

# KING OF HEARTS

## The Committee

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## Meetings are held at

### Fullwell Cross Library

On the second Wednesday

In every month

At 7:30pm

## COMING SOON

April 12<sup>th</sup> History of the Bank of  
England

May 10<sup>th</sup> Medical.

June 14<sup>th</sup> Quiz.

## Newsletter

April 2017

Cardiac Support Group

April 2017

Dear Members and Friends

I would like to open my April newsletter by thanking all those who attended the March AGM meeting which I am pleased to say was a great success, and that the committee was returned unopposed plus with one addition Mrs Molly Ghosh, and as promised after the AGM Karen reverted to being the senior cardiac nurse by answering question from the group in her usual professional manner thank you Karen.

I am in a thank you mode and the next thanks goes to Samantha the granddaughter of George and Trish who for the benefit of the King of Hearts took part in a 10 kilometre sponsored run around Regents Park Zoo, so I ask if any of the group would like to take part in this goodwill gesture we will be able to do so at our April meeting thank you Samantha well done.

I am pleased to say that our new pamphlet which was produced by Sylvia Daly has been printed and is currently available on request so if you would like copies they will be available at the April meeting.

I would like offer my thanks to Karen, Sheila Allard and June who carried out the role of refreshment and raffle helpers thank you all for helping out on the night.

I have been informed by my very dear friend Evelyn Wilson that after being unwell for some time she is now prepared to give her account of the time she worked in the Bank of England, I am looking forward to her presentation.

Our good friend Brian who has not been well for some time is still not well enough to attend our meetings, he is still waiting for his new pace maker I for one hope this happens soon, best wishes Brian.

Well dear friends I look forward to our April 12<sup>th</sup> meeting, sincere best wishes to you all.

Regards

Henry Phillips Chairman

# Medication

Medicines are taken to help keep your symptoms under control or to prevent or treat a heart condition.

## Understanding your heart medication



It's important to know what you're taking, why you are taking it, and how it will affect you.

When you're given a new prescription, speak to your doctor about:

- the medication prescribed for you and its potential benefits and risks
- how to take it safely
- possible side effects and what to do if you notice any
- taking other kinds of medicine at the same time, including any over-the-counter medicines or supplements.
- You can find more detailed information about your medication on the [MC website](#).

## How are heart medicines taken?

Heart medicines come in many shapes and sizes. The most common are:

- **Tablets or capsules** – These need to be swallowed with or possibly dissolved in water. Sometimes you have to keep the tablet under your tongue until it dissolves.
- **Aerosol spray** – You spray the medicine under your tongue.
- **Self-adhesive patch** – A patch containing your medicine is placed on your skin and the medicine is absorbed over a period of time.

You may find that different manufacturers use different names and packaging for your medicines. Always check with your pharmacist

Medicines. Always check with your pharmacist.

### *When will I need to take my medication?*

***Most medications need to be taken regularly; however, some will need to be taken when you experience a symptom such as angina. You should always follow your doctor's instructions.***

If you've missed taking a dose, take it as soon as you remember. If it is nearly time for your next dose, skip the one you missed and take the next dose at its scheduled time. **Never take a double dose.**

Will my medicine cause side effects?

Some medicines may cause side effects, but often these are temporary and disappear after a short time. Not everyone experiences side effects and you may have none at all.

**Don't stop** taking your prescribed medicines even if you start feeling better as this could possibly make your symptoms or condition worse. Your doctor may be able to adjust the dosage or change you to a different medication to reduce any side effects you're experiencing.