

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

March 14th A.G.M

Newsletter

March 2018

Cardiac Support Group

March 2018

Dear Members and Friends

Welcome to my March newsletter I hope it finds you well, I would like to thank all those who attended our February meeting which went well, we introduced two new members who found the meeting interesting and well organised thanks to Peter and Janet, and I would like to thank Angela for making tea.

The long promised snow showers have arrived with a vengeance, and as your chairman I would ask you all to be careful if you need to go outdoors, please wear the correct warm and safe clothing, and try to keep warm indoors, so as a favour to me please be careful and alert in all that you do during this wintery spell.

I must remind you about our AGM at the March 14th meeting, the committee and I will be pleased if our members could make the effort to attend this important meeting, providing the weather permits.

I understand that several of our members have not been well, so on behalf of us all please get well. Well dear friends I look seeing you all at the March meeting, best wishes and god bless.

Regards

Henry Phillips Chairman.

Understanding the cardiovascular system

The movement of blood around the body, pumped by the heart, is called circulation. Your heart, blood and blood vessels together make up your cardiovascular system (or heart and circulatory system).

Your body contains about five litres (eight pints) of blood, which your heart is continuously circulating

How blood travels around your heart

The two sides of your heart are separate, but they work together.

- The right side of the heart receives dark, de-oxygenated blood which has circulated around your body.
- It pumps this to your lungs, where it picks up a fresh supply of oxygen and becomes bright red again.
- The blood then returns to the left side of the heart, ready to be pumped back out to the rest of your body.

There are four valves in your heart. They act like gates that open and close, making sure that your blood travels in one direction through your heart – a bit like a one-way traffic system. They are called the tricuspid valve and the pulmonary valve on the right side of the heart, and the mitral valve and the aortic valve on the left.

Like every other living tissue, the heart itself needs a continuous supply of fresh blood. This comes from the coronary arteries which branch off from the main artery (the aorta) as it leaves the heart. The coronary arteries spread across the outside of the myocardium, supplying it with blood.

How blood travels around your body

As your heart muscle contracts, it pushes blood through your heart. With each contraction, or heartbeat:

Your heart pumps blood from its left side, through the aorta (the main artery leaving the heart) and into the arteries.

- The blood travels through your arteries, which divide off into smaller and smaller branches of blood vessels called capillaries. Travelling through this network of capillaries, blood reaches every part of your body.
- The de-oxygenated blood then travels back to the heart through your veins. Branches of veins join to form larger veins, which lead back to the right side of your heart.

From here, your heart will pump the de-oxygenated blood to your lungs with its next heartbeat.

As the heart relaxes in between each heartbeat or contraction, blood from your veins fills the right side of your heart. At the same time, blood that's freshly full of oxygen from your lungs fills the left side ready for the entire process to start again.