KING OF HEARTS

Newsletter

March 2019 Cardiac Support Group

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 13th AGM

Dear Members and Friends March 2019

Welcome to my March newsletter, and thankfully the weather is still being kind to us so we should all keep our fingers crossed and hope it will last for some time to come.

At the February meeting Karen introduced Mr Furnivall-Jones to the group who gave us a heads up account of his many years working in Harrods the store for the well heeled. His position in this reputable company took many years to achieve as he rose to the distinguished position of manager in the highly rated Food Hall. This department caters for all those with the most discerning taste. The manner in which Mr Jones related to his time in Harrods was without exception to such a high standard that some members of the group queued up to obtain a talk with him in order to arrange that he attended their respected clubs. For all those who were unable to attend the meeting we have asked Mr Jones to give us a return visit. On this occasion I would like to thank Alan Banner who gave Karen the heads up regarding Furnivall thank you and well done.

We have come to that part of the year when by law we have to arrange for the Annual General Meeting where you all have the opportunity to view your opinion on how the group is being run by the current committee, if there is anyone who would like to be included onto our committee I shall be pleased for them to come forward on the night of the meeting.

As promised I have begun producing name badge for the group members this will take some time to complete but it is a task I look forward to. I would like to thank the committee members for seeing that we were looked after at the February meeting well done. As always I send you my sincere best wishes and look forward to our March 13th meeting, may you stay safe and healthy, and as always god bless.

Regards
Henry Phillips Chairman

Credit to the British Heart Foundation

British Heart Foundation (2011). Heart Information Series: Medicines for your Heart. London.

Beta-Blockers

Examples: Bisoprolol, Metoprolol, Atenolol, Sotalol

Beta-blockers act by slowing the heart rate. This reduces the amount of work the heart has to do, so that it needs less blood, oxygen and nutrients. Beta-blockers are very effective in preventing attacks of angina, as they can help to improve the amount of exercise that you are able to do. This means that you can carry out your activity for longer, without getting angina symptoms. However, beta blockers work too slowly to be useful in relieving an attack of angina.

They are often used to reduce the risk of further heart attack in people who have already had one. Certain beta-blockers are also used to help control abnormal heart rhythms and the symptoms of heart failure.

Beta-blockers are not usually suitable for people with asthma or other lung conditions and diseases. If you have diabetes, your doctor may prefer not to give you beta-blockers, as they may mask (hide) the symptoms of low blood glucose levels. However, there are so-called 'selective' beta-blockers which have fewer of these effects and which may be suitable for people with lung disease or diabetes.

Side Effects

Serious side effects are rare if beta-blockers are used carefully. Minor side effects are common but they tend to lessen as time goes by. They include tiredness, fatigue cold hands and feet, erectile dysfunction (impotence), dizziness disturbed sleep and nightmares.

Beta-blockers can sometimes make the heart beat too slowly, which can make you feel dizzy and faint. Often, the doctor can simply reduce the dose of the beta-blocker and the symptoms go away

You should not stop taking beta-blockers suddenly without getting medical advice, as coming off them too quickly can make your condition worse. If you do need to stop taking the medicines, your doctor may want to reduce the dose gradually.

People are usually advised not to drink any alcohol when taking medicines. Drinking alcohol while you are taking beta-blockers can cause your blood pressure to drop too low, which May Make you feel dizzy, light headed or faint.

For more advice on this, talk to your doctor or pharmacist.