



Get Up and Go



Autumn Edition (15)

Newsletter of Angus Cardiac Group

August 2010

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AGM

To make you Smile...

STOP PRESS

ANY ARTICLES OR PHOTOGRAPHS PLEASE SEND TO KAREN ON kfletcher@nhs.net

The Talking Vice-Chair,

Some of you will know that our Chair, Mary Ballantyne, had a recent bereavement, when her father passed away after a long illness. Many of you will also be aware that our co-ordinator, Karen Fletcher, has undergone major surgery at Ninewells Hospital and is now recuperating at home. Our thoughts are with Mary and Karen at this difficult time for both them and their families.

The summer months have seen many interesting and enjoyable events under the umbrella of the Angus Cardiac Group. The Annual Sponsored Walk at Montrose took place in May and I believe that a record sum of money was raised for the group. In June, Montrose also hosted their Annual Coffee Morning and again a large sum of money was raised. In July, the Annual Forfar Barbecue was held, as usual, at the Ranger Station in Forfar.

Since the spring we have had many interesting speakers at our monthly meetings, with talks on some very diverse subjects. Attendances have been good and there is always a great feeling of camaraderie on these nights.

The attendances at the Phase IV Exercise Class have been slightly down during the school holidays due, no doubt, to grandparents doing their childminding duties. I am sure the numbers will be back to normal after the schools return.

The Angus Cardiac Group initiative to ultimately provide exercise classes for everyone in Angus with a long-term condition, continue to make good progress as volunteers have received more training and others have completed the "Vitalyz" course to assist in chair-based exercise.

Plans are afoot to have another Angus Cardiac Group outing to the theatre, but as yet, we have not decided on a date or venue.

Finally, I would like to remind everyone, the Group's Annual General Meeting will be held on Thursday, 23 September, 2010 at the Plough Inn, Market Street, Forfar. It is important that as many members as possible come along on the night.



Gordon S,
The Talking Vice-Chair, Angus Cardiac Group





Diary Dates...



2010 Sponsored Walk



Angus Cardiac Group

'FORFAR SPONSORED WALK'

on:

Sunday, 12 September 2010 – 1pm

Starting at:

The Ranger Station, Forfar Loch

Further details and sponsor forms available on the website at www.anguscardiacgroup.co.uk

'The Fungus Foray'

Join the Ranger to learn about Nature's Abundant Larder

at

Monikie Country Park



at
2pm



on

Wednesday, 29 September 2010

For further information contact:
Gordon Snedden
(or any committee member)

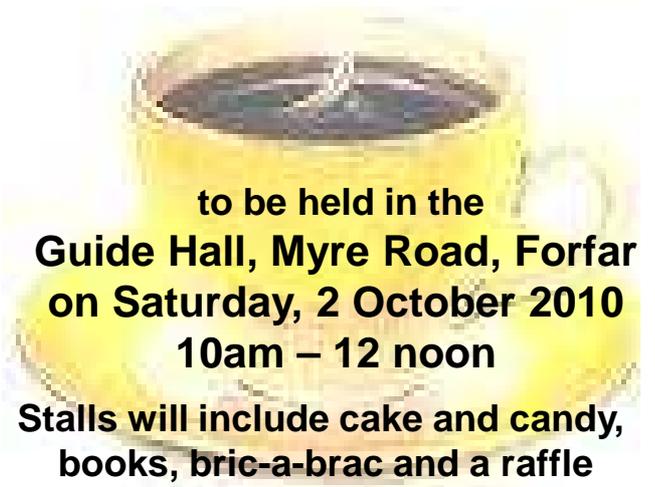


'Bat Night'



A Bat Night at the Castle is to be arranged shortly

2010 Forfar Coffee Morning & Table Sale



to be held in the Guide Hall, Myre Road, Forfar on Saturday, 2 October 2010 10am – 12 noon

Stalls will include cake and candy, books, bric-a-brac and a raffle

Donations for cake & candy would be welcome.

Help us to make it happen!

FOR MORE DETAILS ON ANY OF THESE EVENTS PLEASE CHECK:

THE ANGUS CARDIAC GROUP WEBSITE at www.anguscardiacgroup.co.uk or ASK ANY COMMITTEE MEMBER



Self Management Week and LTCAS SMILE Campaign

LTCAS wants to update you on two exciting pieces of work, 'Self Management Week' and the 'LTCAS SMILE Campaign'.

The first 'Self Management Week' takes place on 4 – 8 October 2010

Scotland's first Self Management Week will highlight support for Self Management across voluntary, health and social care sectors throughout the country. Self Management Week will build upon "Gaun Yersel" – the Self Management Strategy for Scotland which was launched in 2008.

Self Management Week aims to raise awareness of self management as a tool for the 2 million people living with a long-term condition in Scotland. The week will include events and publicity which will showcase examples of good practice. During Self Management Week, LTCAS will host a series of events across Scotland. We will also encourage and support organisations to host their own events. Please e-mail smw@lucas.org.uk and keep us informed of any events you have planned around Self Management Week.

Current planned LTCAS events are:

5 October, Self Management Showcase Event

LTCAS Hub

At this event, Self Management Projects will showcase their work and run interactive workshops. Nicola Sturgeon, Cabinet Secretary for Health and Wellbeing, who has been confirmed as a speaker, will meet with and address delegates.

6 October, Self Management Parliamentary Reception

Scottish Parliament

Please see our website <http://lucas.createand1.com/t/r/k/psbi/dtidjyhhy/r> for the most up-to-date information and to download an information pack.

'SMILE Campaign'

LTCAS launched the 'SMILE for Self Management Campaign' which aims to allow people from all walks of life to show their support for self management in a simple and fun way. The campaign is linked to a national awareness raising campaign and Self Management Week.

S elf
M anagement
I mproves
L ives for
E veryone

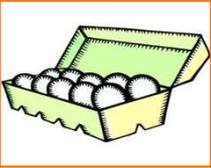


We are asking people to take a photo of themselves, their group or organisation, holding an oversized SMILE over their own mouth. We have provided a selection of SMILES and these are available to download on our website. Then simply send your picture back to us.

The campaign has a Facebook Page on Facebook/LTCAS SMILE Campaign:

<http://lucas.createand1.com/t/r/l/psbi/dtidjyhhu/y> where SMILES can be downloaded, and photo's taken uploaded. Please join our facebook page to show support for the campaign!

Other ways to get involved can be found on our website: <http://lucas.createand1.com/t/r/l/psbi/dtidjyhhu/j> or for further information e-mail: smile@lucas.org.uk



A Large Eggspllosion



I'm not good in the kitchen! I know I could have learned to be good in the kitchen but I haven't... and I'm probably too old to learn.

I tell this true story as a warning to others who also have no culinary skills.

My wife was staying down in Edinburgh for a few days helping our daughter look after our two new grandchildren, so I had to fend for myself. Normally I would take something from the freezer and put it in the microwave oven for the requisite number of minutes but, having done that for a couple of days, I thought I'd better check that there was nothing in the fridge that needed to be used. I found two eggs that were at their use-by date and decided that I would boil them and have them along with a baked potato and some beans. I put some boiled water from the kettle into a pan and dropped in the two eggs, (in hindsight I realise that there wasn't enough water in the pan so the eggs weren't fully covered). I boiled the eggs for five minutes, then took them out and removed the shells and saw that parts of the eggs weren't properly cooked. The baked potato was ready and the beans were heating, so I decided to put the eggs in the microwave for two minutes to finish them off. One minute later there was a loud eggspllosion and, when I opened the oven door, I could see that one of the eggs had eggsploded and most of that egg was sticking to the interior surfaces of the microwave oven.

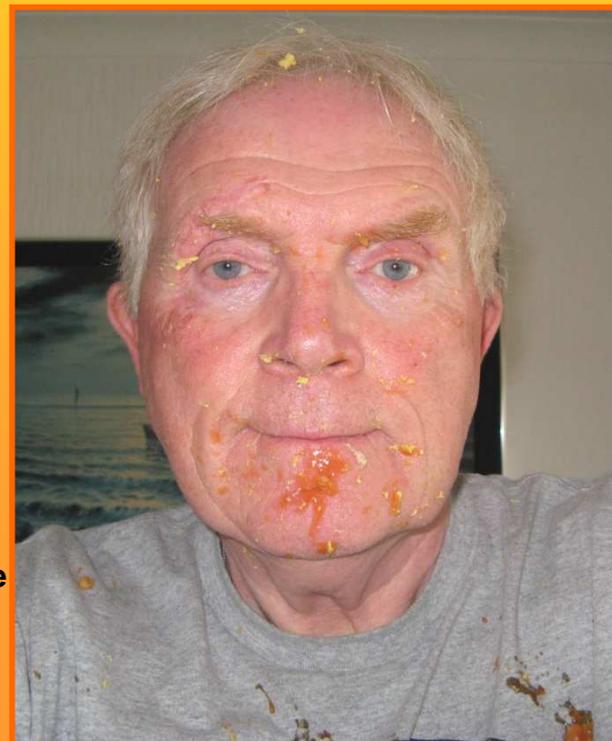
I decided I would clean it later. I took the whole egg and the remains of the other egg and put them on a plate with the baked potato and covered the lot with the baked beans. I put the plate on a tray and went through to the living room. I sat on the settee, put my fork into the whole egg and there was an unbelievably loud eggspllosion. When I got over the shock and checked that I was unharmed I looked around and found that there were beans and pieces of egg everywhere. On me obviously, on the settee, on the cushions and on the bookcase – absolutely everywhere.

There were even beans sticking to the roof! It took me several hours to clean up the mess – including the additional challenge of putting my clothes and the cushion covers into the washing machine. I find washing machines very difficult to understand, with all the different symbols and numbers, but I vaguely recalled someone saying that if you put everything in at 40 degrees you couldn't go wrong, so that's what I did – and it worked.

I tell this story, so that all those men and women who are “Good in the Kitchen” can have a good laugh at my inadequacies and those who aren't can learn from my mistakes, (and also have a good laugh).

I feel that I learned a valuable lesson from this eggsperience and that is to stick to the “freezer to microwave” route or I might end up with egg on my face again!

Gordon Snedden



Recipes for a Healthy Heart



Chilli Steak

Ingredients

350g (¾lb) lean steak
1 tablespoon mild chilli
1 tablespoon cayenne pepper
1 tablespoon olive or rapeseed oil
½ beef stock cube in 125ml (¼ pint) water



Method

1. Slice steak into strips. Place the strips in a bowl and add the chilli and cayenne pepper.
2. Toss steak to ensure evenly coated with spices.
3. Cover the bowl and place it in the fridge for at least 4 hours.
4. Heat oil in a large pan. Add the steak and cook for 20 minutes or until tender.
5. Add the beef stock and cook for a further 5 minutes or until gravy is thick.

Serving Suggestion

A small wholemeal pitta pocket and green salad

Serves 4

Somerset Pears

Ingredients

250ml (½ pint) low calorie apple juice
2 teaspoons lemon juice
½ teaspoon ground cinnamon
Pinch of grated nutmeg
Grated rind of 1 orange
Few drops of liquid sweetener
2 small dessert pears



Method

1. Add the apple juice, lemon juice, cinnamon, nutmeg and orange rind to a small saucepan.
2. Bring to the boil and allow to simmer for 5 minutes.
3. Peel the pears, cut in half and remove the core.
4. Place in the liquid and poach for 20-30 minutes until the pears are soft. Add sweetener to taste.
5. Place the pears in a serving dish and pour the juices over. This may be served hot or cold.

Serving Suggestion

Diet yoghurt

Serves 4



News from Montrose...



We at the Montrose Cardiac Group try very hard to put together a wide variety of events and interesting speakers for our members. At this point, a special thanks must go to Agnes for the hard work she puts into finding these speakers. Our team consists of John, Agnes, Keith and Maria who all work well together for the good of the group and long may it continue.

Over the past year, Anns Ninetman, our Exercise Instructor, retired to spend more time with her husband and her family. Our group presented Anns with cards and flowers and our warm wishes for the future. At the same time, we welcomed Morag Dalgarno to the group with a completely different set of exercises, and, with the amount of laughter that goes on, members seem to be enjoying the change. Usually we have three main events during the year, so please allow me to tell you a little about them.



Sponsored Walk

Our sponsored walk took place on Sunday, 23rd May 2010 at Borrowfield Hall, Montrose. The weather was fine and we had a very good turn out. We also had three very enthusiastic cyclists who cycled all the way from Forfar – well done to them.

I would like to take this opportunity to thank all the ladies who supplied the soup, sandwiches, biscuits and to the Committee of Borrowfield Hall. I believe a letter of thanks and a cheque has been sent to show our gratitude. We raised over £400. Well done everyone.....

Coffee Morning



With the Sponsored Walk over we started to prepare for our Coffee Morning, which took place on Saturday, 19th June 2010 in the Old Kirk Hall, Montrose, with all the usual stalls – Cake & Candy, bric-a-brac, books, plants, tombola and our raffle stall. With tea, coffee and muffins served by our very enthusiastic members and with help from our two ladies from Forfar, they did a wonderful job. On behalf of the Angus Cardiac Group, I would like to extend our thanks to Julie Levin and the staff of Boots Chemist, Montrose for their support with raffle prizes for all our events. This is very much appreciated.

This year Jacqui Sidonio of Boots Chemist decided that she would like to make her own donation of raffle prizes towards the worthwhile cause of the Angus Cardiac Group. Many thanks Jacqui.

Thanks also to the very talented Mary Robb for the beautiful cake that she made especially for the raffle. Mary and Maisie Grant also donated the plants. Thank you ladies.

A very special thanks to Henry the Hall Keeper, who very kindly accommodates us, by opening the hall early for Agnes and myself. Thank you Henry.

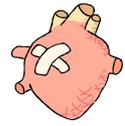
These events only become successful with the help of all support it, and it is not always easy to thank everyone personally, for you are sure to leave someone out. So on behalf of the Angus Cardiac Group we would like to take this opportunity to thank all that gave in anyway of donations, time, raffles and support to help make this venture a success. Thank you all. From this event we raised £803.

As usual we will round off this years events with preparations for our 'CHRISTMAS FAYRE' later on in the year.

Maria



Atrial Fibrillation



In the Spring edition of the ACG Newsletter, our own health professional Karen Fletcher, had an article about the various arrhythmias that can affect the heart muscle, particularly atrial fibrillation, and I thought it might be interesting for others to look at it from the patient's perspective.

In 2005 one of my heart valves ruptured and was subsequently repaired at Edinburgh Royal Infirmary. Following the operation it was found that I had atrial fibrillation. I was told that I needed cardio version (zapped) to restore a normal rhythm and that the sooner it was done the more chance there was of it being successful. I was told that there was a waiting list of three months! When I did get the cardio version it was successful, but I was told that it would return. I stayed in a normal rhythm for four years before the AF returned. I was given a heart monitor to wear over a weekend and this showed that at times of physical exertion, my heart was beating at 220 beats per minute. When I saw the cardiologist again, I was told that I would be put on the list for a further cardio version, but I was warned that, even if it worked, the normal rhythm would probably last for a shorter period than the first time. I remembered reading somewhere that many thousands of patients in the UK with arrhythmias could be helped by a procedure called catheter ablation, so I asked the cardiologist if she could refer me.

Some months later, (nothing ever moves quickly in the NHS), I was called through to Edinburgh Royal Infirmary to see Dr Lang who, along with Dr Grubb, carries out these procedures. He explained that a wire (or wires) would be fed up through a vein in my groin and into the upper right chamber of the heart. He would determine where the "rogue" electrical signals were passing across the heart wall and he would then heat the tip of the wire and burn a scar on the inside of the heart to stop the signal. He felt that he could resolve my problem.

Approximately one year after asking the cardiologist to refer me, I had the procedure carried out as a day patient at Edinburgh Royal Infirmary. I was sedated, but not anaesthetised and was aware of what was happening. The procedure was successful and I have been in a normal rhythm since. Dr Lang will see me again in a year's time to check if any rogue signals are leaking through the scar tissue as this can sometimes happen as scars heal. If there are any leaks, then he will patch the gaps.

I am optimistic that what has been done will provide a permanent cure for my atrial fibrillation, but I know that if it does return then I can go back to Edinburgh for further treatment.

Catheter ablation does not work for every form of arrhythmia and I know that some patients would abhor the idea of scars being burned on the inside of their heart, but it worked for me.

Gordon Snedden



Forfar BBQ



Another very successful Barbecue was held at Forfar on 7th July, with members from Arbroath, Forfar and Montrose enjoying the usual food and refreshments. It was great to have so many members join together for the evening.

The weather was very kind to us and Craig the Ranger took most of the members on a very interesting walk along the south side of Forfar Loch. Craig has an exceptional knowledge of the flora and fauna around the loch.

Out thanks must go to all those in the Angus Cardiac Group who organised the event, to Craig, the Countryside Ranger and to Angela and her helpers for providing the well prepared and most enjoyable food.

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The Angus Cardiac Group Annual General Meeting to be held at The Plough Inn, Forfar on Thursday, 23 September 2010. Please put the date in your diaries.

<i>Chair:</i>	<i>Mary Ballantyne</i>
<i>Secretary:</i>	<i>Jennifer Hedge</i>
<i>Treasurer:</i>	<i>Sandra Strachan</i>

Some Interesting Facts...

'The quick brown fox jumps over the lazy dog' - uses every letter of the alphabet. (Now, you KNOW you're going to try this out for accuracy, right?)



The words 'racecar', 'kayak' and 'level' are the same whether they are read left to right or right to left, (palindromes). (Yep, I knew you were going to 'do' this one.)

An ostrich's eye is bigger than its brain. (I know some people like that also!)



Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age



The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket. (Good thing he did that.)

February 1865 is the only month in recorded history not to have a full moon



In the last 4,000 years, no new animals have been domesticated

