

BRIGHTON

TAKE HEART

GROUP

MAGAZINE

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Current news articles from BTHG

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Ask Alison.....

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Brighton Thistle Hotel
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Sheila Luckhurst

Falmer village in winter

Take Heart Editor's AGM Review

This year's AGM was held once again at the Moulsecoomb leisure centre. Members were welcomed with free tea, coffee and biscuits. A display of copies of covers from the Take Heart magazine and photos from the various outings over the year was kindly provided by Sheila Luckhurst.

The meeting was opened by our President Dr de Belder who acknowledged the achievement of the group and thanked the committee for their hard work. He outlined the developments within the Sussex Cardiac Centre including treatment for atrial fibrillation, and non surgical techniques for aortic and mitral valve replacement.

Peter Mobsby, Acting Chair, then delivered his report. He outlined the expansion of the exercise classes which now not only offers members the opportunity to exercise at Stanley Deason and Peacehaven leisure centres but also in Lewes & Portslade. Another important role of the group is the social side and Peter acknowledged the success of the various outings organised by Christine Gumbrell. We are also looking at setting up a buddying scheme to support patients undergoing treatment of cardiac conditions.

Steve Maw presented the Treasurers report. Thanks to the financial support from the Sussex Heart Charity we were able to set up the new exercise classes. We also appreciate members' donations and the money raised from the sponsored swim which helps with continuing to run the exercise classes and also goes towards the cost of the magazine. Steve is not only our treasurer but does a lot more behind the scenes including the organisation of the AGM.

All members of the current committee agreed to continue to serve and were voted in. We are delighted to announce that Peter Mobsby has agreed to become Chair of the Take Heart Group. We are very open to any members who wish to join the committee.

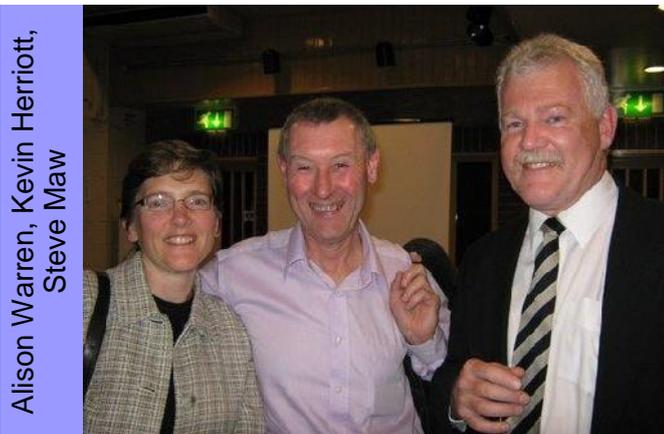
A presentation of the new Take Heart t-shirt was made to Alan Wickham who designed the new logo.

Our guest speaker was Alison Warren who is not only the lead cardiac pharmacist at the hospital but writes our magazines 'Ask Alison' column. Alison did an excellent presentation on the process involved in developing new medicines which she has kindly allowed us to use in the magazine. She was also able to take questions from the audience. Thank you Alison for an excellent presentation, I heard many compliments from the audience after the meeting.

The evening finished with a talk about Brighton from local historian and author David Rowland.

It was nice to hear from former chairman Ken Ross that he felt that this was the best AGM so far. For those of you who were not able to attend try and come along next year. You don't know what you're missing!

Katherine



Alison Warren, Kevin Herriott,
Steve Maw



Kaye Hyde and Alison Warren



Dave Rowland and Ken Ross



Alan Wickham, Clytie and Ken
Thomas with Peter Mobsby

George Edmunds R.I.P

Brighton Take Heart Group reports with sadness the death of George Edmunds, a small dapper gentleman with a twinkle in his eye, who was a staunch supporter of aerobics and all our outings.

Don White R.I.P

Brighton Take Heart Group is grateful to acknowledge the act of remembrance of friends and family of Don White, who have offered donations to our group in lieu of flowers at his funeral.

Review: Sponsored Swim

This years sponsored swim took place at Lewes Leisure Centre on Saturday 12th September. 19 swimmers participated but there was only one Take Heart member who is not on the committee! Well done to Tony DuSautoy! Other swimmers were friends & family of the group. The 2 youngest swimmers were Rebecca Fairway aged 3 who swam 6 lengths & Jasmine Stantiford aged 6 who also swam 6 lengths. The Under 10s trophy went to Dylan Rainbow, Boys under 16- Bevan Rainbow, Girls under 16 Amber Crowhurst, the Men's trophy- Peter Andrews who swam 80 lengths and the Women's trophy- Dawn Matthews. The relay was won by the Women's team. Well done to everyone who took part and raised £1,361.44. We hope to see more of you next year.

Kevin Mechen



Review: Quiz Night

Wow! What a good turnout, £54 on the door so £54 shared by the first three teams. £27.00 was taken at the coffee shop and £100.00 on the raffle. Thankyou to all who took part and gave generously. I would also like to say a big thankyou to all who sponsored me for the fun swim, over £170.00 went to club funds.

Ken Thomas

Review: Portsmouth Christmas Shopping

Although this has been only my second trip with Take Heart it was such an entertaining and interesting day.

The coach, which was full, took 1½ hours, arriving at Portsmouth at 10:30am. From there my friend and I started the day by visiting the Historic Dockyard and in particular the Mary Rose Museum and the HMS Victory including the Sail Exhibition, audio and lighting presentations and current conservation work which was really fascinating.

The undercover Victorian Market consisted of about 150 stalls, selling hot cider & mulled wine, fine arts, jewellery, clothing, and loads of Christmas gift ideas. The street was covered in real snow with victorian characters walking around, including Queen Victoria and her troops, chimney sweeps, cops and robbers, street unrchins, singing milkmaids and flower sellers, suffragettes and well-known figures such as Sherlock Holmes. There were also theatre companies, music groups and bands giving us festive music, and so much we didn't get around to seeing.

The day was quite cold and windy and it was a relief to get back on the coach at 5pm. Everyone had a great time and were in full merriment on the way home. The stories and jokes told by everyone on the journey made me laugh so much my jaw ached, and in no time at all we were back in Brighton.

I would like to thank Christine for organising the trip and for all the hard work she does for Take Heart. I am looking forward to the trips for next year as I enjoy them so much.

Ramon Pinto



When should you seek medical advice?

- If your heart rate is racing some or most of the time and you feel unwell.
- If your heart rate is slow some or most of the time and you feel unwell.
- If your heart rate is irregular (jumping around) even if you do not feel unwell.



Catherine Shannon

Arrhythmia Nurse Specialist
Cardiac Rehabilitation Department

It was lovely to meet some of you at your recent AGM meeting where I had the opportunity to talk to you on a subject of my choice!

The development of a drug?

I decided

to talk

about getting a medicine from the laboratory into use.

Did you know that it is estimated that for every 1,000 compounds that are identified by a company, only about 30 show promising results.....and for every 30 compounds that show promise only three get past the first round of clinical trials..... and finally, only one hits the market as a medicine ?

This whole process takes about 10 years as there are a number of stages of clinical trials that the medicine has to pass before a submission is made to the licensing authorities who will decide whether or not the product can be brought onto the market. It is estimated that cost of developing a single new medicine is in the region of £800 million to £1.7 billion.

Not surprisingly this is big business and getting your medicine first onto the market place is important. However, getting a market share is also of value and so we often end up with a number of medicines in the same class all looking for their own niche – this may be specific uses for an individual medicine or differences in the side effects that help differentiate between agents.

It is important to remember that not all side effects will be known about when a medicine is first introduced – particularly if it is a rare effect - as the number of patients who have taken the medicine in the trial stages is relatively low. The regulators rely in part on the reporting of side effects, once the drug is in use, by both health care providers and by the patients themselves.

We also talked about how, as a user of medicines you can get reliable information on medicines. Although by no means the only places here are some suggestions:

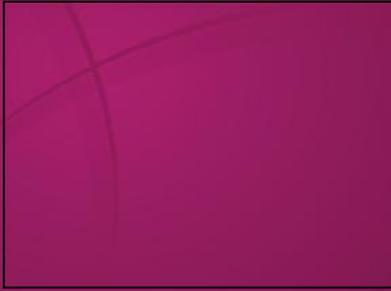
- ♥ Patient information leaflet that comes in the box!! There is a legal requirement for the manufacturers to provide this in an easy to read format - www.emc.medicines.org
- ♥ NHS Clinical Knowledge Systems (CKS) – commonly used by GPs - www.cks.nhs.uk/patient_information
- ♥ British Heart Foundation publications.
- ♥ Your local healthcare services: GPs or hospital doctors / pharmacists / medicines information centre (based in the pharmacy at Princess Royal Hospital) or the local cardiac centre website - www.sussex-cardiac-centre.co.uk

And lastly – if you cannot find the answer speak to Katherine Moore and have your question featured in our 'Ask Alison' column where I will do my best to find you an answer!!



Alison Warren

Senior Cardiac Pharmacist



The 12 Lead ECG



Coronary Angiography



Echocardiography



Exercise Treadmill



Pacemaker Clinic



Tilt-Table Test

Research news: HPS2-THRIVE

Treatment of HDL to Reduce the Incidence of Vascular Events

HPS2-THRIVE will involve a total of 25,000 men and women. About 8,500 will be from the UK, plus a further 16,500 from Scandinavia and China by adding a preparation called niacin.

'Niacin can increase good cholesterol, therefore can it help to prevent heart attacks and strokes?'

People who have already had a circulatory problem such as a heart attack or stroke are at increased risk of developing further circulatory problems. One of the causes of this circulatory disease is having too much LDL (bad) cholesterol in the blood.

We know that lowering this bad cholesterol in the blood with drugs such as statins reduces the risk of a heart attack or stroke. Everybody in this study will therefore be given tablets to lower their bad LDL cholesterol. However, despite effective LDL-lowering treatments, some people still suffer recurrent heart or circulatory problems. This study hopes to find a way of reducing these risks even further.

Does raising good cholesterol with Niacin prevent heart attacks and strokes?

It is known that people with higher levels of HDL (good) cholesterol in

the blood have fewer heart attacks, strokes or circulatory problems than people with lower levels. Niacin is a medication that increases the amount of good cholesterol in the blood. Although niacin has been in use for over 50 years, it is still not clear whether it prevents heart attacks and strokes. Part of the difficulty has been that patients treated with niacin frequently develop flushing (reddening) of the skin, and sometimes other side-effects, making it difficult for people to take their tablets regularly. Extended release (ER) preparations of niacin reduce these side-effects but do not completely avoid them.

A new treatment, laropiprant (formerly MK-0524), has been developed which reduces the flushing caused by niacin enabling us to find out whether long-term treatment with ER niacin/laropiprant in people who have survived a heart attack, stroke or some other circulatory problem produces benefits by raising (good) cholesterol.

In order to find out if ER niacin is beneficial, people taking part in the study will be put into 2 groups. This will be done randomly and one group will receive active ER niacin/laropiprant tablets and the other will receive a dummy version which looks and tastes identical. At the end of the study the outcome in the two groups will be compared.



Elaine Joyce RGN MSc (Cardiology)

Elaine began her nurse training in the West Midlands, her background there being in Cardiothoracic Nursing, she moved to this area in the late 1980's, where she gained qualifications in Coronary Care and Intensive Care nursing. Elaine transferred to our Research Department in 1997 and has since gained a Master's degree in Cardiology. Elaine has developed an interest in the effects of cholesterol manipulation in reducing risks to health.

New Exercise Classes

New exercise classes started at Lewes Cliffe Hall on Friday and at Portslade Sports Centre on Tuesday 29th September 2009. The launch at Lewes has been moderately successful due to the support of a happy band of existing members for whom the venue is convenient and local. The launch at Portslade has been less successful because attendance has been sporadic. These classes were launched as a result of popular demand in a membership survey. If you live nearby or wish to attend, you are very welcome to join in, just come along: on Tuesdays at Portslade 11.00am-12.00mid and on Fridays at Lewes 11.00am-12.00mid. Please contact Richard Stantiford (mob. 07786 001771) or Toby Whitehead (mob. 07793 241417) for further information.

New Aerobics Classes

In response to several expressions of interest since Dionne Walder gave up instructing her class, Brighton Take Heart Group will relaunch aerobics classes, provided sufficient commitment is forthcoming from members at short notice. The new aerobics classes will start at Stanley Deason Leisure Centre on Wednesday 6th January 2010 5.30pm-6.30pm, as previously. The new class will be led by Alan Phipps. Please indicate your intention to participate by giving your name to Clytie Thomas (tel. 01273 621343), Katherine Moore or pass your details to either at the next keepfit session on Wednesday evening.

Summer Walk & Picnic in Stanmer Park

We look forward to next Summer when Brighton Take Heart Group launches a family fundraiser event in Stanmer Park. The new event will be a circular walk led by the Health Walks team of Brighton & Hove City Council, which is supported by Brighton & Hove City NHS Teaching Primary Care Trust. This event follows upon our Magazine article about the Health Walks programme in edition no. 7. The walk also acts upon campaigning by the British Heart Foundation for more of us to get out for a walk because it is good for our cardiovascular and mental health. Many of you may know the pleasant environment of Stanmer Park and we will have the involvement of the Countryside Rangers, who know about the flora, fauna and geology of the area. The walk will be followed by a bring-your-own picnic. We intend uttering up prayers for bright sunny weather and will hope everyone enjoys the day. The Stanmer walk will be on Saturday 17th July at 10.00am. Entry will be by booking through members only with a flat rate entry charge of £10.00 per family. Please contact any committee member for further details or make your booking through Christine Gumbrell, Social Organizer (tel. 01273 889031).



Exercise Class Holiday Closures

During the holiday break, exercise classes at our various venues will be closed for the following periods:

<u>Venue</u>	<u>Last Session 2009</u>	<u>Resumes 2010</u>
Stanley Deason Over 50s	Monday 21 st December	Monday 4 th January
Stanley Deason on Wed	Wednesday 23 rd December	Wednesday 6 th January
Stanley Deason on Fri	Friday 18 th December	Friday 8 th January
Peacehaven on Tue	Tuesday 22 nd December	Tuesday 5 th January
Peacehaven on Thu	Thursday 17 th December	Thursday 7 th January
Portslade	Tuesday 15 th December	Tuesday 5 th January
Lewes	Friday 18 th December	Friday 8 th January
Ralli Hall, Hove		
with additional sessions on Monday 28 th December & Wednesday 30 th December		

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

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£35.00 (RRP £47.50)

CALL RICHARD (07786001771) OR TOBY (07793241417) FOR MORE INFORMATION

For every monitor sold in a Take Heart class a donation will be made to the group

Committee Member Profile: Sheila Luckhurst

I was born in Redhill in 1961 and moved to Brighton at the age of 7 after my father was made redundant from Three Bridges Railway Depot. I was one of the last to sit the 11+ exam and was sent to Varndean Grammar School followed by 2 years at Varndean Sixth Form College. Leaving at 18, I fell into numerous jobs until finally (and by accident) in 1982 I secured a trainee medical technician post in the cardiac department at the Royal Sussex County Hospital under the watchful eye of Professor Douglas Chamberlain. I trained in London for 2 years on day-release and gained an ONC in Medical Physics and Physiological Measurement. I continue to work for the NHS part-time as a Chief Physiologist specialising in echocardiography and lead technician for the Respiratory Function Department at Brighton General Hospital.

From an early age I have always had a fascination for computers, I remember many years ago taking to bits a Sinclair ZX81 computer to work out the components inside. Whilst working for the NHS I also studied during the evenings at Sussex University and gained a diploma in Computer Science. In 2006 myself and a close friend realised a lifelong ambition and launched our own website design company. It was through knowing Katherine Moore that in 2008 the Take Heart Team invited me to work along side her to revamp and redesign a new Take Heart Newsletter.

I now live in Saltdean with my daughter Kelly and numerous (too many) animals. My other interests are DIY, live stand-up comedy, swimming and growing my own veg. *Sheila*



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