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 11th Resuscitation.

Newsletter

April 2018   Cardiac Support Group

April 2018

Dear Members and Friends
Welcome to my April newsletter which I hope finds you all well, I would like to thank all those who attended our March AGM meeting which went well, the committee would like to thank the members for their continued support in us by re-electing us in bloc, we shall try our best for you all in the near future thank you.

Our good friends Janet and Peter Knight were unable to attend the March meeting as they had made arrangements to attend a the funeral of a dear friend but at the last minute due to Janet not being very well they had to cancel their attendance to this sad event. I have been in touch with Janet and she appears to be in good spirit but is undergoing numerous tests, I will decline at this time to explain what the problem Janet is currently experiencing so until we see her again I on your behalf wish her well. Alan and Angela Banner were also unable to attend our March meeting as Alan was in hospital with an ongoing lung problem so I would also like to wish them all our sincere best wishes.

The committee all assisted to make sure the evening went without a hitch well done all.

After the AGM we were given a talk by an ex Retired Crime Scene Examiner the topic of his talk related to Finger Printing and DNA testing, this talk was of great interest to those present and he is able to give another talk to us at a later date for those who were not able to attend last month.

Karen introduced our latest new member to the group who welcomed her and her friend in our usual friendly manner I am pleased to say they found the meeting interesting.

In this my April newsletter I would like to ask if there is any member who would like to join the committee as we need fresh ideas and a new outlook on helping others.
I would like to remind you that at our April 11th meeting Karen as arranged with her friend to give us a lesson in cardiac resuscitation so your attendance would be appreciated. I look seeing you all at the April meeting, so in the meantime keep well, to you all I send you all my best wishes and god bless.
Regards
Henry Phillips Chairman

Echocardiogram

An echocardiogram uses high- frequency sound waves that reflect against structures in your heart to build up a detailed picture of the heart. It is a similar sort of scan to the ultrasound scan used in pregnancy. An echocardiogram is safe and easy test, and most people find it not uncomfortable at all.

What happens?
You will have the test in a private room, because you`ll need to take off your clothes from your top half. If you`re very nervous, a friend or relative may be allowed to go in with you. The room has to be dimly lit for the machine to work well. A recorder (probe) that gives off pulses of ultrasound wave is placed on your chest. Lubricating jelly is used to help make good contact between your skin and the probe.
The ultrasound waves pass through the skin of your chest and the probe then picks up the echoes reflected from various parts of the heart and shows them as an echocardiogram a picture on the screen. You can see different parts of the heart as the probe is moved around on your chest. Recording these images is a skilful job and can take up to an hour. A specialist then needs to look at the results, so you may not be told the results for a few weeks.
What can the test show?

The echocardiogram can give accurate information about the structure and pumping action of heart. It is a useful test if you have recently had a heart attack or if you might have heart failure. It is also used routinely to access people with heart valve disease and those who have congenital heart defects (defects they are born with). An echocardiogram is especially useful for diagnosing heart disease in newborn babies and infants, because it does not hurt and is easy to do. It usually avoids the needs for the child to have more complicated, and possibly more traumatic tests. Echocardiograms are also used to diagnose certain heart defects before a child is born (foetal echocardiograms).
Other types of echocardiography.
Transoesophageal echocardiography.

With this procedure, detailed pictures of the heart are taken from the gullet (oesophagus) This lies behind the heart. You swallow a small probe which is mounted at the end of a flexible tube. To help you, an anaesthetic will spray onto the back of your throat.
You may have a light sedative first, just to help you relax. While the probe is in your oesophagus, it takes pictures of the heart. The pictures are taken quite quickly and the tube and probe are gently withdrawn.
This test is particularly useful when doctors need closer and more defined image of the heart valves and the areas around them,
Stress echocardiogram

Sometimes an echocardiogram is done while the heart is under stress by increasing the heart rate either with exercise or with a certain type of medicine.
This test can help diagnose coronary heart disease. It`s also used to diagnose heart failure and cardiomyopathy (a disease of the muscle of the heart). If parts of the heart are damaged, they will contact less effective and this can show upon the echocardiogram. This test is usefulif the other tests are not clear, and in some hospitals a stress echocardiogram is used instead of radionuclide tests.

Taken from the British heart Foundation booklet