

KING OF HEARTS

The Committee

Dr. Andrew Deaner President

Honorary Members

Trish & George Scott

Henry Phillips Chairman
0208 500 7095

maureen_henry2003@yahoo.co.uk

Durham Holbourns Secretary
0208 554 6779
durhamholb18@hotmail.co.uk

Karen Hughes Events Organiser

Peter Knight/Henry Phillips Treasurer
0208 478 8464

Peter Knight Membership
peter.knightsite@ntlworld.com

Janet Knight
0208 478 8464

June Sheen
0208 595 6120

Stephen Granditer
0208 590 3605

Sylvia Daly
0208 599 3188

Molly Ghosh
0208 597 2308

Meetings are held at
Fullwell Cross Library

On the second Wednesday
In every month
At 7:30pm

COMING SOON

September 11th Physiotherapist

Newsletter

September 2019

Cardiac Support Group

Dear Members and Friends

September 2019

Welcome to my September newsletter, I am somewhat saddened by some of the items in this edition, so when you read it you will see what I mean. I am pleased to report that my friend Eric Simmonds has agreed to help the group by becoming a member of the committee well done sir.

I attended Queens Hospital on the 22nd August and was told that the strange nodules which have appeared on my head are non cancerous but they need to be kept under observation.

I along with Karen was pleased to introduce Mr Martin Stolworthy into the King of Hearts group, he expressed that it was a pleasure meeting people who had been through the same medical situation as himself, I look forward seeing him at the September meeting. Our good friend Lou Cohen introduced his friend Brian Goldsmith who gave an enjoyable and interesting talk called TRIVIA which related to places and points of information, he also showed interest in our club and its origin, thank you Brian.

And now the sad bits. At our August meeting two of our dear friends were in a sad and distressed state of mind as Mrs Mo Kaur had recently lost her most devoted mother, and Mrs Bachan Phul had also recently lost her son in sad circumstances, to you both on behalf of the group we offer you our sincere condolences and our thoughts be with you and your families. I am pleased that I had the opportunity to attend the last farewell of another dear friend Evelyn Wilson on the 2nd August. The service was taken by the very eloquent Revd Dr Derek Talbot he gave a eulogy prepared by Evelyn's daughter in a most professional manner, it informed us that her mum had been a lady of dignity and taste for the fine things in life and it has been my pleasure to have know this truly amazing Lady, goodbye Evelyn. As always I would like to thank Angela and Janet for making the tea, and Durham for helping with the raffle well done to you all for your help. I look forward to our September 11th meeting please keep well, best wishes, and please be careful out there.

Regards
Henry Phillips Chairman

Myths and truths about healthy skin.

Skin constantly renews itself

True. The skin provides a dynamic barrier between your body's internal environment and the outside world. Cells called keratinocytes in the epidermis (the outer layer of skin) are constantly dividing to produce a supply of cells that move up through this layer and are shed from its surface. Skin is a rich source of stem cells with the capacity to divide and renew themselves.

Drink two litres of water a day for healthy skin.

False. The amount of water you drink does not directly affect your skin. Water is supplied to the skin by blood flowing through the dermis; the inner layer of the skin, water is lost from the epidermis, especially in a dry environment. Water is needed to maintain skin hydration and when you become seriously dehydrated your skin appears dull and is less elastic. In a healthy person the internal organ-Kidneys, heart and blood vessels-control the amount of water reaching the skin. There is no fixed volume of water that you need to drink, it simply depends on the amounts you are using and losing.

Stress can make your skin unhealthy.

True. There are many health issues in modern life that we blame on stress but several skin conditions have been shown in scientific studies to be worsened by life events, possibly via stress hormones including cortisol (a steroid hormone made in the adrenal glands). Notable examples are alopecia, an auto-immune condition where the body's immunity begins to attack the hair follicles, causing hair to fall out psoriasis, another auto immune condition that causes skin thickening, scaling and inflammation and eczema, itchy red skin inflammation often occurring alongside asthma, hay fever and other allergies. Unfortunately a flare up of these skin conditions is exactly what you do not need when you are feeling stressed or under pressure.

Washing powder causes eczema.

False. Eczema is a condition where the skin is dry, itchy and red. It is caused by combinations of genetic factors (how your skin is made) and environmental effects, leading to inflammation. Soap, detergent and washing powders can irritate the skin and contribute to dryness because they remove oil from the skin (just as washing up liquid removes grease from your dishes). Biological washing powder contains enzymes proteins that break down fats and other proteins to remove stains. And these can irritate sensitive skin, so they worsen eczema. It is important that any washing powder is thoroughly rinsed out of clothing before it is worn, to avoid skin irritation.

White marks on nails = calcium deficiency

False. Nails are manufactured in the nail matrix, an area under the skin at the top edge of your nail.

If the matrix is traumatised, bumped or bitten, an irregularity in the developing nail occurs and air can become trapped. This appears as a white mark as the nail grows out. Calcium is important for healthy nails (as well as bones and teeth) but these white marks are not a sign of deficiency.