

KING OF HEARTS

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FOR YOUR INFORMATION

Meetings are held at
Fullwell Cross Library
On the second Wednesday
In every month
At 7:30pm

COMING SOON

Newsletter

August 2015

Cardiac Support Group

August 2015

Dear Members and Friends.

Welcome to my August letter, I hope it finds you all well. I made a few observations from our July meeting when we were given a rather informative talk by Dr Sundar, a heart registrar, who, with the aid of some electronic equipment, informed those assembled the importance of being aware of what your heart does and how to keep healthy.

Here are a few aids: - Stop smoking; eat sensible foods; take exercise even if you only walk daily, and reduce your sugar and salt intake.

He also mentioned that when you have an appointment to see your GP try and get to the surgery earlier than the actual time just in case he wants to carry out a blood pressure test, otherwise you could be caught out by the 'white coat' syndrome, when the reading could be high., He also suggested that it might be good to purchase your own Blood Pressure Meter.

I would like to thank Mrs Helen Marks, for her kind donation to the Club, and on your behalf I have sent a letter of thanks to Mrs Marks, from the Club and the committee for her kind generosity, after the sad loss of her dear husband Bernie, who was a long standing member of whom we will miss.

I would like to thank Karen for supplying the equipment which enabled Dr Sundar to carry out the talk; also the new library caretaker who seems pleased to help us in the well running of our meetings, and it is my intention to let the library know how we are thankful to have his support.

I am also pleased to see that the new members of our Club are still attending on a regular basis. Well done to all.

I will now conclude my newsletter on order that Durham can get this item to press, and I look forward in seeing you all next month.

Best Wishes

Henry Phillips Chairman.

Just a small note to assist you, if you should forget the alphabet.
The following sentence contains all 26 of the letters in the alphabet.
'THE QUICK BROWN FOX JUMPS OVER THE LAZY DOG.'

Medicines for lowering Cholesterol

Examples: Simvastatin, Atorvastatin and Ezetimibe.

‘Blood lipids’ is the name for all the fatty substances in the blood, including LDL cholesterol (the ‘bad’ type of cholesterol), HDL cholesterol (the ‘good’ type of cholesterol), and triglycerides.

Cholesterol lowering medications are used to lower the total amount of cholesterol in the blood, particularly the LDL cholesterol. They are given to people who have high cholesterol levels, especially if they also have other risk factors for developing cardiovascular disease, such as smoking. (A risk factor is something that increases the risk of getting a disease. Cardiovascular disease means diseases of the heart and circulation.)

Most people who are at risk of cardiovascular disease are prescribed cholesterol lowering medication, even if they have a normal cholesterol level. For example, your doctor may prescribe a cholesterol lowering medicine for you if you have diabetes, as diabetes can greatly increase your risk of developing cardiovascular disease.

Statins.

Statins can reduce total cholesterol levels by more than 20%, and LDL levels by more than 30%. Overall they can reduce the risk of having a heart attack or a stroke by about a quarter.

If you’re taking Simvastatin, you should avoid drinking grapefruit juice or eating grapefruit, as it increases the concentration of Simvastatin in the blood stream. This means there is a high risk of side effects, particularly muscle inflammation.

However, if you are taking another type of statin, you may be able to have small quantities of grapefruit juice. If you have any questions about statins and grapefruit, talk to your doctor or pharmacist.

It is possible to buy low dose statins over the counter from your local pharmacy, without a prescription from your doctor. They are not suitable for everyone, and should not be used as a substitute for adjusting your lifestyle to reduce your cholesterol. Your doctor or pharmacist will be able to tell you whether these medicines are suitable for you. If you are at high risk of cardiovascular disease, it is likely your doctor will prescribe a statin for you.

Side Effects

The side effects of all cholesterol lowering medicines, including statins, are muscle weakness, tiredness, disturbed sleep, feeling sick, vomiting, diarrhoea and headache.

Statins work mainly by targeting liver cells, so they can sometimes affect how the liver works. Before you start taking statins, you may need to have a blood test to check your liver function. This test may be repeated a few months later. In some rare cases the liver cannot tolerate any statins. If your liver function is affected, your doctor may swap you to a different medicine to lower your cholesterol.

A more rare side effect of statins is inflammation of the muscles (myositis). If you have any unexpected muscle pain, tenderness or weakness; you should tell your doctor immediately.

Aspirin

Aspirin helps to prevent the blood from clotting. It achieves this by reducing the ‘stickiness’ of platelets; the small blood cells that can clamp together to form a clot. The dose you need for this effect is smaller than the dose you would need to relieve a headache.

Aspirin reduces the risk of having a heart attack or stroke because it helps prevent harmful blood clots from forming. It is also useful for people with angina, and is used to prevent blood clotting in the vein grafts used in coronary artery bypass surgery. As a result, it is used for most people with known coronary heart disease, and also for certain people who are at risk of coronary heart disease or a stroke.