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

NEWSLETTER SEPTEMBER 2015

President: Dr Vin Patel
Medical Advisor Dr Vin Patel
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Secretary: John Willis ……..01329 310187
Speakers: Ian/Jo 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 SEPTEMBER 3rd

WELCOME
Chairman welcomed 55 members to the meeting.

APOLOGIES
Peter Stoddard, Jill & Mike Board, Georgie & Ray Diaper, Margaret Langford, Eileen & Colin Peake, Ted Lightly, Doreen Mitchell & Bob Ward

INCOME
DOOR …….. £56 RAFFLE ……… £58 DONATION BOX ……… £27.92
Thankyou Ed Hawkins for circulating with the box.

SEPTEMBER WALK
Saturday 19th September 2015, meet at 10AM at the carpark at the end of Newtown in Hook with Warsash. An interesting 3 mile walk along the solent beach and nearby Hook Nature Reserve. A flat terrain, but likely to be muddy in parts, so sturdy footwear advised. Bring drink for halfway stop. Lunch to be arranged at end of walk. We have not done this walk for 3 years so any questions Ring Colin/Eileen 02392 521271.

DIRECTIONS
You will all choose your own route to the roundabout by the clock tower in the centre of Warsash. Take the road to the side of the FERRYMAN pub. This is Newtown road, drive along for about ¾ mile. Follow the road down into the dip and across the bridge, drive up the hill to the top, where it flattens out on your left you will see an unmarked lane and a large reddish building, turn left along this lane to the back of the reddish building. The path is pitted so take care as you proceed to carpark.

THANKYOU’S
THANKS go to Wendy and Jan for the drinks, Jean on the door and the raffle, and all the furniture shifters (which was just about everyone.

DAWN’S BIT
Thank you to all who filled and returned their BIG BAGS.
Reminder that Christmas Lunch tickets are now available – Tuesday December 8th £18.00 per head.
Dawn 01329 283876

If we take care of the moments, the years will take care of themselves.
DONATIONS TO BHF
The committee discussed the fact that, apart from Dawn’s Big Bag Appeal, as a group we donate very little to BHF. They actually give more to us, free insurance in the gym and on walks, free booklets on just about everything to do with the heart and the free magazine ‘Heart Matters’. Therefore we would like you all to put your thinking caps on and come up with some ideas e.g. filling empty smarties/sterdent tubes with 20p’s.

SKITTLES playing for Dr.Carling Memorial Trophy
11AM Tuesday October 15th at ‘CROFTON PH’
Plated lunch - £9.50
Fish & Chips / Chicken & Chips / Pork & Leek Sausages with Chips / Homemade Steak, Ale & Mushroom Pie / Ham Salad / Cheese Salad / Mushroom Carbonara topped with cheese & served with crusty bread.
Names/Payments to John (Sec) at October meeting or at Gym.

PACEMAKERS
Presented by Bernice Holden and Alison Pusey

Pacemaker implantation is a surgical procedure where a small electrical device called a pacemaker is implanted in your chest. The pacemaker sends regular electrical pulses that help keep your heart beating regularly. Having a pacemaker fitted can greatly improve your quality of life if you have problems with your heart rhythm, and the device can be lifesaving for some people. Pacemaker implantation is one of the most common types of heart surgery carried out in the UK. During 2012-13 in England, more than 40,000 people had a pacemaker fitted.

How does a pacemaker work?
The pacemaker is a small metal box weighing 20-50g. It is attached to one or more wires, known as pacing leads, which run to your heart. The pacemaker contains: a battery, which usually lasts six to 10 years depending on how advanced the device is (more advanced pacemakers tend to use more energy so have a shorter battery life), a pulse generator, a tiny computer circuit that converts energy from the battery into electrical impulses, which flow down the wires and stimulate your heart to contract. The rate at which these electrical impulses are sent out is called the discharge rate.

Almost all modern pacemakers work on demand. This means that they can be programmed to adjust the discharge rate in response to your body's needs. If the pacemaker senses that your heart has missed a beat or is beating too slowly, it sends signals at a steady rate. If it senses that your heart is beating normally by itself, it does not send out any signals. Most pacemakers have a special sensor that recognises body movement or your breathing rate. This allows them to speed up the discharge rate when you are active. Doctors describe this as rate responsive.

Why do I need a pacemaker?
The heart is essentially a pump, made of muscle, which is controlled by electrical signals. These signals can become disrupted for several reasons, which can lead to a number of potentially dangerous heart conditions, such as: an abnormally slow heartbeat (bradycardia) or an abnormally fast heartbeat (supraventricular tachycardia) – caused by damage to part of the heart called the sinoatrial node

heart block – where your heart beats irregularly because the electrical signals that control your heartbeat are not transmitted properly

cardiac arrest – when a problem with the electrical signals in the heart causes the heart to stop beating altogether

An implantable cardioverter defibrillator (ICD) is a device similar to a pacemaker. This sends a larger electrical shock to the heart that essentially reboots the heart to get it pumping again. Some devices contain both a pacemaker and an ICD.

ICDs are often used as a preventative treatment for people thought to be at risk of cardiac arrest at some point in the future. If the ICD senses that the heart is beating at a potentially dangerous abnormal rate, it will deliver an electrical shock to the heart. This can often help return the heart to a normal rhythm.

What happens during a pacemaker implantation?
Having a pacemaker implanted is a relatively straightforward process. It is usually carried out under local anaesthetic, which means you will be awake during the procedure. Most commonly, the generator is placed under the skin near the collarbone, on the left side of the chest. The generator is attached to a wire that is guided through a blood vessel to the heart. The procedure usually takes about an hour and most people are well enough to leave hospital the day after surgery.

After pacemaker surgery
You should be able to get back to normal physical activities very soon after surgery. As a precaution, it is normally recommended that you avoid strenuous activities for around four to six weeks after having your pacemaker fitted. After this, you should be able to do most activities and sports. You will be able to feel the pacemaker, but you will soon get used to it. At first, it may seem a bit heavy and may feel uncomfortable when you lie in certain positions.
You will need to attend regular check-ups to make sure your pacemaker is working properly. Most pacemakers store information about your natural heart rhythms. When you have follow-up appointments, doctors can retrieve this information and use it to check how well the pacemaker and your heart are working.

However, with newer pulse generators it may be possible to obtain information about the pacemaker's performance by downloading data from the patient's device to the internet and then to the caregiver's office. In older devices, pacemaker status can be checked routinely via the telephone using a trans-telephonic device.

HANDMADE BIRTHDAY/CHRISTMAS CARDS
By request my cards will be available at OCTOBER meeting

NEXT MEETING THURSDAY 1st OCTOBER 2015

Grandparents are like a piece of string – handy to have around and easily wrapped around the fingers of their grandchildren.