

KING OF HEARTS

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Newsletter

September 2017

Cardiac Support

September 2017

Dear Members and Friends

Well folks another month has gone past and I hope you all had a pleasant August Bank holiday as the weather was very pleasant and warm which makes a change. Our August meeting was held in an informal manner as unfortunately our speaker for the evening was called away at the last moment so Karen organised us around a large table which we put together and one after another of us were asked the question how did we get involved with the King of Hearts cardiac support group, the response was most enlightening every different so thank all those who took part well done.

I have to thank June for organising a new venture within the group which was to collect birthday dates of as many members at the meeting, this is to enable her to produce a birthday card at future meetings in fact on the night we had two birthdays to celebrate George Scott and Alan Banner congratulations to you both and may we have many more at our regular meetings. I would also like to thank Angela Banner for making the tea, and Durham for providing the biscuits thank you all for your help I am sincerely most grateful. Well dear friends I look forward to our September 13th meeting, sincere best wishes to you all.

Regards

Henry Phillips Chairman

Safety in Numbers.

A little girl was sitting on her Grandfather's lap when she asked him Granddad, why do you need three pairs of glasses? `Well` Granddad explained, I have one pair for long distance, another pair for reading and a third pair to look for the other two.

Stop me if you've heard it.

A comedian landed an afternoon booking at a retirement home. He found it hard to work up much enthusiasm for the gig so when his first joke went down really well with the elderly audience, he told the same joke over and over again twenty times in total. At the end, an old man came up to him and said, I don't know how you remember them all.

Meetings are held at

Fullwell Cross Library

On the second Wednesday

In every month

At 7:30pm

COMING SOON

Sept 13th Dr John

Understanding statins

Good evidence shows that improving your blood cholesterol level can reduce your risk of **cardiovascular diseases** (heart attacks, strokes or angina). There are many ways to lower cholesterol such as following a **cholesterol-lowering diet** including reducing your intake of saturated fat and eating more cholesterol busting foods, combined with **being physically more active**. **Stopping smoking** and **managing high blood pressure** are also important in reducing cardiovascular risk.

However, for many people lifestyle changes on their own, are not enough and treatment with a statin, the main type of cholesterol-lowering drug, is required to ensure that high cholesterol levels, and heart disease risk, are reduced sufficiently.

Are there side effects from statins?

There is a huge amount of clinical evidence indicating that the benefits of taking a statin are substantial. Added to this they are well tolerated, the risk of side effects from statins is low and serious adverse effects are rare.

Watch ► [Dr Nigel Capps explain how statins treatment can be adjusted if side effects occur.](#)

How do statins work?

Statins work by slowing down the production of cholesterol by the liver. They do this by interfering with the action of a key enzyme, HMG-CoA-Reductase. Cholesterol production is not fully blocked nor is the production of other substances that are derived from the same pathway, such as steroid hormones and vitamin D.

Because cholesterol synthesis is reduced, the liver takes up more cholesterol carrying LDL particles from the blood. The net result is a reduction in circulating LDL-cholesterol (bad cholesterol).

Statins also help to stabilize the fatty plaques (fatty deposits or atheroma) within the lining of the arteries. This is why people who are at high risk of heart disease or stroke or who have diabetes may be prescribed a statin even if they have a normal cholesterol level.

How quickly can statins lower cholesterol?

For most people a good cholesterol reduction will be achieved within four-weeks of starting a statin. However, although they work in the same way, they have some differences. Statins vary in:

- their potency
- their maximum cholesterol-lowering ability
- the doses in which they are prescribed
- the way in which the body breaks them down

The average LDL-cholesterol reduction from a statin is around 29% but can be as high as 50%.

The most commonly prescribed statins in the UK are **atorvastatin** and **simvastatin**. Other statins include **fluvastatin**, **pravastatin** and **rosuvastatin**

How long do I have to take a statin?

Once you have been prescribed a statin, it is important to continue to take it every day in order to keep your cholesterol low and reduce your risk of future health problems. If for any reason you are unable to continue to take your statin you should speak to your GP as soon as possible.

Taken from the Heart UK Website.