

# 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

November 13<sup>th</sup> Katherine Jenkins  
Talk on Health Literacy.

December 11<sup>th</sup> Christmas Party.

February 12<sup>th</sup> 2020 Talk on Bee  
Keeping.

## Newsletter

November 2019

Cardiac Support Group

Dear Members and Friends

November 2019

Welcome to my November newsletter, I am making this newsletter the last for 2019, and I hope what has been written during the past year has been of interest. I am sorry that it was necessary for me to report the passing of several group members of long standing, we miss them all.

I have been pleased with the quality of speakers which our dear friend Karen Hughes provided us with during the past year and I hope 2020 will provide us with the same quality of speakers as we had this year. After I had produced the October newsletter I was informed that yet another good friend Mrs Pat Logan had passed away in an unexpected manner this took all who knew her greatly by surprise as she was expecting to have her hips operated on, but due to heart problem this was put on hold so you can see why this was such a surprise. Thank you Pat for your continued support, and I would like to offer Brian Lawton who attended to Pat in her time of need our deepest and sincere sympathy for your loss we are here for you dear friend.

On a lighter note I am prompted to remind you all that we shall be having our Christmas party on the 11<sup>th</sup> December in the Alderborough Room Barkingside Library. The committee have met to discuss the party, and all is organised. I would like to ask those who are on gluten free food if they could arrange to bring their own snacks.

I would like to thank Karen Hughes who at the October meeting gave a well prepared talk on the background behind heart problems and the need for the medication prescribed by our doctors. So it is essential that we never forget what we are told regarding medication.

As always I would like to thank Angela and Janet for making the refreshments. As this is my last newsletter before the festive season on behalf of the committee we would like to wish you all a peaceful and healthy Christmas and the New Year.

I look forward to our February 12<sup>th</sup> 2020 I had promised that we would have a talk this month on Bee Keeping and why we need these special bees, Please keep well, best wishes, and please be careful out there, and be aware where you are walking.

Regards  
Henry Phillips Chairman

Credit to the British Heart Foundation

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

### Cholesterol-lowering medicines (Lipid-lowering medicines)

Examples: Simvastatin, Atorvastatin, Ezetimibe

‘Blood Lipids’ is the name for all fatty substances in the blood, including LDL cholesterol (the ‘bad’ type of cholesterol, HDL cholesterol (the ‘good’ type of cholesterol), and triglycerides.

Cholesterol-lowering medicines are used to lower the total amount of cholesterol in the blood, particularly the LDL cholesterol. They are given to people who have high cholesterol levels

Credit to the British Heart Foundation

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

### Angiotensin-II Antagonists

Examples: Losartan, Candesartan, Valsartan

Angiotensin-II antagonists are sometimes called angiotensin receptor blockers, or ARBs for short. They act in a similar way to ACE inhibitors but they don’t cause the persistent dry cough that ACE inhibitors can sometimes cause.

If you take Angiotensin-II antagonists, you will need to have regular blood tests to check the potassium levels in your blood, as well as your kidney function.

### Side effects

The side effects of Angiotensin-II Antagonists are usually mild. Some people may get low blood pressure when they first start taking medicine, so they may feel dizzy