stroke unit. Eddie Goodridge from East Hoathly was the first stroke patient to receive thrombolysis at Eastbourne DGH on 12th May 2009. This clot-busting treatment is only suitable for fewer than 10% of stroke patients and is provided within 3 hours of the onset of a stroke.

[sources: Healthier People, Excellent Care: A Vision for the South East Coast, Summary, NHS South East Coast, 2008; Health Information Digest, Royal College of Physicians, 29th April 2009; 'Stroke drug introduced', Argus, 12th May 2009]

British Heart Foundation campaign to ban cigarette machines

The BHF has launched a campaign to put cigarette vending machines out of children's reach. Although the current Health Bill contains measures to restrict vending machines, the BHF is lobbying that cigarettes should not be sold through a vending machine, just as other age-restricted products like fireworks, knives, alcohol and solvents. To support this campaign, the BHF requests you email your MP. Please see details online at www.bhf.org.uk

Height of inspiration?

Sir Ranulph Fiennes, the renowned explorer, aged 65, reached the summit of Mount Everest at his third attempt on 21st May 2009. He is the oldest Briton to achieve the peak, despite double heart bypass surgery in 2003 and permanent lung damage. He also suffered a further heart attack on his first attempt to climb the mountain in 2005 and gave up out of exhaustion on the second attempt. He completed doggedly on the third attempt with a slow plod.

Brighton Take Heart Group at other meetings

Two committee members attended the Heartbeat Workshop of Sussex Heart Network on 18th March 2009 in Worthing. This well-attended meeting was addressed by Nick Pegge, Consultant Cardiologist, WASH NHS Trust. The workshop session recommended that more information should be given to the cardiac patient and that the consultant's letter to the GP should be copied to the patient.

Brighton Take Heart Group attended Healthy Living Day at the Jubilee Library, Brighton on 24th March 2009. Two committee members promoted the group to members of the public, recruited new members and networked with other service providers. The event was organized jointly by Brighton & Hove City PCT, Brighton & Hove City Council and other agencies.

Kate Minton, Cardiac Rehabilitation Nurse

I originally moved to Brighton twelve years ago to start an undergraduate degree in Social Policy and Administration. Little did I know at the time, I was to go on to many more courses at the same university! Two nursing diplomas (adult and paediatrics) and a course that was to influence my career in the future. I undertook a post graduate diploma in health promotion and found a area of special interest.

This obviously influenced my first job in cardiac on a busy ward. From there, I moved sideways and retrained in paediatrics, followed by a job in oncology. However, my interest in cardiology and health promotion led me back to my original job and a merge with high dependency coronary care meant that I extended my confidence and knowledge. Now in my new role as a cardiac rehabilitation nurse, I'm looking forward to integrate my skills that I have gained over the past four years and rise to the challenge of becoming a specialist nurse.

Kate Minton

Membership Renewal 2009

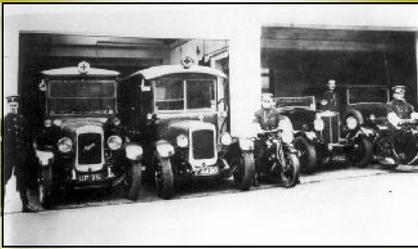
Included with this edition of the Magazine is a reminder form for those of you have not yet renewed your membership for 2009. Your membership subscription is due on 1st April 2009. The Brighton Take Heart Group committee has increased the membership fee this year to £5.00 each. This is in order to cover the cost of printing and distributing the Magazine and because major contributors have withdrawn from sponsorship of our Fun Swim owing to the adverse economic climate. Please send your payments to Kevin Mechen, Subscriptions Secretary (tel. 01273 308403). The committee will be grateful for your donations, however small, since these mount up and will allow us to commission new exercise classes for the benefit and health of our members.



Brighton Police 'Old Cells Museum' by David Rowland



Police Box 1953



Police Vehicles 1928



Display Team

The former police cells at the old Brighton Police Station, situated in the basement of the Town Hall in Bartholomew Square are open between the beginning of May and the end of October each year.

This museum traces the history of the various old police forces that went to make the current Sussex Police. Learn about the murder at the town hall of Henry Solomon, the first Chief Constable of Brighton. The tours are on Tuesdays, Thursdays and Saturdays commencing at 10:30 am and takes approximately 1½ hours. The tour is free although donations are welcome.

Private parties can be arranged by telephoning the town hall on Brighton 01273 291052 during office hours.

The museum is the brainchild of Mrs Pat Drake, a former mayor of Brighton & Hove.

Brighton police is famous for the wearing of white helmets during summertime and also for being the first police force in the world for their officers to be issued with personal radios. By the same token they were also infamous for one of their chief constables arrested and tried for conspiracy at the Old Bailey.



There are many interesting items in display and the tours are enhanced by experienced guides that have many a tale to tell. One of the items on show is a model of the Grand Hotel, made by a former police officer and used in the trial of the IRA bomber who tried to kill members of the government in 1984.

What about arranging a tour with members of your family, colleagues or friends? You can arrange it through David Rowland, tel: 01273 583787 who can tell you a tale or two. For these interested in police history there are books for sale at discounted prices.

David Rowland

Chief Constable Henry Solomon



The Murder of Henry Solomon

In 1932, Henry Solomon was promoted from Inspector of Nuisances to be the joint Chief Police Officer with William Pilbeam. In 1836, six years after a police force was first established in Brighton to replace the watchmen system, Henry Solomon became its Chief Constable. He served in this post for eight years, until the day he died. His office was in the town hall, built in 1830, and one day when he was interrogating young John Lawrence about his part in the theft of a roll of carpeting from an area shop, the twenty three year old suspect reacted. He was left alone for a moment, and he seized the opportunity to go over to the fireplace to grab a poker from the set of tools. Lawrence then used it to strike Solomon on the head. The blow was hard enough to bend the poker and leave a life-threatening wound. Chief Solomon died. Lawrence was hanged at Horsham Gaol three weeks later.

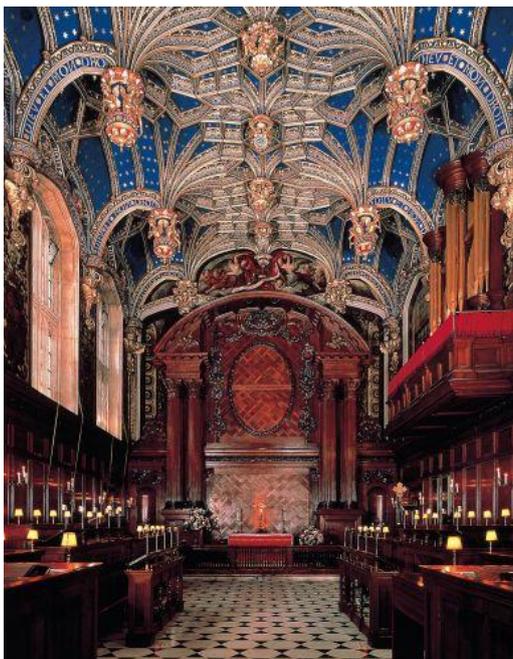
Since it was known that Lawrence had been with Solomon that day, and there were in fact three witnesses to the attack, Lawrence was arrested. Eventually he was convicted and hanged. Nevertheless, people say that the spirit of the chief constable has been spotted in the building's cellar, where his office had been. It's the only police station in the UK where a police chief has been murdered. Tours are offered, and eager ghost hunters always ask if the spectre has been seen lately. No one seems to know why he would appear, unless he simply loved his work so much he's reluctant to leave. In any event, the people of Brighton are aware of the building's paranormal reputation. He is buried in Brighton's Borough Cemetery where he has been considered to be the 'celebrity' grave. In 2004, his was one of several local names to be chosen to appear on the front of a new fleet of buses in Brighton.



Murder scene of Henry Solomon

David Rowland's latest book 'The Death and Times of Chief Constable Solomon' (Finsbury publishing, £8.50) has just been published.

HAMPTON COURT PALACE



Discover the magnificence of the great Tudor King Henry VIII's favourite royal residence, and the home of more than 500 years of fascinating history

HENRY VIII'S STATE APARTMENTS: Step back in time and marvel at the grandeur of the State Rooms, Great Hall, the Chapel Royal and the infamous Haunted Gallery

THE GARDENS: 60 acres of beautiful gardens running down to the River Thames including the Privy Gardens and the Maze. Visit the oldest and largest grapevine in the world at over 230 years of age..

THE TUDOR KITCHENS: The most extensive 16th-century kitchens in Europe today.

YOUNG HENRY VIII EXHIBITION: discover the true stories of Henry VIII, Cardinal Wolsley and Katherine of Aragon

Saturday 5th September. £22.00, includes admission.

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

For bookings contact Christine Gumbrell on 01273 889031

TILTYARD CAFÉ AND PRIVY KITCHEN COFFEE SHOP provide a wide range of refreshments from morning coffee, salads, sandwiches, hot meals and afternoon teas. Brought a picnic? You are welcome to use any of the benches in the palace courtyard or gardens.

Christmas



Friday 28th November, £19.00

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

For bookings contact Christine Gumbrell on 01273 889031

PORTSMOUTH CHRISTMAS MARKET

Whilst revelling in the traditional seasonal cheer of a white Victorian Christmas, your family can step back over 150 years to experience the strict rules of a Victorian school, sample hearty Victorian food, visit a traditional Victorian 'green' Father Christmas, play parlour games, join in with novel bawdy music hall in Fagin's Tavern and delight in traditional Christmas carols, street and fairground entertainments.

Watch out for those pickpockets along the way, who will be joined by Fagin himself and a host of other colourful Victorian characters such as Scrooge, Mr Bumble and the event will get the Royal seal of approval with a special appearance by Queen Victoria .

Wander through the European-style shopping village, Victorian Street , Georgian colonnades and discover superb quality gifts, fine crafts, festive food and drink at the biggest Christmas market on the South Coast .

It's not just the young who are in danger of drinking to excess. Older people need to take care too.



Alcohol Wise

Dr Rachel McLaren is a specialist registrar in old age psychiatry, currently based in West Yorkshire.

Recent news articles have highlighted the dangers of excessive alcohol consumption, but they have tended to focus on the so-called binge-drinking culture in the young. This often gives the impression that, as long as you are not falling down drunk in the street and getting into fights, you do not have a problem with alcohol. But there are increasing concerns that older people are drinking to excess and putting their health at risk. In this article I shall review what we know about safe drinking and how that relates to older people.

Alcohol consumption is measured in units: one unit historically equates to half a pint of beer, a single shot of spirits or a small (125ml) glass of wine. However, be aware that much of the alcohol available nowadays is stronger than when these guidelines were drawn up and wine glasses often hold 250ml. Also, if you are pouring home measures, these are likely to far exceed those in a pub. Current recommendations are that men limit themselves to 21 units a week and women to 14 units a week.

However, within this limit, you should not exceed 3-4 units a day (2-3 for women). Recent research has suggested that up to 17 per cent of men over 65 (and 7 per cent of women) are drinking in excess of this. Binge drinking is classed as consuming more than two days' allowance in one session. To complicate matters further, we do not know how much alcohol is safe for older people to drink: the above guides were designed for younger people. As you age, your body cannot process alcohol as efficiently and you have proportionately less body water. These changes result in a higher level of alcohol in your body after consuming the same amount as a younger person.

In addition, older people tend to have other health problems and to be using medications, which can further compromise their ability to drink alcohol safely. These factors make it difficult to provide clear guidance on how much alcohol older people should drink.

Risks associated with excessive alcohol consumption include liver disease, heart disease, high blood pressure, strokes, stomach ulcers, insomnia, certain cancers, depression, dementia and accidents. Underlying causes of excessive drinking can include bereavement, loneliness, loss of role, depression, anxiety, physical pain, ill-health and poor sleep. All good reasons to seek medical help at an early stage.

- If you think that you may be drinking to excess, try cutting down gradually (it is not safe to stop suddenly) and make an appointment to see your GP. You can also contact Drinkline for advice on **0800 917 8282** or visit www.drinkaware.co.uk

Ask yourself these CAGE questions:

- C: Do you ever feel that you should Cut down on your drinking?
- A: Do people ever Annoy you by saying that you drink too much?
- G: Do you ever feel Guilty about how much you drink?
- E: Have you ever had a drink first thing in the morning (an eye-opener) to get over a hangover or settle your nerves?

If you answer yes to two or more of the above, you may have a problem with your drinking.

(Ewing J.A., (1984) *Journal of the American Medical Association*, 252, 1905-1907)



Ask Alison.....

The data on cardiac medicines that is available would suggest:

- Thiazide diuretics ('water tablets') and spironolactone seem to be associated with worsening erectile/sexual function.
- Beta-blockers seem to be associated with erectile dysfunction – but this may not be true for all agents especially those that are more selective for cardiac receptors.
- It is less clear whether newer medicines for lowering blood pressure have an adverse effect as this has not been evaluated.

There are a number of case reports with cholesterol lowering agents (e.g. statins and fibrates) however, given how widely these agents are used, the reported incidence is low.

The only way to determine whether this is a drug related cause is to stop the medication – however, as always, this should not be done without discussion with your doctor.



I was given steroids as my Crohns disease has flared up but it made my heart failure worse. Why is that?

Corticosteroids (commonly called 'steroids') are an important medicine for a variety of illnesses that involve inflammation. This includes Crohns disease in which there is inflammation of the bowel. Steroids can be given in several different ways and whenever possible, to limit side effects, would involve giving the steroid directly to the part of the body that requires treatment e.g. via an inhaler for asthma, as eye drops, as an injection directly into a joint. If a more generalised effect is required this may require a tablet (the most commonly used tablet form is **prednisolone**) or an injection. These medicines are different from sex hormones (used for contraception and hormone replacement in women) and the anabolic steroids used by body builders.

Corticosteroids are very effective (in some cases life saving) medicines. However like all medicines in some patients they will cause side-effects. In patients with heart failure an important adverse effect maybe an increase fluid retention which could worsen heart failure. Therefore, as a general rule in patients with heart failure, if there is not a suitable alternative treatment, your doctor would aim to use the lowest possible dose of steroid for the shortest period of time. Commonly this will involve starting with a high dose and tapering this down once the desired effect as been seen.

It is important to note that if you are taking steroid tablets (or high dose inhaled steroids) for more than three weeks your doctor will advise you to reduce the dose gradually. Furthermore you should be given a 'steroid card'. It's purpose is to act as reminder that your medicine should not be stopped suddenly, and to provide information of your treatment in case of accident or illness. You should carry it with you at all times and show it to anyone who treats you (e.g. doctor, nurse, pharmacist, and dentist). If you think you have side effects from your steroid treatment do not stop this yourself – make an appointment and discuss this with your doctor.

Further information on Crohns disease or steroids can be found at:

www.cks.library.nhk.uk/patient_information_leaflet/crohns_disease359717000

www.cks.library.nhk.uk/patient_information_leaflet/steroid_tablets.arc

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

Peter Mobsby tel. 01273 584930

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

LETTERS

Since completing my Phase III rehab at David Lloyd 18 months ago, I have been going to Richard Stantford's Phase IV Exercise Classes at Ralli Hall in Hove. Weather permitting, and surprisingly it normally does, I walk the mile and a quarter from home to the hall.

I have particularly enjoyed the walk in recent weeks, watching the street trees and gardens come to life after the bleakness of winter, and hearing the sparrows chattering away from rooftops and hedges. In the gardens the daffodils were followed by tulips and bluebells and, now, wallflowers, poppies, irises and campanula.

However it is the trees that provide the most variety, springing into life over a number of weeks and producing leaves in such a wide range of greens and copper. By early May most of the trees are in full leaf but a few are still in tight bud. My particular favourite is the white beam. Its buds appear downy white and then the leaves open to a soft green with the white hidden on their underside. I only noticed it this year, but they then produce white flowers.

In fact some trees produce flowers almost before their leaves so, very early in the year, there was the white and pink of the cherry blossom and the magnolias. A gorgeous copper leaved tree (an Acer?) in the grounds of an office building had delicate yellow flowers. As the weeks went by the garden shrubs and trees produced their flowers of white and pink, followed by the yellow of the laburnum, the mauve of lilac and wisteria and now, in mid-May, the deep blue of ceanothus.

Even when it's a bit cold and wet that walk sets me up for the exercise session to come and for the rest of day.

Gill Sweeting

Committee Member Profile *Kevin Mechen*

I was born in Brighton on the 24th December 1958. We moved to Woodingdean when I was a year old and have lived there all my life. I attended Rudyard Kipling Infant and Junior Schools and the Longhill Secondary School. When I left Longhill I completed an apprenticeship in mechanics and passed my City & Guilds and have been a director of the Automatic Gear-box Centre since 1985.

I married in 1982 to Christine and have 3 children; Louise 24, Nikki 21 and David 13. In 1996 I was diagnosed with angina and then in 1999 underwent triple bypass surgery and shortly afterwards joined the BTHG.



In 2003 I became a committee member and I am now Subscriptions Secretary. I have taken part in the London to Brighton Bike Ride five times. I play badminton once a week and visit the gym three times a week.

I am Brighton and Hove Albion's number one fan!

Kevin

If you have a letter or an article 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