



Isle of Wight Heart Care Club

# TICKER TAPE

Affiliated to The British Heart Foundation

ISSUE NO. 79

2019

## COMING EVENTS

September 2019 – Onwards

### Race Night

Wootton Community Centre  
Saturday 26th October

### HCC Christmas Lunch

Sunday 15th December  
Lakeside Park Hotel Wootton

All events will be advertised by posters in  
classes or visit our website:

[www.islandheartcareclub.co.uk](http://www.islandheartcareclub.co.uk)

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## A VIEW FROM THE FRONT

Well, what a few months - I've never attended so many meetings!

As Gary says in his 'view' the classes are undergoing change which won't suit everyone, unfortunately.

We started an early morning class at the College last September and due to its success, and the support of the Principal, decided to move two more Monday classes there.

Unfortunately the man who supported and helped us at the College, Steve Plant the gym manager, was made redundant in July. I wasn't sure how the gym would be run and what courses the College would be putting on.

I put things on hold and requested a meeting with Paul Buckland who has the gym under his management. Gary came along with me and we found that the Principal, Debbie Lavin, had said a way had to be found to make it work, amazing!

It's been very difficult to tell Steve at the Fitness Factory that we're going

However, the other two Monday morning classes duly moved on September 23rd. It was a bit chaotic at first but Clare, who works for the College has been a great help. She made herself available to help our members with the equipment etc. A couple of our members also stayed an extra class to help.

Naturally Barb was there keeping us all in order, what would I do without her?!

Our timing isn't perfect - the roundabout is going to cause problems for 15 months so the College is having to issue us all with parking permits - more work for someone up there!

Everyone managed well despite all the changes.

The other venue Gary and I have been to at least five times is Gurnard Pines. This venue is out of the way for some and with the above roundabout situation, not ideal. Steve Plant, from the College, came with us to look at the gym and use his considerable knowledge in devising a circuit. This is not at all easy with the size and shape of the gym. Steve will also attend the first two sessions and guide our members around the circuit.

Again, Barb came to look around too, and give her approval!

As you can tell, I'm writing this before the event - update at the bottom.

We do have quite a few Cowes/Northwood/Gurnard members who are cheering this class on!

The above class will start 26th September 2019.

*Continued....*

There are two other classes on a Thursday at the Fitness Factory, and the College could accommodate them between 10.30 and 12.30 - more change for some of the members.

My only hesitation is the College gym, at the moment, is only open term time which does not suit us at all - you can't bank Fitness, it has to be ongoing.

I've applied to have access every week apart from their shut down at Christmas as I have insurance, a defib etc, we would only access the outside door, so I'm keeping my fingers, and toes, crossed that their health and safety department allows us in.

If they do I'll move the two classes fairly quickly.

If anyone attending any of the other classes is interested in one of the above classes, please let me know.

At West Wight we are hoping to run one circuit in each of the two classes, in the newly enlarged gym. Members are in two minds about this! Shannon, the gym manager, is keen so we're hoping that will happen soon

Sooo many changes - new registers, sorting information sheets, writing new 'emergency procedures', writing and reminding members of the changes etc etc etc!!!

We've also been arranging Race Night and as I write this, there are not many more horses to sell.

Please come and enjoy a fun night with us.

### 3rd October Update

I've decided to move the other two Thursday classes to the IW College on November 7th, after half term. Gary and I are to meet a lady from health and safety to risk assess things so I'm hopeful of a good outcome.

We took the second West Wight class into the gym on 2/10, just for one circuit. This class is slightly smaller and we felt that would be easier for the first time! It all seemed to go well, obviously it will take the members a while to get used to the equipment.

Next week we'll take both classes in. Luckily Shannon is there with us too!

We've held two classes at Gurnard Pines now and all is well. The second week was definitely smoother than the first, our members don't take long to adapt! With Steve and Ollie, who is employed by the Pines, as well as Barb and I, we're managing to navigate around the equipment.

I now have only one more Cardiac Rehab class at the Fitness Factory, on a Friday evening. Steve has one on a Wednesday afternoon, I don't know his plans for that class.

Like most people, I'm not really a fan of change but sometimes change is forced upon us! I must admit I'll be relieved when it all settles down.

## A VIEW FROM THE CHAIR

This is my first view for around six years. Last year we had no Chairman for the Club and Harry Lawrence was Chairman before that.

Each time I write this my "view" I like to ponder and cogitate several ideas before committing to sitting down and giving you my opinions, after all I have Lyn to tell me everything else that I need to know.

My thoughts have ranged between Brexit and how to ruin the country, to climate change, Liverpool Football Club and how well they are playing at the moment. But I have decided to write about "What is the Heart Care Club and what does it mean to the members".

First of all I would like to say the Heart Care Club, primarily is many exercise classes run weekly at different venues around the Island. As far as most of the members are concerned that is it. They turn up once or twice a week, pay their £4.00, have a chat waiting for Lyn to start the class.

End of Story.

But, in reality there is a lot more that goes into running each class and if you asked Lyn she could talk forever on all of the background that goes into every session.

As I'm sure most of you are aware that the Fitness Factory will be closing next April, this has caused stress in the Smith household. Lyn has been looking around at different venues for many months now trying to find venues that can accommodate classes, where members can get to, at the times that suit them, at a price that we can afford, with suitable equipment and storage if necessary, available 50 weeks of the year. She then needs to work out if we can run a class safely, taking into consideration the range of abilities we have from the members of the club.

Once she has found the venue, we do a couple of dummy class runs to make sure the class can run and safely. She then writes to every single member who will be affected offering them a new class and time. Once she has all of the forms back, she can arrange a start date.

This all takes plenty of time and stress to get right. As you can see from this Lyn is at the centre of the Heart Care Club, without her there would be no classes at all. So what is the Isle of Wight Heart Care Club?

The Club has been running for nearly thirty years now and the constant over all this time is Lyn. We offer the classes to you the members for a class fee, you do not have to go to class to enjoy all of the benefits that offer.

But, we are now looking at other ways of funding to secure the future. One of these ideas is charging a membership fee, this could include other benefits including discounts at

Lyn

continued....

local shops, a club lottery with a quarterly draw etc. We would need a membership secretary to help run the scheme. This would help secure the future in many ways, as at the moment we rely on social events to make of the shortfall from the running of the classes.

Are you worried about any of this? As long as there is class for you to attend, why worry about all the background stuff that goes on. We have a committee that makes sure that Lyn is doing her job and not spending funds over her allotted budgets. She makes and receives many phone calls every day, checking on your health and sending cards and making appointments. Maintaining the data base etc.

But back to other issues, you will find inside this edition a book of Christmas Draw Raffle Tickets. Each book has 10 tickets for £1.00 each. We print around 4,000 tickets each year in the hope that we will sell them all. But this never happens.

In the past we have had one member Jack Hammerton who would take it on his own and sell books of tickets at Bookers Cash and carry every year. I have to inform you that Jack sadly passed away earlier this year. Jack was a regular member of the West Wight Class on Wednesdays. He was also a very keen show jumping judge who used to design and setup courses across the UK. He was also by a trade a Cheese Monger who once gave a the club a very interesting talk about his trade and the myths around cheese. Jack always sold around £400.00 worth of books every year and also obtained raffle prizes for the draw as well.

We have some good news Melvyn Hayes who attends our Ryde Class with has accepted our offer to be the Club's first Patron. Melvyn accepted the offer and said he would be very pleased and honoured to accept. There will be a full interview with him in the next issue.

Finally I hope you enjoy this issue of Ticker Tape. I already have a few stories for the next issue which will be out in January 2020.

Can I remind you all of the Race Night on Saturday 26th October at the Wootton Community Centre starting at 19.00. American Supper, so please bring along some food.

You will find Christmas Lunch order forms and menus, we are limited to 120 guests at the Lakeside Park Hotel, so if you wish to attend, please make sure you get your forms and payment in early. Tickets are only £22.00 per person.

## ORIGINS OF HEART CARE CLUB

Would it be correct to say that there are not many members that would recognise the name 'Jenny Cocks', It is certainly a name I had never heard of, until recently .

During the summer, Dorothy and myself stopped for coffee and delicious cake at Quarr Abbey. Having a

wander around the gardens after our refreshments. We came across a small marble memorial stone at the base of a young tree in one of the attractive borders of the garden. The tablet inscribed 'In Memory of Sister Jenny Cocks of the Heart Care Club'. See photo



Jenny Cocks was a Coronary nursing Sister and Senior Nurse at St. Mary's Hospital in Newport. Sister Jenny was the founder of the Heart Care Club. Since then the club has gone from strength to strength under the guidance of our own Lyn Smith, along with a team of dedicated men and woman.



Jenny passed away in 2002 at the young age of 55 yrs. Born in East Cowes in the spring of 1946. Jenny's first school was Whippingham Primary. After leaving school, she trained in nursing joining the

National Health Service in February 1964. Ten years later 1974, she married Bryan Cocks, from the marriage, one girl was born a few years later.

February 1976 sees Jenny's appointment as Coronary care sister at St. Mary's. That's when her involvement with heart care started. Sister Jenny initiated the first stress relief and exercise classes for coronary patients in 1989. The Heart Care club was fully established February 1991. Since then hospitals in the U.K have emulated the concept of after care, as we enjoy here on our Island

In 2015 Guy Eades, The Healing Arts Director for NHS Isle of Wight opened the "Four Seasons Garden" It is a quiet outdoor sunny secluded site, with raised flowerbeds, full disabled access, special handmade outdoor furniture and beautiful artworks. It is located in the North Hospital opposite Shackleton Ward. In the words of Guy Eades "The garden is a fitting tribute to Jenny as it was her idea that St. Mary's Hospital should have such a garden"

If you find yourself having a wander around the gardens of Quarr Abbey or should visit St Mary's, take a note of the memorial stone and say a, "thank you" for her efforts for the start of the Heart Care Club. We certainly benefit from her forward thinking all those years ago.

Gary Smith

Richard Telford-Bailie



## MY AMAZING BIRTHDAY TREAT

It all began three years ago when my Daughter and I were visiting my Son and Daughter-in-law in New Zealand. On our way back from a trip together we passed a canyon with a zip wire across and I said "what a fantastic idea for my 80th Birthday" adding I was being serious. Fast forward three years and on opening their present, I found details of a holiday in Cornwall staying in a lovely old cottage in the centre of Lostwithiel, with a zip wire trip included. My Daughter, Jan, was also going to have a go. A month later, after our car journey to Cornwall with our very good friend, Sue, to cheer us on, the Big Day had arrived and we were off to the Eden project in beautiful weather to meet my Brother and his family who, holidaying in Cornwall at the time, had also come to cheer us. I was feeling surprisingly calm although privately thinking I must be mad and wondering when the "whatever made me think this could



possibly be a good idea" would kick in!! Luckily it didn't.

After the preliminaries of booking in, Jan and I were taken to the harnessing room where we were trussed up like Christmas turkeys, given a helmet and goggles and had to walk (or waddle would be a better description) to a minibus. After a fairly long journey to the top and climbing two flights of steps, we finally arrived at the launching platform. Apparently, quite a few people decide that it's not for them after all but, thankfully, Jan and I must be made of sterner stuff. I opted to go first and had to lay face down on a low bench for various final safety checks, etc. plus a souvenir photograph was taken. As I shot off, the ground looked rather a long way down but, as per instructions, I held my arms out like aeroplane wings and was soon hurtling along at 60 m.p.h. Suddenly I was flying over the Eden project (I didn't realise there were so many domes) and I was looking for the point where my arms had to be back against my sides.

I zoomed over the last dome and all too soon I was slowing down and gliding over the landing area, remembering I mustn't put my feet down until I had reached the docking base. My only "regret" was that, although this is the longest zip wire in England, because of the speed it only lasts about a minute. Oh for a cunning plan to return to Cornwall for another go!! Thanks to my lovely family and Jan doing all the organisation to make my long ago wish come true, I had a fabulous time and would thoroughly recommend it to anyone fit enough and feeling adventurous.

Audrey is from Lyn's 10.30 a.m. Thursday class, at The Fitness Factory in Newport and many thanks again to everyone who signed my birthday card and sang Happy Birthday - it was a lovely surprise.)

*Audrey Pearcey*

## SKYWIRE

Is England's longest and fastest zip-wire experience - And it's only in Cornwall!

One of the "must-do" things to do in Cornwall!

Once you've checked in, head to our harnessing area where you'll meet your instructors and get kitted up.

On your marks

There's plenty of time for the nerves to build yet.

Looking the part in your specially designed flight suit, there's time to pose for a nervous photo before we transport

you to the dispatch tower to receive a comprehensive and reassuring safety brief.

Get set...

100 meters above the ground and facing right over the cliff edge, prepare to be suspended face first in our superman style flying position.

SkyWire is the only zip of this kind in the country! Don't panic, our experienced instructors are with you every step of the way. They'll even hold your hand if you need it. The closest thing to flying, get ready to cruise 660 meters at a cool 60mph, in approximately 45 seconds.

GO!

It's half a mile of pure zip line exhilaration and you'll get to see the Eden Project (nestled in an old clay quarry), the Cornish coast and the Cornwall countryside - as you've never seen it before.

## REACHING FOR THE SKIES!



In his younger years, during WWII in Ipswich, Suffolk, John Ayers took a distinct interest in the American Bomber Base established near his home city, and used to watch the aircraft flying to and from their missions. His father was in the RAF and it came as no surprise to realise that John, at 18 years of age, would follow in his footsteps. He went as a Cadet to the RAF College Cranwell for 2½ years, passing out as a Pilot Officer.

He joined RAF No.6 Flight Attack Squadron after advanced jet training and served in the Middle East. He was married when he was 24.

John became a weapons instructor at Leconfield and undertook a ground tour of the Pacific in connection with nuclear weapons. He attended the Empire Test Pilots School at Farnborough and learnt about the structures of aircraft and also flew a number of different planes – in his words: 'everybody flew everything'.

He toured Antarctica in a PC9 supply aircraft delivering food and undertaking photographic surveys. During his visit, he lost a ski from his aircraft and could not take off - his plane is still there over 50 years later. As an alternative form of transport, he became a dog driver for a team of huskies to enable him to do his ground survey near Fossell Bluff.

On his return, John joined the Oxford School of Flying and became involved with maintenance, engineering and test flying a number of aircraft. Subsequently he went to the Falkland Islands where he lived for 2½ years operating a passenger service using a Britten-Norman Islander aircraft and Beaver seaplanes. Having an interest in short wave radio – he holds an Amateur Radio Licence – John was able to correspond with his wife back in the UK via a third party.

John returned to the UK and spent 16 years as Test Pilot for Britten Norman at Bembridge flying modified Islander aircraft. He also became a flying instructor for Chipmunk aircraft until his retirement. He says that he has been a test pilot for 136 different types of aircraft from the two-seat, single-engine Chipmunk to the Blackburn Beverley, a large all-purpose military aircraft capable of transporting heavy and bulky loads. He says that the strangest plane he has ever flown was the Avro 707C – a 2-seat mini Vulcan bomber.



For a while John was in charge of the Tiger Club aerobatics team at the Bratislava aerobatics competition. The Club also entered the annual Coventry Championships and flew modified Tiger Moth aircraft.

Now retired, John's interests include gardening and attending lunches at the New Holmwood Hotel in Cowes where the Royal Navy and Air Force Association meet regularly throughout the year. He is also a member of the Grumpy Club – a group of Britten Norman ex-employees who meet up over a coffee.



John sadly lost his wife a few years ago but has a daughter who is an IT Specialist living in Milton Keynes.

In May 2012, John suffered a heart attack and in February of this year a TIA. He is now 86 years old and attends the Monday afternoon class of the IWHCC in Garfield Road, Ryde.

A lifetime of flying, John really has reached for the skies!

*Robin Burnett*



## DR CLARE BAILEY: DIET CAN REVERSE TYPE 2 DIABETES

September 16, 2018

One of my type 2 diabetic patients, Sarah, came to see me recently. She was cross – really cross. Her blood sugars were back to normal, she had lost weight, been able to stop taking her diabetes medication and was feeling ‘far better than I have for ages. But if I’d known that I could reverse my diabetes by changing my diet, I would have done something about it years ago!’

I’ve been a GP for three decades and seen hundreds of people with diabetes, which we know can lead to numerous health problems. Until recently, my stock advice was to ‘cut the sugar, eat less and move more’. If this failed, which it usually did, I’d add medication, and keep on adding it – usually until they ended up having to inject insulin.



It was not until my husband, Dr Michael Mosley, reversed his own diabetes by changing his diet that I started to look at things differently. On the NHS website, diabetes is defined as ‘a lifelong condition’ that ‘causes the level of sugar in the blood to become too high’. But, in a study published last year, Professor Roy Taylor of Newcastle University has shown that around half of type 2 diabetics can reverse their condition by losing weight on an intensive low-calorie diet. Michael’s book *The 8-Week Blood Sugar Diet* an 800-calorie-a-day, relatively low carb Mediterranean-style eating plan, is based partly on Professor Taylor’s research. I then wrote the follow-up recipe book.

The standard dietary advice for diabetics was always to eat a low-fat diet with plenty of starchy carbohydrates such as rice, bread, potatoes and cereals. But these carbs convert into sugars almost as quickly as eating refined sugar, and over the past 40 years of eating that way diabetes and obesity have continued to soar.

However, a Mediterranean diet (one containing plenty of vegetables, whole grains and pulses, along with food rich

in natural fats such as olive oil, nuts, avocado and oily fish, and relatively low in sugar and starchy carbs) has been proven to halve your risk of heart disease and reduce the risk of diabetes and strokes. And it’s easier to stick to.

Sarah, having followed this approach, found that as well as losing weight, she was no longer hungry all the time.



She has also been able to stop taking her blood pressure medication, because that has improved, too.

Another patient, Wendy, who was diagnosed with type 2 diabetes in her early 50s two years ago, tackled it without medication by combining a low-carbohydrate Mediterranean-style diet

of 800 calories a day with increased exercise. Within four months, she had lost 15kg and her blood sugars had returned from dangerously high to normal. Wendy has remained diabetes-free ever since. She is thrilled. And if her blood sugars creep up again, she knows what to do.

If you have type 2 diabetes it is important to talk with your doctor before doing anything, particularly if you are on medication or have other health conditions. Many doctors and health professionals are now working with patients to help them reverse their diabetes or pre-diabetes through diet so they can look forward to a healthier future.

Know your sugar levels.

We’ve all heard about type 2 diabetes and are aware that it is dramatically on the rise, but it is just the tip of the iceberg. Lurking below the surface is a much larger group – those with pre-diabetes. These are people whose blood sugars are high but not yet in the diabetic range. If you are over the age of 30 there is a one in three chance you have it and, because there are no symptoms, you probably won’t know unless you are tested.

Pre-diabetes isn’t taken seriously enough. The actor Tom Hanks was told his blood sugars were creeping up, yet he only decided to do something about it when he developed full blown diabetes.

Finding out and then taking positive action matters because having persistently high blood sugars, even if they are not yet in the diabetic range, will damage blood vessels and leave you at greater risk of stroke, heart disease and dementia.

The good news is that by making simple diet, exercise and lifestyle changes you can fully reverse the process and return your blood-sugar levels to normal.

*With permission from Dr Clare Bailey.*

## QUIZ NIGHT REPORT

The 2nd very successful and entertaining quiz night run by Sue and Peter Young, was held on a warm summers evening at Victoria Sports Club, Newport.

At first there were concerns about the lack of interest, but as always, Lyn persuaded and cajoled at all her classes for members to make a teams of 4 by joining with others in the class. All was well on the night with the venue packed to capacity with only 2 absentees who went to the wrong place.

Sue and Peter did a grand job with some 'normal' questions and some trickier ones. Of course, we knew the answers as soon as Peter told us what they were. It's just for some of us, the recall let's us down! There was a great deal of banter, groans, oh no, and laughter throughout the evening.

Half way through the questions we had a break for the American Supper which was an enormous amount of sweet and savoury food.

To close the Quiz, the winning team were presented with a heart shaped cake made by Sue. One for each couple.

Two more of Sue's cakes were auctioned off by Gary which raised £20.05 plus the raffle which raised over £100.00.

The Bright Ones	4	8	12	13	17	19	36
Movers and Shakers	5	12	18	18	22	26	45
Dislexia DJ	6	9	13	16	21	25	44
Misfits	5	8	14	20	25	31	49
Brain Drain	4	8	13	14	19	21	38
<u>Siena</u>	4	11	19	20	26	32	51
We know nothing	4	8	14	17	20	28	46
Ashmac	6	11	18	22	28	33	49
Osborne numbskulls	3	8	15	16	19	22	41
The Bumblebees	6	12	17	17	21	25	42
Two Tanners	2	7	11	11	16	21	40
The Not So Brainsy Bunch	4	8	14	16	21	21	44

The winning team called Siena finished with 51 points, the losing team aptly called "The Bright Ones" received their losing prize of Pork Scratchings and a set of wooden spoons.

Barbara Brown

## ELECTRIC BIKE BENEFITS - WHY RIDE ELECTRIC?

Why ride electric?

Electric bikes give you all the freedom and benefits of cycling, with a little extra assistance. The result is less sweat, more miles and all the health benefits of life on two wheels.

Health benefits:

Feel better, ride for longer and improve your fitness. With assistance on the hillier terrain, you can achieve goals or levels of fitness previously considered out of reach. With the gravity-defying capabilities of an electric bike, hills will disappear beneath you.

Save money:

To fully charge an electric bike battery can take up to 6 hrs. The range can vary depending on terrain, weather conditions, mode selection, battery size and other factors but you can achieve over 200Km on a single charge, that represents great value for money. Especially when you consider the cost of electricity to charge your battery can be as low as 20p.



Eco friendly:

There is the chance to reduce your reliance on motorised transport and do your bit to help the environment.

Commuting:

Now your commute doesn't have to involve you getting all hot and sweaty. You can take the strain

out of your journey by using an electric bike. Hills, no such thing with the assistance provide - let the bike take the strain.

Ride with friends

An electric bike is the great equaliser. Pedal-assist allows riders of different speeds to easily ride together, so you'll never have to worry about keeping up.

There are several bike shops on the Isle of Wight who sell e-bikes, they also have demonstration bikes for you to try.

Go on give it a go, you won't be disappointed.

Gary Smith e-bike convert

## SOUNDS FAMILIAR

A concerned husband went to a doctor to talk about his wife. He says to the doctor, "Doctor, I think my wife is deaf because she never hears me the first time and always asks me to repeat things." "Well," the doctor replied, "go home and tonight stand about 15 feet from her and say something to her. If she doesn't reply move about 5 feet closer and say it again. Keep doing this so that we'll get an idea about the severity of her deafness."

"Sure enough, the husband goes home and does exactly as instructed. He starts off standing about 15 feet from his wife in the kitchen as she is chopping some vegetables and says, "Honey, what's for dinner?" He hears no response. He moves about 5 feet closer and asks again. No reply. He moves 5 feet closer. Still no reply. He gets fed up and moves right behind her, about an inch away, and asks loudly, "Honey, what's for dinner?" She replies, "For the fourth time, vegetable stew!"

## WHAT IS AGE-RELATED HEARING LOSS?

Most of us will experience some level of hearing loss as we get older. This hearing loss tends to affect both ears and increases as you age.

The main cause of age-related hearing loss is gradual wear and tear to the tiny sensory cells called 'hair cells' in the cochlea (your hearing organ in the inner ear), but genetic factors can also play a part.

Age-related hearing loss is also known as presbycusis.

How does age affect your hearing?

As your hearing starts to deteriorate with age, high-frequency sounds, such as women's and children's voices, may become difficult to hear. It may also be harder to hear consonants such as 's', 'f' and 'th'. This can make it hard to understand what people are saying over background noise.

There is no cure for age-related hearing loss, but many people find hearing aids to be a huge help. Find out more in our leaflet *Getting hearing aids*.

Signs of age-related hearing loss

There are various signs that you may be experiencing hearing loss:

Other people seem to mumble.

People often have to repeat things for you.

You have difficulty understanding what is being said in noisy places.

It's hard to keep up with group conversation and you get tired because you have to concentrate so much.

Other people think your TV or music is too loud.

You often have difficulty hearing on the telephone.

See your GP if you think you have hearing loss, so they can check for any temporary causes such as a build up of ear wax or an ear infection. If there's no obvious cause of your hearing loss, they should refer you to a hearing specialist (audiologist).

## WHAT CAUSES TINNITUS?

The exact cause of tinnitus isn't yet fully understood and research is ongoing. But we do know that it can be linked to different things, including hearing loss.

Most cases of tinnitus are linked to hearing loss caused by damage to the inner ear, such as through normal ageing or exposure to loud noise. This type of hearing loss is called sensorineural.

Less commonly, tinnitus is linked to hearing loss caused by a blockage or ear condition that affects the outer or middle ear and stops sound waves from passing into the inner ear. This type of hearing loss is called conductive.

- Ear-related conditions that be linked to tinnitus include:
- a build-up of ear wax
- a perforated (torn) eardrum
- ear infections such as glue ear
- otosclerosis
- Ménière's disease

neurological disorders including acoustic neuroma, which is a non-cancerous growth that affects the hearing nerve

Sometimes, but uncommonly, tinnitus can be linked to other medical conditions:

head or neck injuries

cardiovascular disorders (relating to the heart and blood vessels), especially high blood pressure

metabolic disorders including hypothyroidism, hyperthyroidism and diabetes.

certain medications, called ototoxic drugs, that are used to treat serious illnesses such as cancer.

However, for some people, tinnitus doesn't appear to be linked to anything in particular.

If you have tinnitus, it's wise to see your GP so they can try to identify the cause.



*Taken from Action on Hearing Loss*



## WOMEN AND HEART ATTACKS

The symptoms of a heart attack vary from person to person.

Not everyone gets 'classic', crushing chest pain.

The most important thing is recognising the symptoms, something that we know women are less likely to do.

Women may be less likely to seek medical attention and treatment quickly, despite the warning signs. This can dramatically reduce your chance of survival.

If you think you are having a heart attack, don't delay; call 999 for an ambulance immediately.

Rapid treatment is essential, and the aim is to restore blood flow to the affected part of the heart muscle as soon as possible. This helps to limit the amount of damage to the heart.

Signs and symptoms of a heart attack in women

Heart attack symptoms can vary but the most common signs of a heart attack are: chest pain or discomfort in your chest that suddenly occurs and doesn't go away. It may feel like pressure, tightness or squeezing the pain may spread to your left or right arm or may spread to your neck, jaw, back or stomach you may also feel sick, sweaty, light-headed or short of breath.

- Other less common symptoms include:
- a sudden feeling of anxiety that can feel similar to a panic attack
- excessive coughing or wheezing

Chest pain should never be ignored. If you are experiencing any of the above symptoms dial 999 immediately.

## THE STATISTICS

Coronary heart disease kills more than twice as many women as breast cancer in the UK every year, and is the single biggest killer of women worldwide - yet despite this it's often perceived to be a 'man's disease'.

There are more than 800,000 women in the UK living with coronary heart disease, which is the main cause of heart attacks. 35,000 women are admitted to hospital following a heart attack each year in the UK - an average of 98 women per day, or 4 per hour.

Considering these figures, it's worrying that some women don't think that heart disease could happen to them.

How can I reduce my risk of having a heart attack?

As a woman, your hormones may give you some protection from coronary heart disease (CHD) in your pre-menopause years. Post menopause, your risk rises - and continues to rise as you get older.

As you get older it is increasingly important to be aware of the risk factors that can affect your risk of developing CHD. The more risk factors you have, the higher your risk:

- high blood pressure
- high cholesterol
- diabetes
- smoking
- being overweight
- not doing enough physical activity

We recommend that all women over the age of 40 visit their local GP or nurse for a health check to check their cardiovascular risk. If you are aged 40–74 you can ask for an NHS health check in England only, but similar schemes are available in other parts of the UK.

Your doctor should invite you to review your risk every five years, but you can also just make an appointment yourself to check your blood pressure and cholesterol.

This check may help to highlight anything that could put you at increased risk of having a heart attack. Identifying and managing risk factors such as high blood pressure or high cholesterol early on could help lower your risk of a heart attack in the future.

If you have a family history of heart or circulatory disease make sure you tell your doctor or nurse. You are considered to have a family history of heart or circulatory disease if: your father or brother was under the age of 55 when they were diagnosed with a heart or circulatory disease or your mother or sister was under the age of 65 when they were diagnosed with a heart or circulatory disease.

*Taken from the British Heart Foundation Web Site*

[www.bhf.org.uk](http://www.bhf.org.uk)



## A WINTER FRIEND

This is just a beautifully written piece; and so true. Take a couple of minutes to read it. You'll be glad you did.

This article is so befitting for all of us... take time to ponder... the last statement cannot be refuted:-

I FIRST STARTED READING THIS STORY AND WAS READING FAST UNTIL I REACHED THE THIRD SENTENCE. I STOPPED THEN AND STARTED OVER, READING SLOWER, AND THINKING ABOUT EVERY WORD... IT MAKES YOU STOP AND THINK.

You know time has a way of moving quickly and catching you unaware of the passing years. It seems like yesterday that I was young, just married, and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all those years went.

I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is... the winter of my life, and it catches me by surprise... How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those "older people" were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting grey... they move slower and I see an older person in myself now. Some are in better and some worse shape than me... but, I see the great change... Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! Cause if I don't on my own free will... I just fall asleep where I sit!

And so... now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, that though the winter has come, and I'm not sure how long it will last... this I know, that when it's over on this earth... it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done... things I should have done, but indeed, there are also many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet... let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life, please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can TODAY, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life... so, LIVE FOR TODAY and say all the things that you want your loved ones to remember.. and hope that they appreciate and love you for all the things that you have done for them in all the years past!!



"Life" is a GIFT to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

Remember: "It is Health that is real Wealth and not pieces of gold and silver."

~Your kids are becoming you.....but your grandchildren are perfect!

~Going out is good.. coming home is even better!

~You forget names... but it's OK, because other people forgot they even knew you!!!

~You realize you're never going to be really good at anything.... especially golf.

~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.

~You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep."

~You miss the days when everything worked with just an "ON" and "OFF" switch..

~You tend to use more 4 letter words "what?"..."when?".?

~Now that you can afford expensive jewellery, it's not safe to wear it anywhere.

~You notice everything they sell in stores is "sleeveless?!"

~What used to be freckles are now liver spots.

~Everybody whispers.

~You have 3 sizes of clothes in your closet.... 2 of which you will never wear.

~But "Old" is good in some things:

Old Songs, Old movies ...

and best of all, our dear ...OLD FRIENDS!!

Stay well, "OLD FRIEND!"

Anon.....



## LITTLE SON OF A BITCH

"Little Billy was at home doing his maths homework. He said to himself, 'Two plus five, that son of a bitch is seven. Three plus six, the son of a bitch is nine.'

"In that moment, his mother comes in and hears what he is saying. 'Billy, what are you doing? Why are you saying that?'

"Little Billy answered, 'I'm doing my math homework, Mom.' She said, 'And is that what your teacher taught you?' He replied, 'Yes.'"

"The next day, the mother, worried about the education her son is receiving, goes to Little Billy's school to talk to the teacher. The mother said to his math teacher, 'I would like to know what you are teaching my son in maths?'"

"The teacher replied, 'Right now, we are learning addition problems.' Billy's mother asked, 'And are you teaching them to say two plus two, that son of a bitch is four?' When the teacher stopped laughing she replied..."

"Not at all! What I taught them was two plus two, THE SUM OF WHICH IS four."



## How to Wash a Cat

1. Put both lids of the toilet up and add 1/8 cup of pet shampoo to the water in the bowl.
2. Pick up the cat and soothe him while you carry him towards the bathroom.
3. In one smooth movement, put the cat in the toilet and close the lid. You may need to stand on the lid.
4. At this point the cat will self agitate and make ample suds. Never mind the noises that come from the toilet — the cat is actually enjoying this.
5. Flush the toilet three or four times. This provides a "Power-Wash" and "Rinse."
6. Have someone open the front door of your home. Be sure that there are no people between the bathroom and the front door.
7. Stand well back behind the toilet as far as you can and quickly lift the lid.
8. The cat will rocket out of the toilet, streak through the bathroom, and run outside where he will dry himself off.
9. Both the toilet and the cat will be sparkling clean.

Yours sincerely,

– The Dog



FACEBOOK.COM/OFF THE LEASH DAILY DOG CARTOONS



# THE END OF THE WORLD IN NIGH

A bloke on a tractor has just driven past me shouting "the end of the world is nigh!"

I think it was Farmer Geddon.

\*\*\*\*\*

Everyone keeps making fun of me because I don't know what the word "apocalypse" means

Honestly, I don't see what the big deal is. It's not the end of the world.

\*\*\*\*\*

Steps to success:

1. Predict the end of the world.
2. Write a book
3. Prophet?

\*\*\*\*\*

People are making end of the world jokes. Like there is no tomorrow.

\*\*\*\*\*

Three friends die in a car accident, they go to heaven to an orientation. They are all asked, "When you are in your casket and friends and family are mourning upon you, what would you like to hear them say about you?"

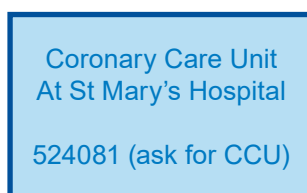
The first guy says, "I would like to hear them say that I was a great doctor of my time, and a great family man."

The second guy says, "I would like to hear that I was a wonderful husband and school teacher who made a huge difference in the lives of children."

The last guy replies, "I would like to hear them say.....LOOK, HE'S MOVING!!!!!!!!!!"



OR



## Health Questions

Answered by NHS 111 or your Coronary Care Unit

If you are at all worried by an ache or pain which you do not understand – professional help is at hand, just telephone:

'They will take the worry away'

Isle of Wight **NHS**  
NHS Trust

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garysmith250@me.com

296091

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The next issue of Ticker Tape is due out in January 2020. The latest date for copy to be included in this issue is December 30th 2019