

HEART CONCERN

NEWSLETTER



No 5

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March 2004

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Wanted new editor

your club needs you or this maybe your last news letter please ring or Write to the Secretary without delay
Tel 01524 67859

HELP WANTED

Are you willing to give a few hours of your time to the club?

If so please fill in the nomination form and return it to the secretary by the 10th March 2004

The Annual General Meeting

Will be held at St Thomas' Centre, Marton Street, Lancaster on
Wednesday, 24th March 2004 at 7.30 pm.
Everybody welcome. Heart Concern is your club come along and have your say

Money Matters

**Collectors needed for Asda & Safeway
Please get in touch with Treasurer ASP**

Monday 29th March	Collection	Asda
Tuesday 30th March	Collection	Asda
Friday 2nd April	Collection	Safeway, Carnforth
Saturday 3rd April	Collection	Safeway, Carnforth



An agitated patient was stomping around the psychiatrist's office, running his hands through his hair, almost in tears.

"Doctor, my memory's gone. Gone! I can't remember my wife's name.

Can't remember my children's names. Can't remember what kind of car I drive.

Can't remember where I work. It was all I could do to find my way here."

"Calm down. How long have you been like this?" "Like what?"

Notice Board

Why not visit our website:
www.heartconcern.co.uk

Heart Concern Walks

Saturday, 10th April 2.00 pm
Crook of Lune Car Park

Saturday, 8th May 9.30 am
Coach trip to Richmond

Saturday, 12th June 2.00 pm Wil-
liamson Park,
Wyresdale Road Car Park

Saturday, 3rd July 2.00 pm George
and Dragon, Wray

St JOHN (I'm a trained first abider)!!

When a car skidded on wet pavement and struck a telephone pole, several bystanders ran over to help the driver.

A woman was the first to reach the victim, but a man rushed in and pushed her aside. 'Step aside, lady,' he barked. 'I've taken a St John's course in first-aid!'

The woman watched for a few minutes, then tapped him on the shoulder. 'Pardon me,' she said.

'But when you get to the part about calling a doctor, I'm right here.'

Disclaimer

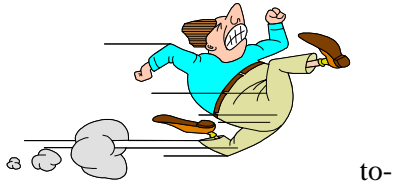
Material in this newsletter is given as information only and inclusion of any material in Heart Concern News does not imply a recommendation by Heart Concern

Walking The Three Peaks Challenge. by Jim Ellis

Saturday the 6th September, 2003, the alarm awoke me at 5 o'clock in the morning, it was the day chosen to

attempt the 3 peaks walk in less than 12 hours.

The walk is 26 miles and the 3 Peaks to be climbed were Pen y Ghent, Whernside and Ingleborough, a total of about 5000ft.



Alan Meadows, Frank Denis and myself left the car park in Horton in Ribblesdale at 0700hrs, the weather was ideal, slight drizzle and not too warm.

The climb to the top of Pen-y-Ghent which was shrouded in thick mist went really well, a mobile call to Hilda was made to arrange our first meeting at the Ribblehead Viaduct which we thought would be at about 1200hrs.

As we left Pen-y-Ghent with the rain now lashing down our progress was such, we arrived at the Viaduct at 1130hrs. After a quick cup of tea at the mobile cafe we set off to climb Whernside unaware that Hilda had arrived just before us and was in her car sheltering from the rain.

The climb to the summit of Whernside was rather steady the rain having now subsided a little. We were concerned we had not been in contact with Hilda, all was not lost, a local Scout Group had set up communication stations at various points of the walk, they very kindly got a message to Hilda who then met us on our descent and force marched us back to her car for refreshments. After a break of 15mins. We were off again, this time it was the last climb, Ingleborough.

Whilst we made our way up the steep face of Ingleborough,

Hilda drove round to the car park in Horton-in-Ribblesdale then walked to meet us as we were leaving the summit. Hilda again showing no mercy turned on the gas and marched us back to the start in Horton our legs going like windmills. Having completed the walk in 10hrs. 20mins. we returned to Frank's home for a superb buffet and chat about the day in general, then home for a good hot bath. The question has been asked what training did we do.

Alan, Frank and myself walk/climb in the Lakes one day each week, I also attend the Phase 4 Keep Fit classes, this really does help with the warm-up before a long walk and just as important, the stretching techniques used afterwards. The whole day was a fantastic experience and we hope our efforts will have raised over £1000 for the **North West Air Ambulance Appeal**. "THANK YOU" everyone who sponsored the Challenge. Jim Ellis.

Reflections

INTRODUCTION TO FOLK DANCING

I went in very slowly, feeling shy and oh so small,
The room was full of strangers and they all seemed ten feet tall.
So I sat down, rather coyly, on a chair beside the door,
But they said "You'll have to dance, you know, that's what you've come here for."

So I said I didn't know it, but they said they'd pull me through;
And then the music started - and my troubles started, too.
They pushed me, and they pulled me, and they whispered "Right hand star"
Then they said "Change with your partner" then they hissed "Stay where you are"
I listened to the music but I couldn't get the beat -
(My mother should have told me I was born with two left feet)

And they spoke a foreign language which I found awful strange,
Things like "allemand" and "sidings" and "hey" and "swing & change"
And then the Big White Chieftain (whose name I just forget)
Seemed to think that I was drunk - he shouted "Reel across the set"

Well, I've always been teetotal, so I didn't like it quite,
Still, the other ladies did it, so it must have been all right,
But when the man beside me - in the middle of the dance -
Said "You ought to be improprer" well, I froze him with a glance.

There wasn't time to answer, though I could have said a lot,
For I may not know the dances, but I hope I know what's what.
Then they said "Don't look so worried, cheer up, relax, let go"
So I danced with gay abandon - right on my partner's toe,

But they prodded me and swung me, and hauled me back in line,
Though they smiled on me quite kindly, and said "You're doing fine,
" Well, I'd laddered both my nylons and my right leg had gone lame,
Still, I gave a ghastly smile and said "I'm awfully glad I came."

They said "'This keeps you fit, you know" I said, "I'm sure it does"
(I knew my back was broken but I wouldn't make a fuse)
For when people's hearts are kindly, well, you leave some things unsaid;
I just stuck my arms back on again and staggered home to bed.
And the doctor's optimistic - says I'll soon be right as rain.
So when I'm out of hospital, I'll be folk dancing again.

Healthy Recipe

Chicken and Rice

Take the skin off chicken to lower saturated fat and calories.

6 chicken pieces (legs and breasts)

2 tsp vegetable oil

4 cups water

2 tomatoes, chopped

1/2 cup green pepper, chopped

1/4 cup red pepper, chopped

1/4 cup celery, diced

1 medium carrot, grated

1/4 cup corn, frozen

1/2 cup onion, chopped

1/4 cup fresh cilantro, chopped

2 cloves garlic, chopped fine

1/8 tsp salt

1/8 tsp pepper

2 cups rice

1/2 cup frozen peas

2 oz Spanish olives

1/4 cup raisins

In a large pot, brown chicken pieces in oil.

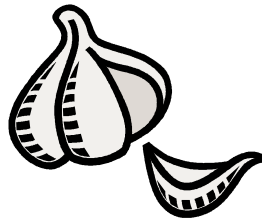
Add water, tomatoes, green and red peppers, celery, carrots, corn, onion, cilantro, garlic, salt, and pepper.

Cover and cook over medium heat for 20 to 30 minutes or until chicken is done.

Remove chicken from the pot and place in the refrigerator. Add rice, peas, and olives to the pot. Cover pot and cook over low heat for about 20 minutes until rice is cooked.

Add chicken and raisins and cook for another 8 minutes.

Yield: 6 servings — Serving size: 1 cup rice and 1 piece chicken



A man walks into a doctor's office. He has a cucumber up his nose, a carrot in his left ear and a banana in his right ear.

"What's the matter with me?" he asks the doctor. The doctor replies, "You're not eating properly."

Social Secretary



Pulling the wool over your eyes.
Cardiology--The science of chunky knitwear.
Hello everyone,

The first social event of the 2004 was a Hot Pot Supper, held at the R.L.I. social club. Michael & Judith Harrison kindly organised a quiz which was entertaining. Keith Whittaker donated a bottle of whiskey for roll-a-coin, and members provided goods for raffle.

The company was excellent and a good evening was had by all.

Trip to Richmond on May 8th care of Hilda Preston but please give me a ring to book your seat on the coach £5-00 members/ £6-00 non-members we will be going to Liverpool [as requested] later in the year.

Bye for now

Lynda

Dates for your diary



Wednesday 24th March Annual General Meeting

Tuesday 6th April	Old Lancaster & District	Mr. Bill Atkinson
Tuesday 4th May	Gardening for All	Mr. Les Foden
Tuesday 1st June	Cardiac Rehabilitation	Ms. Sarah Bullock

Heart News

In the early 1970s, research studies concerning the cardiovascular benefits of taking one aspirin a day began to appear. These studies suggested that a daily aspirin could help to prevent heart attacks. Although this early evidence was not yet conclusive, it seemed so compelling that I started taking a daily aspirin, as did many of my cardiology colleagues. One cardiology colleague, in 1971, starting taking one additional aspirin when he was about to eat a heavy meal.

Over the years, additional research not only confirmed the benefit of a daily aspirin, but also illuminated other benefits. Research has suggested that aspirin may help prevent a first attack, a second heart attack, a first stroke or a second stroke. Data from the Nurses' Health Study also suggest that daily aspirin could reduce the risk of colon polyps and colon cancer, and data from the New York University Women's Health Study suggest that it could reduce the risk of some types of ovarian cancer.

Furthermore, the National Health and Nutrition Examination Survey (NHANES) and the National Epidemiological Follow-up Study found a dramatically reduced rate of oesophageal cancer among people who took aspirin even occasionally.

It took some extra time to demonstrate the benefit of daily aspirin with physician volunteers in the 1988 Physicians' Health Study because of the study's requirements. The study was designed so that all physicians would take a daily pill without knowing the ingredients of the pill. The researchers designed the study so that one-half of the physicians would be taking aspirin and the other half would be taking a sugar pill. However, some physicians were already convinced of the value of aspirin and were unwilling to stop taking aspirin daily in order to participate in research where they might be receiving a daily sugar pill. These physicians were at greater risk for heart attack based on their family histories. Therefore, it was somewhat challenging to recruit physicians who were willing to participate in the study and who were also at higher risk. The lead researcher of the now-famous study, Dr. Charles H. Hennekens, remains committed to educating physicians about this topic. He is currently involved with a continuing education program called, "Aspirin in the Prevention and Treatment of Cardiovascular Disease."

In my own cardiology practice, I typically recommend a daily aspirin as a preventative measure for patients with risk factors such as family history of heart disease, elevated cholesterol, lack of exercise and/or poor eating habits. Certainly, all my patients who have established coronary heart disease also take a daily aspirin, unless there is a contraindication. Because aspirin can increase the risk of bleeding in the gastrointestinal (GI) tract, I recommend that people take only enteric-coated aspirin and generally with food. The coated aspirin, however, reduces the effective dose available to the body. As for the dose, some studies recommend 75 milligrams (a baby aspirin) and more recent studies recommend 300 milligrams (an adult aspirin). The answer to that question remains to be determined. In light of these promising findings for heart patients, the American Heart Association (AHA) currently recommends daily aspirin for "patients who have experienced a myocardial infarction (heart attack), unstable angina, ischemic stroke, or transient ischemic attacks (TIAs or 'little strokes') if not contraindicated." For people who have not yet experienced any of these cardiovascular problems, the AHA stated that the decision should be made on an individual basis with your physician. Unfortunately, not everyone can take a daily aspirin, even if their physician believes it might be beneficial. Some patients are allergic to aspirin, have ulcer disease, a history of intestinal bleeding or a general bleeding tendency from many possible causes. Furthermore, people taking an anticoagulant such as warfarin should not take aspirin unless advised by their physician. This is because both medications increase the risk of bleeding. People taking non-steroidal anti-inflammatory drugs (NSAIDs) are generally discouraged from taking aspirin. If your physician is considering your taking both a daily aspirin and NSAID, the NSAID must be taken more than two hours after the aspirin, in order to prevent rendering the aspirin ineffective. Finally, people should not take aspirin if they are pregnant, hypertensive, allergic to certain medications or about to go in for surgery, unless specifically recommended by their physician.

EMERGENCIES

24 HOUR HELP LINE



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 confi-
dential healthcare advice,

Information and reassur-
ance 24 hours a day
for the price of a local call.

The man told his doctor that he
wasn't able to do all the things
around the house that he used to do.
When the examination was
complete, he said, "Now, Doc, I can
take it. Tell me in plain English
what is wrong with me."
"Well, in plain English," the doctor
replied, "you're just lazy."
"Okay," said the man.
"Now give me the medical term so I
can tell my wife."

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
Mailing Address Line 3	
Mailing Address Line 4	
Alma Carruthers	01524 583030
Lisa Downham	
Sheila Iddon	01524 64797
Dennis Nanson	01524 846454
Tom Nightingale	01524 67859
Keith Whitaker	01524 751276
Tony Parkinson,	01524 422259

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 16th March

Just think, if it wasn't for marriage, men
would go through life thinking they had no
faults at all.