FAREHAM CARDIAC SUPPORT GROUP
FOUNDED IN 1988 BY DR HUGH CARLING MBE

NEWSLETTER JULY 2015

President: Dr Vin Patel
Medical Advisor Dr Vin Patel.
Chairman: Roger Reynolds …..01329 289002
Treasurer: Madalaine Miller
Secretary: John Willis ……… 01329 310187
Speakers: Ian/Joy Macdonald .. 01329 236506
Almoner: Wendy Hawkins …..01489 581969
Website: Peter Stoddard ……..01329 312484

RULES FOR GYM USERS
# Ensure gate is secured properly after entry.
# Tick the register on arrival
# Cross tick on your way out of the gym
# Wear trainers
# Make cheques payable to :-
FAREHAM CARDIAC SUPPORT GROUP

GYM HOURS
Monday, Wednesday & Friday 8 am to 12 noon.
Any existing member (non-gym user) who wishes to use the gym MUST get a letter from their GP, to include synopsis of condition, medications and approval of ability to exercise for Dr.Vin Patel.

MEETING HELD AT WALLINGTON VILLAGE HALL ON THURSDAY JULY 2nd

WELCOME
Chairman welcomed 6members 8 + 1 guest to the meeting.

APOLOGIES
Maureen Stevens, Cyril Butcher, Beryl Whitehurst, Gwyneth & Malcolm Gale, Ted Lightly, Maxine Titheridge, Jane & Jim Connett.

INCOME
DOOR …….. £69  RAFFLE ……… £58  DONATION BOX ……… £TBA
Thank you to John Titheridge for circulating with the box.

JUNE WALK
Ten members met at Denmead for our June walk which took us out to the north of the village towards Hambledon. It was enjoyed by all

JULY WALK WILL BE OUR PICNIC WALK
4th SATURDAY 25th JULY
Meet at 10.15 am Saturday 25th July at BRAMDEAN COMMON. A 3 mile walk on even terrain with no steep hills, sturdy shoes are advised. We will have a change this year ‘by bringing our own picnic (no cream tea)’. Bring drink for halfway stop

DIRECTIONS FROM FAREHAM
Drive north on A32 past Droxford, Warnford and West Meon. At traffic lights (West Meon Hut) turn left onto A272 towards Winchester. The first village is Bramdean, as you enter village pass ‘The Fox PH’ on left. Just past pub is a garage on right, turn right into Wood Lane. Bramdean common is 2 miles on, on left. Parkon common opposite first junction on the right, take care as ground is uneven.
Any questions ring Colin on 02392 521271

HELPERS
THANKS go to Wendy and Jan for the Tea/Coffee, Jean on the door, Ernie on the raffle and all the furniture shifters (which was just about everyone)

‘And in the end, it’s not the years in your life that count. It’s the life in your years.’
Abraham Lincoln
DIARY DATES

27th Annual Hampshire Harbours Bike Ride
Hundreds of people are expected to take part in the event on Sunday July 12th. The event which raises money for the British Heart Foundation starts from Langstone Technology Park in Havant, and goes through Fareham, Gosport and Southsea. To sign up go to bhf.org.uk/get-involved/events/bike-rides/Hampshire-harbours-bike-ride.

BEACH TEA PARTY
Friday 17th July 2015-------Tea & Cakes £2.00 (cover cost of beach house)
Tables & chairs will be provided, cannot promise sunshine, but bring your bikinis in case.
Names and monies to Dawn at next meeting. Directions in July newsletter.

DIRECTIONS
Travel to CROFTON PUB, coming from Stubbington pass pub on your left. Proceed for 400 yards, road veers right towards OSBORNE VIEW, DO NOT veer right, follow road for about 20 yards, turning on right takes you to car park for beach house

MEETING AUGUST 6th
AMERICAN SUPPER, BEETLE DRIVE & RAFFLE
If you intend to be there please give your names to Dawn 01329 283876 so we know how many tables to lay out.
32 members attended last year and had a really good time, let’s see if we can double that number.

BRITISH WAR MUSEUM, THANKYOU
A rather trying start, but I hope you all enjoyed the day. I would like to say how proud I felt when not one member/guest boarded the coach and griped, it was cold, I’m sure the replacement driver was impressed too.

Above are 2 examples of A4 novelty Birthday/Christmas cards that I make, by use of acetate you see a front and back view of featured character on appropriate background. I will be selling the cards at the American Supper and all profit will go to BHF.

NEXT MEETING THURSDAY 6th AUGUST
AMERICAN SUPPER, BEETLE DRIVE & RAFFLE

‘The best way to get most husbands to do something is to suggest that perhaps they’re too old to do it.’

Ann Bancroft
‘FALLS IN THE ELDERLY’ Dr.Ike Ugboma Consultant Geriatrician

Although most falls do not cause injury, the results of a fall can be serious. If you break a bone this can lead to long-term disability. Broken bones do not always heal completely as you get older and a serious injury could mean that you would no longer be able to live without support. This is why, if you are aged 65 or older and have had a fall, it is important to see your doctor to find out if anything needs to be done to prevent you from falling again.

People of all ages have falls. In many cases they are caused by a minor accident and the person comes to no harm. Older people who have falls, however, are likely to have more serious injuries and to fall over again.

There are many reasons why falls happen in older people, such as:

**Hazards in the home**

Arthritic: painful joints can make you less nimble and want to move around less. Lack of exercise can lead to muscle wasting and weakness.

Dizzy spells: this can be light-headedness, a feeling that the ground is moving or a feeling that you or the surroundings are spinning.

Confusion: this can be due to medicines, brain problems such as dementia or general illnesses such as infections.

**Drop attacks:** this describes sudden falls in which there is no loss of consciousness. This can be due to orthostatic hypotension (see below), a mini-stroke (transient ischaemic attack), or heart problems (for example, Atrial fibrillation).

Postural hypotension: this means a sudden drop in blood pressure when you stand up. It usually happens within the first few weeks of starting blood pressure tablets. Occasionally it can be due to a lack of fluid in the body (dehydration) or to a condition affecting the nerve supply to blood vessels (autonomic neuropathy).

Fainting: this means a loss of consciousness which comes on suddenly and lasts for a short time. It can happen for many reasons. Postural hypotension and heart problems are common causes.

**Alcohol:** apart from the fact that alcohol can make you drowsy and clumsy, it can also cause long-term medical problems that make falls more likely. These include peripheral neuropathy. This is a condition of the nerves that can cause numbness and pins and needles of the feet or problems with balance sensation. A disorder of the brain (Wernicke-Korsakoff syndrome) can also cause falls.

**Problems with vision:** for example, clouding of the lens of the eye (cataract) and visual field defects, where part of the field of vision appears to be missing. Breakdown of the cells lining the back of the eye is known as age-related macular degeneration. It is a common cause of poor vision in older people. Sometimes an outdated prescription for glasses or bifocal lenses may increase fall risk. Older people at risk of falling may be better with 2 different pairs of glasses.

Problems with the brain and nervous system: this includes strokes, Parkinson's disease, peripheral neuropathy (commonly due to diabetes), and dementia - a condition involving loss of thinking ability due to Alzheimer's disease and several other causes.

**If you have had a fall** or feel you are at risk of having falls, you should ask your GP to do a falls risk assessment. This involves a general check-up (for example, blood pressure, weight, and examination of your circulation and lungs). This is carried out to make sure you are not suffering from any conditions likely to increase your risk of falls.

**If you do have a long-term condition** such as diabetes, the doctor will check that this is not causing complications likely to lead to falls. You may need tests to check whether you have any conditions which make it more likely that you will break a bone if you do fall (for example, osteoporosis). The doctor will also check your medication to make sure you are not on any medicines likely to cause problems.

**Have a look around your home** to see whether there is anything that could have caused your fall or would be likely to make you fall in the future.

**Keep active** and exercise as much as you can. This strengthens muscles, keeps joints supple and works the systems in your body which control balance and movement.

**Healthy eating** is important to stop you getting deficient in vitamins (especially vitamin D), iron, starchy foods and proteins. Keep up your fluid intake to stop you getting low in body fluid (dehydrated).

You should drink alcohol sensibly.

**Get your eyes checked** every two years, or as often as your optician advises. If you are already having problems with your eyes, get them checked now. People aged 60 or over can get a free eye test.

MY WILD OATS HAVE TURNED INTO SHREDDED WHEAT