

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

June 12th Physiotherapist

Newsletter

June 2019

Cardiac Support Group

Dear Members Friends

June 2019

Welcome to my June newsletter, without being Mr Gloomy after our June meeting we will be heading to the longest day of the year 21st June and I hope that you have enjoyed the summer so far and I for one will be pleased if the rest of the year brings us good weather. Our special guest speaker at the May meeting was our dear friend Karen who gave a very interesting talk relating to her great knowledge of the medication which the members of the group take on a daily bases. Many questions were put to Karen which with her knowledge of medical terminology was amazing and she was asked how did she remember so many name of pills, her reply was that she had been involved with patients and their problems for over 30 years well done Karen we are very fortunate to have you, and your knowledge as part of our group,

At the May meeting I was pleased to introduce a friend of mine of many years Mr Eric Simmons who for many years helped me run a community association on our estate at Limes Farm Chigwell. I am very interested in asking Eric if he would like to help the group committee, watch this space.

I have asked the Dial a Ride (Redbridge) if they can help to identify members of their driving team who have been rude to our members, their reply to this request is that we should take the names of those who are rude, and so this is what we need to do in future.

As always I would like to thank Angela and Janet for making the tea, and June for her birthday card and wine gifts, June we are all pleased with your great effort.

I look forward to our June 12th meeting,
Please keep well, and best wishes.

Regards
Henry Phillips Chairman

Credit to the British Heart Foundation

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

ACE Inhibitors (Angiotensin-Converting Enzyme Inhibitors)

Examples: Ramipril, Lisinopril, Perindopril

ACE inhibitors can reduce the activity of an enzyme called Angiotensin-Converting Enzyme - or ACE for short. This enzyme has a powerful narrowing effect on the vessels, leading to an increase in blood pressure. ACE inhibitors work by making the blood vessels relax and widen, which lowers blood pressure.

ACE inhibitors are very effective in treating high blood pressure. They can be used either on their own or with other types of medicines used to lower blood pressure. After a heart attack, many people benefit from taking an ACE inhibitor. These medicines are also very effective in treating and helping prevent the symptoms of heart failure.

When your doctor starts you on the ACE inhibitor, it is very important that you have regular blood tests to check your kidney function and potassium levels. Your blood pressure will also need to be monitored.

ACE inhibitors may increase the level of potassium in your blood, so you should avoid salt substitutes as many of these may contain potassium.

People are usually advised not to drink any alcohol when taking medicines. Having alcohol while you are taking ACE inhibitors can cause a drop in blood pressure. For more advice on this, talk to your doctor or pharmacist.

Side Effects

Most people don't have any problems when taking ACE inhibitors, but these medicines can cause a marked fall in blood pressure when you first start taking them.

Some people develop a persistent, dry, irritating cough. If this happens and the cough is troublesome, you should tell your doctor who may prescribe a different medicine for you.

More rarely, ACE inhibitors can cause a serious allergic reaction which shows as swelling around the mouth or face.