

EMERGENCIES

24 HOUR HELPLINE

Ring: 583465

Direct Line To CCU

In Emergency Don't delay

Dial 999 Immediately

NHS Direct 08454647

Is the telephone service staffed by experienced nurses, ready to give confidential healthcare advice,

Information and reassurance 24 hours a day

for the price of a local call.



NEXT WALK

Saturday 14th June 2pm
Meet Cross Keys car park
Slyne

COMMITTEE MEMBERS

Ann Williams, Acting Chair	01524 66002
Hilda Preston, Acting Vice Chair	
Sheila Hannigan, Acting Treasurer	01524 720358
Christine Nightingale, Secretary	01524 67859
Lynda Wilson, Social Secretary	01524 67465
Doug Wilson, Press Officer	01524 67465
Tony Parkinson, Web/Newsletter	01524 422259
Alma Carruthers	01524 583030
Lisa Downham	
Sheila Iddon	01524 64797
Dennis Nanson	01524 846454
Tom Nightingale	01524 67859
Keith Whitaker	01524 751276

COMMITTEE MEETINGS

Your Committee members meet once a month, on the 3rd Tuesday in the month. If any member has anything that they would like to bring before the Committee for discussion, will they please inform any Committee member by phone/letter/e-mail/ or in person.
This is your opportunity to influence our direction.
Next Committee meeting Tuesday 17th June

Newsletter contributions please to

Editor: -Tony Parkinson,
BY phone 01254 422259
or Email at heartconcern@supanet.com

HEART CONCERN

NEWSLETTER

No 2

REGISTERED CHARITY 701746

June 2003

Why not visit our new website:

www.heartconcern.co.uk

or e-mail us at

heartconcern@supanet.com



Hi, my name is Tony, your new editor. Hope you like your Newsletter p'raps not up to earlier standard's but with your help we will get there. Any suggestions for improvement will be appreciated and news or event contributions will be welcome. Please ring (see page 8). Or email me at www.heartconcern.co.uk

Thank you.

Tony Parkinson



Inside this issue:

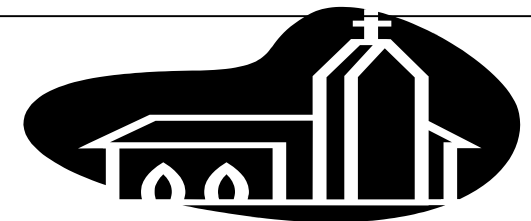
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Why not Join us at St Thomas

Centre, Marton Street,

Lancaster at 7.30 pm

The 1st Tuesday in the Month



Money Matters

Treasurer's Report

I like to thank everyone who helped with the collections at Morrison's. We made over £460-00. The next collection will be the 21st June at Asda. I will contact members shortly. A big thank you goes to Mr Ken Charnley of Glasson Dock who was captain of Lancaster Golf Club last year. He adopted Heart Concern as his chosen Charity and donated Heart Concern £2,051-39



Acting Chairman

I would like to thank Pat and Keith, George, Connie, Angela and Alison, who have stepped down from the Committee, for their hard work and commitment to Heart Concern.

As you will have noticed this quarter the newsletter is not in colour sorry but the price of coloured ink has just got to expensive all comments to

The editor thank you



Notice Board

June Meeting

Tuesday 3rd at 7.30pm

St Thomas' Centre

Speaker: Elaine Charlton

Topic:- Williamson's Park
Past, Present & Future

Coming Soon!!

'Turkey & Tinsel Weekend'
Planned for November

Interested:

Ring Lynda 67465

for further details

Heart News march 2003

Forget cholesterol?

Well, not exactly, but a landmark study first presented some months ago has forced a radical rethink of the way in which doctors treat people with coronary heart disease (CHD) or who have a high risk of developing it.

The statins, a group of cholesterol-lowering drugs, have been used to lower cholesterol to an agreed level, and until recently were only recommended for people with proven CHD.

The Heart Protection Study (HPS), which involved 20,000 people, has shown that 40 mg daily of simvastatin has produced a notable decrease of one-third in stroke and in heart attack risk in people with diabetes and arterial disease. Remarkably, the risk reduction is similar regardless of their cholesterol level. In other words, there is still a risk reduction of one-third in people with 'normal' blood cholesterol levels. Concerns about statin side-effects appear to have been resolved as they were no more common in people taking simvastatin in large doses than in the general population.

Statins for all 'at risk'?



Many leading cardiologists now believe that everyone with CHD or a high degree of risk should be offered 40 mgm simvastatin daily.

The Department of Health has agreed to look at the results of the study. This could lead to a review of national prescribing guidelines. Some doctors propose that once treatment with statins is established, there may be no advantage in routinely monitoring cholesterol levels, or liver function and muscle tests, and that less monitoring could allow more time for clinical care.

Taking into account the enormous costs involved in treating CHD - heart attacks in coronary care units, angioplasty, stents and bypasses and a host of drugs - reports from economists suggest that using statins in this way, costly though it would be, would nevertheless produce a long-term reduction in the costs of coronary care.

Three students are leaving their last classes of the day.

The law student is thinking, "I'm tired and thirsty. I must have coffee. "

The engineering student is thinking, "I'm tired and thirsty. I must have beer. "

The medical student is thinking, "I'm tired and thirsty. I must have diabetes. "

Social Secretary

April 2nd saw fourteen members attend the 'Good Old Days' at Lancaster Grand Theatre. We all enjoyed the performance—a good night out.

Wednesday, 9th April was our spring coach trip.

We visited the 'Blue Planet' and Cheshire Oaks; twenty-three members and friends enjoyed the day.

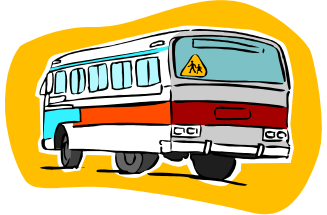
The 'Blue Planet' was a wonderful experience, and Cheshire Oaks was well stocked with "goodies".

We held a raffle on the coach which was won by Tom and Christine Nightingale.

Our next outing is to the Lowry Centre at Manchester (£5.00p members. £6.00p non-members).

The coach is booking up fast so contact me today 01524 67465 for your place.

Thanks for your continued support, *Lynda*



WALKING FOR PLEASURE GROUP

Walks take place from April through to October and are between 3 and 5 miles long.

All walks are guided and accompanied by a cardiac support nurse. Details of the walks are published here and in the Newsletter, but may also be obtained from the secretary.

Walking Future Dates and meeting places:

Saturday 14th June	2pm	Cross Keys, Slyne
Saturday 12th July	2pm	Black Bull, Brookhouse
Saturday 09th August	2pm	Booths, Scotforth
Saturday 13th September	2pm	The Square, Milnthorpe

Walking

by Hilda Preston, Cardiac Rehabilitation Nurse

When our walking group first began our events took place on a monthly basis from May until September. However, we now seem to walk throughout the year, perhaps missing the months of November and January.



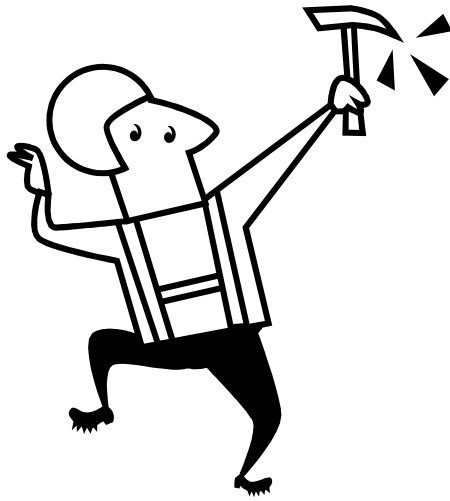
My initial thoughts were to miss out the cold winter days and I am not sure if the changing climate has contributed to our desire, as a group, to walk throughout the year, or that members enjoy our Saturday afternoons together and, what is equally important, folks are getting fitter. Either way, it is so very rewarding and a great pleasure to have your company.

My reflection of the last few months is that of the spring weather being the best I can recall.

However Saturday 9th March was something quite different, perhaps the wettest conditions we have ever experienced. Yes, even wetter than those of the lock-side walk at Tewitfield. We were due to set out from the car park of The Kings Arms Pub at Hale. It poured and I thought that everyone, especially the chaps, as there was an important football match that day, would stay at home. But no - eleven brave souls accompanied me from Hale through the mud and puddles passed Deepdale Farm, the distinctive, partly ruinous building to the left of the A6 from which we slithered up to Fairy Steps. The display of snowdrops there was magnificent and the Lady's Mantle showing signs of budding. Our route contoured along the tracks to Wray Croft then through Dallam Park towards the paper mill at Beetham.

It was with relief that we reached The Kings Arms for refreshment. We were wet, but we had had fun.

Contrasting conditions prevailed on Saturday 12th April. The route had been planned some two years ago but then the footpath was too precarious to contemplate. However, much restoration work has been completed and we were able to walk to the banks of the Lune, passed the ferryman's cottages. The river was very low and the ground underfoot very dry. The groups of primroses were magnificent and the bluebells about to burst into bloom. We walked through the delightfully named Thrush Gill Wood towards the splendid edifice of Storrs Hall then along the lane to Locka Farm and across the fields to Arkholme before driving to the Red Well for pots of tea.



Reflections

VALUE OF A SMILE

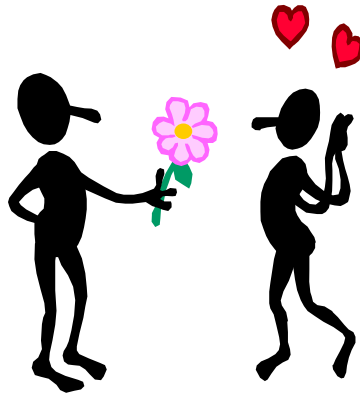
It costs nothing but creates much. It enriches those who receive, without impoverishing those who give.

It happens in a flash, and the memory of it sometimes lasts forever.

None are so rich that they can get along without it, and none are so poor but are richer for a smile.

It creates happiness in the home, fosters goodwill in a business, and is the mark of friends. It is rest to the weary, daylight to the discouraged, sunshine to the sad, and nature's antidote for trouble.

Yet, it cannot be bought, begged, borrowed, or stolen, for it is something that is no earthly good to anybody until it is given away and if it ever happens that some people should be too tired to give you a smile, why not leave one of your own? For nobody needs a smile so much as those who have none left to give.



Healthy Recipe

Orange-Grilled Chicken with Herbs

Prep: 20 min, Cook: 10 min.

2 garlic cloves, chop; 3/4 tsp. orange peel, grated;

1/4 tsp. fresh thyme, chop; 1/4 tsp. fresh rosemary, chop,

1 lb. boneless chicken breasts, skin attached;

freshly ground black pepper, to taste; 1/3 cup fresh orange juice;

1 tsp. vinegar; 2 tsp. Worcester sauce

Directions:

Combine the first 5 ingredients in a small bowl to make the herb mixture.

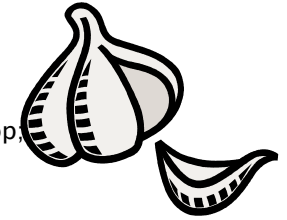
Take each chicken breast and slip your fingers between the skin and flesh of the chicken, leaving the skin attached. Slide some of the herb mixture under the skin of each breast, pulling the skin back over each breast when finished.

On a grill, set 4 inches below the heat source and set the heat to high.

Mix together the orange juice, vinegar, and Worcester sauce in a small bowl

Grill the chicken breasts for 3-4 minutes on each side, turning once and basting with the orange juice mixture, until the chicken is cooked through.

Remove the skin before eating.



A man is driving along a mountainous highway and spots a sign that reads, 'Watch for Fallen Rocks'.

Several miles down the road, he sees a pile of rocks on the side and stops to pick them up.

He drives into a small town and finds the Highway Maintenance Department and walks into the office.

He goes up to the counter, sets down the pile of rocks on the counter and tells the receptionist,

'Here's your fallen rocks, now where's my watch?'

Disclaimer

Material in this newsletter is given as information only and inclusion of any material in Heart Concern News does not imply a recommendation by Heart Concern