

# Take Heart

(Derby)

A social support group for heart patients, their families and carers.

[www.takeheartderby.co.uk](http://www.takeheartderby.co.uk)

Registered Charity No 1163703



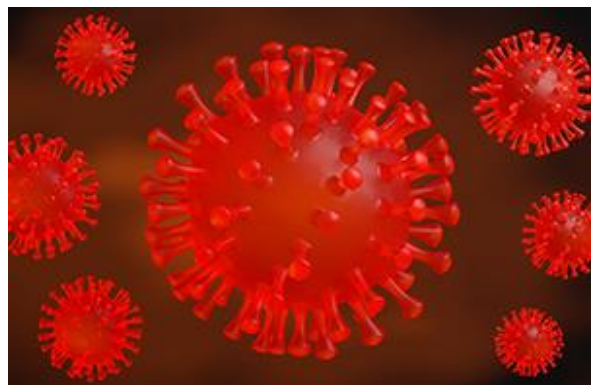
## Newsletter July 2020



**Coronavirus update!** Or is it? There are so many changes happening with the rules about how to stay safe and who are allowed to do what. I decided to copy some information from the BHF website because then you can blame them if it is wrong. A personal view from Michael, is to do just a bit more safeguarding for whichever category you are in and be very cautious. I recommend face masks, gloves (or many hand washes/sanitiser) and keep 2 metres away from anyone not from your household, no matter what the rules are. It is better to be safe than sorry, especially now. Is there to be a second wave of the pandemic and are we prepared for the regular winter flu bug?

### *Is it safe for me to go out again?*

*We know these are really difficult decisions to make and there is no single answer that will be right for everyone. Follow the [government guidance](#) about whether you need to stay at home. If you're at higher risk from coronavirus, for example because you have a heart or circulatory condition or because you're over 70, then it's a personal choice how much you want to start going out once restrictions are lifted. It's unlikely that going out will be completely risk free in terms of Covid-19 infection for some weeks to come. But being able to do more exercise, and see friends and family, does also bring benefits.*



*If you're over 70 and have a heart condition, or under 70 with certain heart conditions, you are classed as particularly high risk. If this is you, or you're really not sure whether you should go out again, you could speak to your GP, who should be able to advise based on your medical history. The guidance is that if you're shielding, you can go out in public places, for example for a walk or to spend time sitting outdoors, as long as you're very careful about staying socially distant from everyone else. Ideally you should only do this once a day.*

*If you are shielding and live alone in England, Northern Ireland or Wales, you can meet outside with one person who you don't live with, but this should be the same person each time, and you should stay two metres away from them. From 6 July, if you're shielding in England, you can have a socially distanced gathering outdoors with up to five other people. You also won't need to stay socially distant from people you live with. Again, how many people you want to meet up with is a personal decision.*

*The best thing to do is have an open and honest conversation. Overall, you should follow government recommendations. Beyond that, their risk from coronavirus, and the balance of risks and benefits, will depend on their individual circumstances. If your relative is lonely, and really missing you, it may be that they feel that the benefit from your visit*

matters more than the risk of infection. Anyone over 70 is at high risk, and health issues such as a heart condition, or being generally frail, will increase their risk further. If you do visit, then wash your hands as soon as you arrive and try to keep a two-metre distance if possible. An even lower-risk option could be to stand outside their window and talk on the phone, that way you still get to see each other and talk but without the infection risk.

### **Should I let my grandchildren visit me?**

Again, this is a very personal decision and depends on your individual circumstances. Everyone also has their own sense of what level of risk they are comfortable with (although you should always follow government guidance). It would be a good idea to talk about it with your family. There is some evidence that children under 10 are less likely to spread coronavirus to others, but we don't have enough information to be sure about the level of risk.

If your grandchildren do visit, ask them to wash their hands as soon as they arrive. Some people might not want to take the risk of seeing their grandchildren yet, and that is OK too. <https://www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus-and-your-health/staying-safe-as-lockdown-eases>

### **Does taking heart medication increase my risk of catching coronavirus?**

No. There have been media reports that taking certain blood pressure drugs could change the shape of a person's cells, making it easier for them to catch coronavirus. These include ACE inhibitors and ARBs. ACE inhibitors are medicines with names ending in -pril and ARBs are medicines ending in -sartan.

These reports are based on speculation and there is no evidence to support them. We'd strongly advise people to continue taking all their medications unless advised differently by their doctor.

### **Could my blood pressure medication cause more severe coronavirus?**

No, there is no evidence to support speculation that [ACE inhibitors](#) or [ARBs](#) increase the chance of a more severe case of Covid-19.

What is clear is that stopping your medication could be dangerous and could make your condition worse. It's really important that you continue to take them as prescribed, unless you're told differently by your doctor.

### **If I catch coronavirus, should I still be taking my blood pressure medication?**

Yes, you should continue with your medicines. If you are unwell because of Covid-19, your doctor may ask you to stop taking some heart medicines, such as ACE inhibitors and diuretics, just for a day or two whilst you are unwell.

This is particularly the case if you:

- are feeling dizzy
- are not eating or drinking as much as usual
- have diarrhoea.

Only stop taking your medication if your doctor has asked you to do so.

Shielding is a measure to protect those who are at greatest risk of severe illness from coronavirus (Covid-19) from coming into contact with the virus.

Shielding is similar to self-isolating, but for longer, and is for people who are deemed clinically extremely vulnerable due to a specific health condition.

For many of us, staying at home and minimising contact with our friends and family will be very difficult. It's important that even though you need to be physically apart, you stay connected with friends and family over the phone or on social media. You can get support for your wellbeing from the [Every Mind Matters website](#).

### **Can I go outside if I'm shielding?**

The guidance in all four UK nations is that you can spend time outdoors, providing you take extra care to stay socially distant from everyone. The Government suggests that you should only go outside once a day (more often is fine if it's in your garden). This should be alone or with members of your household. If you live alone, you can spend time outdoors with one person you don't live with, but it should ideally be the same person each time you go out.

There isn't a specific time limit on how long to go out for – the recommendation is for a "reasonable time". If you're shielding in England you can meet in a group of up to six people outdoors, including people from different households, as long as you follow social distancing rules.

### **Is it really safe for me to go out?**

The guidance about going outdoors is based on evidence that the virus is much less likely to be spread outside, as well as the fact that the number of new cases has reduced. That means that the risk of you catching it outdoors is now lower. We can't say that there's no risk, but almost everything we do in life has some level of risk and this is no different. It's still a personal decision for you about whether you want to go outside. It will depend on your own attitude to risk and how much you feel you would benefit from going out.

The guidance is designed to keep risk to a minimum, for example at the moment you should stay socially distant from others, and not go into shops.

We've asked the Government for clear guidance for people who are at greater risk of Covid-19, so they can stay safe as lockdown lifts and continue to access the support they need.

### **How is shielding advice changing?**

In England, you do not need to shield from 1 August, but should instead be very careful to follow social distancing rules. You will be able to go to more places (including shops and pharmacies), see more people, and you can go to work if your workplace has measures in place to keep you safe. Children who are at highest risk can return to school if they're eligible.

### **Can I form a support bubble if I'm shielding?**

If you are shielding in England or Scotland and you live alone or are a single parent to children under 18, you can form a 'support bubble' with one other household. This will mean you can spend time together inside each other's homes, including overnight, without needing to socially distance.

<https://www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus-and-your-health/what-do-the-new-lockdown-rules-mean-for-people-with-heart-conditions>



### **Things to do and stay in touch with family and friends.**

There are apps on a smart phone which allow free calls/video calls such as: Houseparty. Zoom. Whats App. Messenger. Skype. Instagram, Facetime and others. Simply open Google and type in any of the above names, select download and once installed, off you go. When talking to the person you called, often there is a "+" sign on the screen where you can add someone else into your call. It takes a bit of practice but it is fun. You can get to see your grandchildren (they are more tech savvy than us, one of whom helped Trisha & I into a "houseparty" video call and she is only 8 years old). Have fun and stay connected. Phone, email or videocall Michael & Trisha to try it out!!! 07852 696930 or 07957 557802. We have been made aware that hackers are interrupting chats on Zoom and showing some distasteful images, so beware. You could even try to write a letter!!! Can you remember how to do it, if so write to Michael at 14 Brookside Road, Breadsall, Derby DE21 5LF.



### A few to groan over!

- No matter how much you push the envelope, it'll still be stationery!
- If you don't pay your exorcist, you can get repossessed.
- I'm reading a book about anti-gravity. I just can't put it down.
- I didn't like my beard at first. Then it grew on me.
- When you get a bladder infection, urine trouble.
- When chemists die, they barium.
- I stayed up all night to see where the sun went, and then it dawned on me.
- I changed my iPod's name to Titanic. It's syncing now.
- England has no kidney bank, but it does have a Liverpool.
- Haunted French pancakes give me the crepes.
- This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met herbivore.
- I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.
- A thief who stole a calendar got twelve months.
- When the smog lifts in Los Angeles, U.C.L.A.
- I got some batteries that were given out free of charge.
- A dentist and a manicurist married. They fought tooth and nail.
- A will is a dead giveaway.
- With her marriage, she got a new name and a dress.
- Police were summoned to a daycare center where a three-year-old was resisting a rest.
- Did you hear about the fellow whose entire left side was cut off? He's all right now.
- A bicycle can't stand alone; it's just two tired.
- The guy who fell onto an upholstery machine last week is now fully recovered.
- He had a photographic memory but it was never fully developed.
- When she saw her first strands of grey hair, she thought she'd dye.
- Acupuncture is a jab well done. That's the point of it.



### Jam Jar Challenge 2020.

I am pleased to advise that our efforts this year are adding up to almost £500.00. A huge thank you for your generosity. There is, however, still time for you to make a contribution. Send your donation to Margit Staehr, 6 Keats Avenue, Littleover, Derby DE23 4ED or follow the instructions in the next paragraph.

You should also be saving all those pounds (the shops don't seem to want them) for our next Jam Jar Challenge to be collected in 2021. No time to delay.



### Occupational Definitions !

An accountant is someone who knows the cost of everything and the value of nothing.

An auditor is someone who arrives after the battle is over , and bayonets all the wounded.

A banker is a fellow who lends you his umbrella when the sun is shining and wants it back the minute it begins to rain. (Mark Twain)

An economist is an expert who will know tomorrow why the things he predicted yesterday didn't happen today.

A statistician is someone who has his head in the freezer and legs in the oven and says he feels fine on average.



**Member news:** Molly Illesley has moved into a nursing home where she will receive the support she needs. We wish her well. Douglas Moseley suffered a stroke back in March and received rehabilitation support before returning home. Regular exercise is doing him good and he is almost back to normal now. Great work Douglas but what is normal? Sandra Armes is fed up but being helped by her daughter for shopping etc. Sue Walker has received lots of help and is doing well. She has joined her local singing group on Zoom, where she says the sound quality is awful over the internet (no, it's not the singing really). Sue has also curtailed her gallivanting as trips and holidays have been cancelled. Yvonne Gilbert is sneaking to the shops early in the morning and receiving help from her family. She has also formed a "Boris Bubble" with her daughter so as to see her grandchildren. Pauline Boucher is doing very well with lots of family support and looking forward to a holiday. Mavis Wright has taken up flower arranging during the lockdown (now where does she find the time for that?) Barry Birkin is now in a residential home and has settled well. Jean has struggled for some time and eventually collapsed whilst shopping. After a lengthy stay in RDH, she had a pacemaker fitted and is now at home and adjusting to her new lifestyle. In the meantime - **Stay at home, save the NHS and save lives.** Please keep Michael informed about your health issues.



### **Will your imagination get to grips with this little lot?**

If you yelled for 8 years, 7 months and 6 days you would have produced enough sound energy to heat one cup of coffee. **(Hardly seems worth it.)**

The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet. **(O.M.G.!!)**

A pig's orgasm lasts 30 minutes. **(O.M.G.!!!)**

A cockroach will live nine days without its head before it starves to death. **(Creepy) (I'm still not over the pig.)**

Banging your head against a wall uses 150 calories an hour. **(Don't try this at home; maybe at work.)**

The male praying mantis cannot copulate while its head is attached to its body. The female initiates sex by ripping the male's head off. **(Honey, I'm home. What the...?)**



**Birthdays.** Happy birthday this month go to Bob Betchley, Jenny Billington, Gordon Cant, Pam Fearn, Gill Flatman, Ian Gibson, Yvonne Gilbert, Janet Gilbert, Kay Grant, John Gutteridge, Marion Jackson, Jean Jackson, Anthony Lloyd, Margaret Potter, Margaret Prince, Rose Raichura, Nicola Smith, Margaret Storry, Neil & Marilyn Thompson, Jacqueline Whittaker and Christopher Wright. We hope you all have a happy and memorable day.

I receive lots of lovely comments about the birthday cards we send to you. They are made by a talented lady in the West Midlands and mailed by her colleague to arrive in time for your birthday. I forward comments made, so keep them coming and enjoy your birthday, albeit a little differently from how you imagined it would be this time around.





### **More occupational Definitions.**

A programmer is someone who solves a problem you didn't know you had in a way you don't understand.

A lawyer is a person who writes a 10,000 word document and calls it a "brief."

A psychologist is a man who watches everyone else when a beautiful girl enters the room.

A professor is one who talks in someone else's sleep.

A schoolteacher is a disillusioned person who used to think he/she liked children.

A consultant is someone who borrows your watch to tell you time and presents a bill for the services rendered.

A doctor is one who takes hours to do tests, tells you what's wrong in incomprehensible terms, and gives you a load of medicines, so you can get used to the pain.



### **Responses to our Newsletters are as follows:**

The following messages were about last month's Newsletter: - "Wonderful to hear how it all started. Would recommend going out on a sunny day, get vitamin D, so I'm told. Can't be long now, just got to be very careful only for a few more weeks. Thanks for a fantastic news letter, quite made my day, felt flat, raining outside/What a wonderful surprise to hear from our "Founder". Lovely story, thanks for bringing it to us/So nice to hear we are still doing things which the group was founded to do all those years ago. Thanks to Sue and to you for keeping it going/ Thanks for the newsletter. It always brightens up the day. Hope you and tricia are keeping OK/I haven't joined yet but I have read several Newsletters and the annual fee is worth it for the Newsletter alone. Hope the events are back soon but we must be careful/I have said it before but this Newsletter is worth waiting for each and every month. Fantastic, please keep it going". Send your comments to Michael



### **Organ donation law has changed in England.**

It is now law that all adults in England will be considered to have agreed to be an organ donor when they die. You all need to have a conversation with your family to ensure they know your wishes. All adults in England will be considered to have agreed to be an organ donor when they die unless they have recorded a decision not to donate or are in one of the excluded groups. You still have a choice if you want to be an organ donor or not when you die. The law is being changed to help save and improve more lives. Every day across the UK, someone dies waiting for a transplant. The NHS is asking everyone to (1) Record your organ donation decision on the NHS Organ Donor Register. (2) Tell your family and friends what you have decided. These changes will affect all adults in England unless they have recorded a decision not to donate or are in one of the following excluded groups: (a) Those under the age of 18. (b) People who lack the mental capacity to understand the new arrangements and take the necessary action. (c) Visitors to England, and those not living here voluntarily. (d) People who have lived in England for less than 12 months before their death.

Source: <https://www.organdonation.nhs.uk/uk-laws/organ-donation-law-in-england/>



### **A guy is sitting at home**

when he hears a knock at the door. He opens the door and sees a snail on the porch. He picks up the snail and throws it as far as he can. Three years later there's a knock on the door. He opens it and sees the same snail. The snail says: 'What the hell was that all about?'



**Annual General meeting.** This meeting takes place in July each year to receive the accounts, review the year's progress and also have the opportunity to ask questions of our President, Dr Julia Baron. The pandemic has caused a suspension of our Programme and this includes our AGM. However, planning is well in hand and I therefore give notice of the resolutions to be placed before the meeting which are:

- 1 Adopt the Minutes of the AGM in July 2019.
- 2 Adopt the Financial Report
- 3 Re-elect Margit Staehr, Patricia Flude, Michael Flude and Richard Flatman to the committee for a further two years
- 4 Elect A. N. Other to the committee for the next two years.
- 5 Change item 3 (6) of the Constitution to read "Providing extra equipment at the University Hospitals of Derby & Burton NHS Foundation Trust, where cardiac patients are treated, specifically for use in the care of cardiac patients." This item would bring our Constitution in line with the changed status of Royal Derby Hospital since its merger with Burton Hospitals. There is a cardiac function at Queens Hospital, Burton, in addition to those at Royal Derby Hospital.

Note: Item 4 is included as an invitation to any member who would like to join our committee, who feel they can make a contribution to the work already in hand. Please contact Michael, in the first instance. If there are no volunteers, then this resolution will be withdrawn.

I give notice for the AGM to be held on **12 October 2020** (or later if required). If twenty-five members are not present, I also give notice of an EGM to be held immediately, on the same day. This date suggested is uncertain and will be kept under review and be dependent upon Government advise and regulations in place at that time.



### **Divine Forgetfulness?**

A pious man who had reached the age of 105 suddenly stopped going to synagogue. Alarmed by the old fellow's absence after so many years of faithful attendance the Rabbi went to see him.

He found him in excellent health, so the Rabbi asked, "How come after all these years we don't see you at services anymore?"

The old man looked around and lowered his voice. "I'll tell you, Rabbi," he whispered.

"When I got to be 90, I expected God to take me any day. But then I got to be 95, then 100, then 105. So I figured that God is very busy and must've forgotten about me, and I don't want to remind Him."



**A new way of making a donation to Take Heart (Derby).** We had to cancel on on-line method of making a donation last year when MyDonate closed. We have now secured a new platform via Charities Aid Foundation (CAF). You will find it on the "Make a Donation" folder on our web site. Simply click on the folder where the next page will display the option to choose the "old" way or to select the "new" way. All you will need is your credit card to hand and just follow the instructions. You can choose to make a single or recurring donation. If your are a UK tax payer, simply declare it when prompted (it will not cost you anything but will attract a 25% bonus from HMRC on before of our charity. It is a simple process and it does work. I tried it out as soon as it was up and running. I hope this helps you to make payments to us at any time you wish. Try it out TODAY!!!



**News from the BHF.** *A new heart valve with potentially greater benefits than current artificial valves has been developed by scientists at Bristol and Cambridge, thanks to research we have funded. The latest results of the PoliValve, which could be tested in patients within five years, have been published today in Biomaterials Science - a high-impact journal from the Royal Society of Chemistry. Heart valve disease is estimated to affect as many as 1.5 million people in the UK, with thousands of valve replacement surgeries carried out each year. There are currently two types of artificial replacement valves available – either a tissue or a mechanical valve. Although both have many benefits, they also have their limitations. People fitted with a mechanical valve must take lifelong blood thinning drugs, whereas tissue valves are not as durable and usually need replacing later in life.*

*The PoliValve has been created by Professor Geoff Moggridge, Dr Marta Serrani and Dr Joanna Stasiak at the University of Cambridge and Professor Raimondo Ascione at the University of Bristol, building on earlier work with Professor Costantino's group at Politecnico di Milano. The valve is made from a special material and is designed to resemble the flexibility, behaviour and durability of a natural heart valve. Initial testing in a small pilot study of sheep at the University of Bristol's Translational Biomedical Research Centre has shown promising results. In the study, the valve was shown to be easy to stitch in and had no signs of mechanical failure at one to 24 hours after surgery. Replacement heart valves are also subject to International Organisation for Standardisation (ISO) standards, which stipulates that they must last 200 million heartbeats – about five years. In the study, the PoliValve was shown to comfortably surpass this, with durability in excess of 1.2 billion cycles, equivalent to 30 years. Further research will now need to be carried out before bringing this new treatment to patients.*

*Our Medical Director, Professor Sir Nilesh Samani, said: "Patients requiring an artificial heart valve are often faced with the dilemma of choosing between a metallic or tissue valve replacement. "A metallic valve is long lasting but requires the patient to take lifelong blood thinning drugs. Although this medication prevents clots forming on the valve, it also increases the risk of serious bleeding. "Patients who have a tissue valve replacement usually don't need to take this medication. However, the valve is less durable and means the patient may face further surgery. "The polymer valve combines the benefits of both – it is durable and would not require the need for blood thinning drugs. While further testing is needed before this valve can be used in patients, this is a promising development, and the BHF is pleased to have supported this research." The study also includes a team of co-authors, Dr James Taylor from the Whittle Laboratory; a team at Newcastle University headed by Professor Zaman; Professor Saadeh Sulaiman at the University of Bristol and Professor Costantino's group at Politecnico di Milano. Source:*



**Forthcoming events: ALL EVENTS SUSPENDED UNTIL FURTHER NOTICE**



**Listening ears via Committee members.** Please use the numbers when you feel in need of advice or just a chat – so call now, do not be shy, pick up the phone. Committee members are Pam Fearn 01332 606563, Richard Flatman 01332 557028, Michael & Trisha Flude 01332 380219, Robert Jones 01332 608219, Margit Staehr 01332 513932 and Margaret Storry 01332 766916.

Any queries or comments about Take Heart (Derby) should be directed to Michael Flude on email [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk), 01332 380219 or 14 Brookside Road, Breadsall, Derby DE21 5LF.