



Isle of Wight Heart Care Club

TICKER TAPE

Affiliated to The British Heart Foundation

ISSUE NO. 76

2018

COMING EVENTS

September 2018 – Onwards

Race Night

Wooton Community Centre

Saturday 13th October

Starting at 19.00

Rowathon

West Wight Sports Centre

Wednesday 14th November

09.00 - 11.00

Christmas Lunch

Channel View Hotel

Shanklin

Friday 14th December

12.30 for 13.00

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

www.islandheartcareclub.co.uk

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HCC ANNUAL CYCLE RIDE

Last year we had perfect weather for our cycle ride. However this year, after a long, dry, hot summer, the date I chose (Sunday 29th July) was the first day it rained heavily in weeks. On seeing the weather forecast a couple of days earlier it was decided best to cancel. The next date when the majority of participants were available was three weeks later – Sunday 19th August. This day turned out to be overcast and mild with a light breeze, but with the possibility of a light shower. Not wanting to cancel again, that date was set.

This was the fourth such outing, this year having a similar line-up of cyclists as last year including nine Heart Care Club members who regularly attend one or more classes at The Fitness Factory, again joining myself and my friend Bob who turns 70 next spring.

Bob and I started off from Cowes seafront just before 8:15am. Bob made it up the tough Egypt Hill from the seafront where in previous years it had defeated him. However he had to dismount towards the top of the hill on Victoria Road claiming he was put off by a passing car.



We arrived at the start of the cycle track on Arctic Road at 8:25 where Del Windsor was waiting. It was Del's first time cycling with us. He is a regular user of an electric bike but he borrowed his son's mountain bike for the day – not wanting the rest of the group to think he was cheating!

Del had come over on the floating bridge from East Cowes. Arriving at (West) Cowes he had cycled up the rather steep Bridge Road, noting the undertaker's business toward the top of the hill which he said he thought quite appropriate when cycling past. The three of us were due to depart from Arctic Road at 8:30am but delayed for a short while as my friend Bob had come over rather pale and faint. I made him lay down with his feet up for a few minutes until he recovered. I explained to him that if he was a Heart Class member he would know to keep his feet moving when standing still after an exertion, raising the pulse, to avoid this consequence of 'blood pooling'.

Bob, Del and I cycled along the Cowes to Newport track at a steady pace then followed the cycle route from The Riverway, past Newport Quay and along Connie's Way behind Matalan, arriving at Shide shortly after 9am.

Waiting at Shide car park was Adrian (Arnie) Knol with his rather neglected old racing bike. Also waiting was Mick (Biz) Burrows, Joe Robinson, Gary Smith and John Urry – all with modern good quality bikes. Ian Lockwood, now in his mid-70's also turned up with his elderly but well-maintained bike.

The nine of us set off from Shide along the Newport to Sandown cycle track. At Merstone we gained one and lost one. Nicholas Coventry joined the group here with his classic Pashley bike. Michel Hamoniaux was also supposed to join us here but unfortunately had got his bike out that morning only to discover it had a flat tyre. He phoned to tell us he couldn't make it, instead he took his dog for a long walk and met us at Arreton crossing to offer words of encouragement as we cycled by. Joe Robinson, as in previous years, returned to Newport from Merstone. However before he departed a group photo was taken for us by a passing lycra-clad female cyclist.

The group set off from Merstone enjoying the scenery and conversation along the way. Unfortunately a few minutes later, one of Arnie's treadbare, perished tyres finally gave up and went flat. As Arnie didn't have a spare inner tube, Nicholas Coventry immediately took over. He had on board a pack of spare inner-tubes and all necessary tools for the job. He informed us that during his days as a submariner he was sent on a four day course to repair rubber dinghies and had used bicycle inner-tubes to practice on. We all stood back and let Operation Coventry unfold.

Fifteen minutes or so later we were all back on our ride toward Sandown. The track ends at Fairway Caravan Park on Perowne Way. From there we crossed over the road and continued cycling along the Sunshine Trail to Jeal's Lane, then on to Avenue Road and Culver Parade.

We stopped as usual at the Driftwood Café on Sandown seafront, arriving at 10:45 which, due to the unplanned stoppage, was a little later than planned. The café takes orders for various cooked breakfasts until 11am so we quickly put our orders in before the deadline. On previous years I've had scrambled egg and salmon which I've found most enjoyable. However this year as I was rather peckish, I thought I would try the 'Driftwood Mega Breakfast'. It really was a mega breakfast and rather more on the plate than I really wanted! But I was determined not to be beaten and I ate the lot, figuring I'd burn off any excess calories by the time I'd made it back to Cowes.

After an hour or so of eating, drinking and digesting while putting the world to rights, we got back on our bikes and headed along the way we came – although opting to cycle/walk up Perowne Way rather than go up hill along the rather bumpy Sunshine Trail. Cycling along the track from Sandown the weather deteriorated and the low cloud produced some



drizzle. We made it to our next stop, The Dairyman's Daughter in Arreton, without getting too wet. Gary, John and Nicholas cycled home from here while Del arranged for his wife to collect him and the bike in their Volvo estate. The remaining five of us enjoyed a lunchtime pint of best bitter while we waited for the weather to improve. Michel had, in the meantime, returned the dog to his home in Arreton and came along to The Dairyman's for a pint (or two) with us.



As we cycled from The Dairyman's the sun made a brief appearance. At Merstone we re-joined the cycle track to Newport. Unfortunately Arnie's bike picked up another puncture but with only about 250 metres to his car parked at Shide he walked with his bike that last bit. Ian cycled home from Shide while my friend Bob and I cycled to the Wheatsheaf and being joined by Arnie we all had another glass of liquid refreshment. As we sat on the seats outside the pub we all commented that by this time our backsides were rather saddle sore! After this short rest Bob and I got back on our bikes for the final time

and cycled back to Cowes.

We all agreed that we had enjoyed the day and will most likely do it all again next year.

If anyone with a bike and a moderate level of fitness wishes to join us next year then let me know and I'll add you to my contact list.

Steve Milton

The Fitness Factory

Tel. 528149

MAGNESIUM BENEFITS

The putative benefits of magnesium supplements in ameliorating several medical conditions – irregularities of heart rhythm, fibromyalgia, muscle cramps, diabetes – that can be due to chronic deficiency of the mineral, is confirmed by several readers.

For some years now, a woman in her mid-seventies has been troubled by bouts of fluttering in the chest, due to multiple ectopic beats, which she learnt to control by a variety of measures, including forceful coughing and standing on her head. Recently, they had become a lot more frequent until, earlier this year, she chanced upon an article on magnesium deficiency and wondered whether this could account for the fluttering. She has not had a further episode since taking a daily magnesium supplement. For good measure, her previously modestly raised blood pressure readings have also returned to normal.

The potent acid suppressant drug omeprazole is probably the commonest cause of magnesium deficiency – by inhibiting its absorption from the gut – with adverse consequences, as reported by a couple of readers. “I endured excruciating leg cramps for many weeks,” writes one woman; for another, it caused severe aching of the legs and weakness of the hand muscles. For both, their symptoms resolved with a daily dose of magnesium.

Dr James LaFanu Daily Telegraph



MORE MAGNESIUM

It might seem more than perverse, after having been so recently dismissive in this column of the merits of vitamin and mineral supplements, to suggest a fortnight later that many might benefit from taking additional magnesium. But the evidence in favour is persuasive – as brought to my attention by Dr Adel Ismail in his review in the Quarterly Journal of Medicine.



Put briefly, magnesium – along with sodium, potassium and calcium – is an essential nutrient necessary for the proper functioning of the many enzymes involved in cell metabolism.

There should be more than enough in commonly consumed foods (green vegetables, cereals, fish) to fulfil our daily requirements, but this may not be the case for older people or those taking commonly prescribed drugs such as the acid suppressant omeprazole, which

inhibits its absorption, or diuretics, which increase the amount excreted in urine.

This can result in a state of chronic magnesium deficiency, implicated in a wide range of medical conditions: disturbances of heart rhythm (ectopic beats and atrial fibrillation), impaired muscle function (weakness, cramps, fibromyalgia), glucose metabolism (diabetes) and bone formation (osteoporosis).

If magnesium deficiency is a factor, supplements will reverse or ameliorate them.

The crux of the matter is that this state of chronic deficiency usually goes unrecognised because most of the body's stores are held within the body's cells, with only 1 per cent circulating in the blood – so tests for magnesium levels fall within the normal range.

There are other ways of determining if the mineral is deficient, but these are rarely performed. Thus, Dr Ismail advises that those at risk of deficiency (the elderly or taking the drugs mentioned earlier), with a medical condition in which it is implicated, should take a daily supplement of 200mg of chelated magnesium, a version of the mineral more readily absorbed than traditional forms.

It may take several months for the stores to be replenished and thus for any therapeutic benefit to become apparent.

Dr James LaFanu Daily Telegraph

VARIETY SHOW 2018

This year was the 3rd Variety Show organised by Harry, our retiring Chairman. Despite many difficulties the show went ahead at the Riverside Centre on a very hot Saturday evening but, even so, was well supported by nearly 80 people.

The performers, all of whom gave their time voluntarily, were greatly appreciated by the audience.

An outstanding group of young dancers entertained us with exhilarating routines, one of which was the can can, filling in for a performer who cancelled at the last minute. Very well done.

The singers too did so well with a wide variety of old favourites songs, and some well known modern numbers also.

Harry was continually checking progress during the evening and with the help of Jim compering and Len behind the scenes the evening went smoothly.

The guest of honour was a lecturer at Portsmouth University and part time paramedic.

He presented each performer with a box of chocolates and during the break helped distribute the many raffle prizes.

This year the lucky programme prize of £50 was won by Ken Parker, a member of the Freshwater class. He generously returned the prize money to the club.

Thanks to Harry for a very successful evening, and Gary as always, for printing the programme etc. The evening was a great success raising much needed funds for the HCC. The final figures showed a profit of £451.00 which Harry Lawrence wanted to offset against the costs of producing Ticker Tape.



WEST WIGHT ROWATHON WEDNESDAY 14TH NOVEMBER

We have two classes running at West Wight Sports Centre at the moment. They take place in the Mountbatten Room where we set out our circuit. I would, however, like to use their gym.

The Sports Centre would like to extend their gym and, unlike the council gyms at the Heights and Medina, they have to raise the money themselves.

As I would like to use the gym, Gary and I looked at what we could do to raise some money for them.

The Sports Centre is a great place, used by all age groups for all sorts of activities and we've always enjoyed being there.

The thing I know how to do is run a Rowathon, so that's what we've decided on. It's going to be held on Wednesday November 14th during our normal class times. As we don't use the gym our members have never sat on a rower!

As a result we're just going to use time of rowing and not distance. We will have two bikes wheeled into our room for the warm ups and two rowing machines for the work.

We are going to sell cakes in the cafe and hold a raffle, hopefully to raise more money!

Gary and I will row too so will be asking the other members at different venues to sponsor us. Please support us!

If you would like to come along and cheer us on, or buy cakes or raffle tickets, please do. We need plenty of support on the day!

Lyn Smith

EXTEND OUR GYM

West Wight Sports Centre want to increase the size of their gym by around 50% and add equipment and services to support more people.

Feedback from both members and staff has shown that their gym needs to be bigger, with more space around each piece of equipment. Some of the equipment and décor (much of which is now 18 years old) is also in need of refreshing/renewing. They also need extra space to allow install new pieces of equipment and they would like to be able to add more services for their members to include advice and guidance on nutrition and other aspects of health and well-being.

They estimate the cost of the project to be in the region of £150,000.00

Fundraising Totaliser: £27,000.00

HAMPSHIRE AND ISLE OF WIGHT AIR AMBULANCE RIDE4LIFE

On Sunday 10th June over 300 bikers took part in the first I.o.W. Ride4Life event for Hampshire and Isle of Wight Air Ambulance (HIOWAA). After signing on at The Isle of Wight Steam Railway in Havenstreet a bacon butty and cup of tea was the perfect start to the day.



Havenstreet Car (Bike) Park

At 10a.m. 238 trikes, scooters and motorbikes set off for the 42 mile ride round West Wight.

There was a compulsory stop at Isle of Wight Pearl, this was to enable everyone to regroup and get refreshments, no chance, the Restaurant was overwhelmed but never mind.



Isle of Wight Pearl

After half an hour we all set off again for the return trip to Newport via the Milly Road, Compton, Freshwater Bay and the Middle Road. On leaving Compton Bay there was a photographer taking pictures of every bike in the convoy. These were then uploaded to their website from which they could be purchased. Half the profits going to HIOWAA. This is me on Betty the Harley coming up the hill from Compton car Park.



Everyone made it back safely to Havenstreet where we were briefly joined by the helicopter before it disappeared into the distance answering a call.

After a healthy pastie and cup of tea we called it a day and went our separate ways. Many thanks to all those who donated. With your help I paid in £329 to the fund and overall the Ride Out raised over £5,386 for HIOWAA!

Let's see if we can beat that next year.

Take care,

Grahame Morse



Ride4Life Grahame Morse on Betty the Harley

Over 200 bikers took part in the first Ride4Life event for Hampshire and Isle of Wight Air Ambulance (HIOWAA) on Sunday 10th June.

The Isle of Wight Steam Railway in Havenstreet was the perfect setting to wave off 238 trikes, scooters and motorbikes for the 42 mile ride.

So far, the ride out has raised over £5,386 for the Charity!

To find out more and to sign up, visit the website www.hiowaa.org

DEREK HARVEY



It would be interesting to know how many people who attend the same IWHCC class as Derek at the West Wight Sports Centre are aware of his truly varied life and interests.

Derek is now 86 and retired to Freshwater with his wife Mary 30 years ago. "Retired" is not really a word Derek seems to recognise. He has been restoring old motor cycles from a stock parts he accumulated before he gave up work, is a volunteer for the FYT bus as a Passenger Assistant and he also plays snooker. To discover his early days we need to return to his birthplace in 1932....

Derek was born into a public house in the East End of London, near the docks. He was in London during the 2nd World War and experienced the blitz before moving to Croydon with his parents who purchased an Off Licence. By the age of 10 Derek was able to strip and rebuild the firearms his father owned – an Enfield (no 4) rifle and a Bren gun. He was permitted to shoot his first gun at the same age under the supervision of the Home Guard. He recalls watching the Battle of Britain with his parents from a field in Westerham in Kent.

At 14 Derek took up boxing and reached the finals of the Surrey Scouts and Youth Club competition – Derek has never played a team game like football, rugby or cricket in his life – always individual sport!

When he was 15 he joined the RAF as an apprentice and stayed until he was 21. Because of his earlier familiarity with guns, he shot in competitions for Bomber Command and took part in inter-services events.

Derek became an instrument maker and maintained navigational equipment in Lancaster and Lincoln aircraft – 4 engined bombers. His leisure time saw him become an accomplished gymnast and he took part in various displays.

For a short period after he left the RAF, Derek worked on maintaining and renovating classic cars in Croydon. His father, however, had a heart attack and he took over the running of the Off Licence for a while.

He and Mary built a Lotus sports car in 1957 which was a kit car available at the time, and which provided a lower cost alternative for a vehicle as you assembled it yourself. They raced their car during the early 1960's at Brands Hatch, Silverstone, Goodwood and Mallory Park.

A career move saw Derek become a member of the cabin crew working for BOAC where he travelled the world on a Douglas DC7 aircraft. It was during one of his flights that he brought Mary back from Canada to become his wife.

Three years later Derek moved into central heating and became a design engineer for Thomas Potterton, working on gas-fired warm-air units. One of the first large customers for these appliances was the Croydon Council, and he took the opportunity to set up his own company, servicing and repairing some 1250 warm air systems. This contract expanded and ran for about 18 years!

During this time, the family moved to Seaview, while Derek commuted weekly to Croydon, but as work increased this became less practical and they moved back to the mainland.

He was then invited to change sides and become a Principal Officer for the Borough, overseeing gas appliance contractors for the Housing Management Department (poacher turned gamekeeper).

To relax during this period, Derek joined a gliding club, eventually qualifying as an instructor, to introduce many others into the thrill of silently cruising above the English countryside.

Derek retired when he was 55 when they purchased their current property in Freshwater and returned to the Island. He and his wife have 2 children, 4 grandchildren and 4 great-grandchildren.

A man of many talents.

Robin Burnett

HITCH-HIKER

I picked up a hitch-hiker the other day.

He seemed like a nice guy.

After a few miles he asked me if I wasn't afraid that he might be a serial killer?

I told him that the odds of two serial killers being in the same car was extremely unlikely.

JO ANNE

With thanks and Love form the Garfield "Cocks"

Jo-Anne Munt has been the Teacher for the Ryde Class at Garfield Road, but as her circumstances have changed, she has moved on to new challenges.

Lyn has now taken over her class on a Monday afternoon, below is a poem written by one of her class members.

*The time has come for sad goodbyes
with lumps in throats and tears in eyes
For losing you is such a shame
And things will not be quite the same
But we old "cocks" will try to do
The best we can though without you
Who taught us everything we know
To keep us fit and on the go
And making sure our pulses peak
At normal levels week by week
Your work has kept out "tickers" good
And beating just the way they should
The exercises have been fun
But now your time with us is done
So as you leave these old oak doors
We wish you the best for you and yours*

TV ADVERTISING

Two young boys walked into a pharmacy one day, picked out a box of tampons and proceeded to the checkout counter.

The pharmacist at the counter asked the older boy, 'Son, how old are you?'

'Eight', the boy replied.

The man continued, 'Do you know what these are used for?'

The boy replied, 'Not exactly, but they aren't for me. They're for him. He's my brother. He's four.'

"Oh, really?" the pharmacist replied with a grin.

"Yes." the boy said. "We saw on TV that if you use these, you would be able to swim, play tennis and ride a bike. Right now, he can't do none of those."

LYN SMITH REPORT

As I've mentioned before, Steve will be closing the Fitness Factory in less than four years. I have, therefore, been looking around for an alternative venue.

At the end of last year I wrote to the Principal of the Isle of Wight College to see if we would be able to use their gym. A meeting with Paul Buckland followed. He was very encouraging and enthusiastic and showed Gary and I around the gym and the restaurant, which we could use for fund raising.

Next followed a meeting with Steve Plant who runs the gym. He was enthusiastic too! Gary and I were so pleased, and relieved.



We were shown a room that we can use for the warm up and cool down which is a short distance from the gym. Steve said he could provide chairs for the relaxation.

The gym is great. Each venue we use is different, the equipment in different positions etc so I've had to arrange and rearrange my circuit. Gary and I have made several visits and tried the machines out to make sure everything works as I want. Steve Plant has been brilliant and every time I've hit a snag he has solved the problem.

I've asked a dozen members to start the class off. Things never go to plan at first! By the time you read this we will be up and running as the first class is scheduled for Monday September 24th, at 09.00

I don't want to take a class away from the Fitness Factory at the moment, reducing Steve's income, so Steve will take the normal Monday 09.10 class and I will rush down to take the other two classes.

As I've taken Jo's Ryde class over, Monday's are going to go by in a blur!

There is a cafe at the College so members will be able to sit and have a natter after class if they'd like.

Parking will be easy too.

I think we'll probably use the College for maybe a quiz night or one of our West Wight members has offered to give a talk and slide evening. Refreshments could be provided.

I'm not sure if we'll be able to take more classes there but at the moment I'm pleased to take the one.

Lyn Smith

PÉTANQUE ANYONE?

Notice pinned on the board with an open evening for a friendly trial and names growing in numbers, the only thing to thwart would be rain.



Well here we are July 26th and it's a glorious evening, the pitch has been made ready, tables and chairs out and as 6 o'clock approaches the would be players have their glasses primed, already it's been decided that it's going to be thirsty evening. Let the games begin, three pitches and up to six players on each soon had the pitch looking not quite so perfect, well to be fair to all, I will admit that my boules stirred up the gravel and never went in the line intended, thankfully out of our team of three ladies, Gail and Ann certainly knew in which direction to aim, we'd taken on the chaps Richard the newbie, Graham a keen player and Derrick



who was formidable gave their all. Cheer and shouts of well done, close, bad luck and whoop, whoop confirmed that the players on the other two pitches were having as much fun as ourselves.

A break for splendid refreshments, Kerry and Stella put on a banquet, food galore, from all of us a huge thank you. No pressure, but should you like to continue the pitch beckons, a few said "goodnight" but for the rest pick up your boules.

The evenings are starting to draw in, so very atmospheric when the flood lights came on. I could now attribute my aim or lack of it to shadows.

Mixed teams this time on our pitch and with the excellent tuition from Mike



and guidance as to where to aim the boules we were now heading in the right direction and some so close to the cosh that sometimes indistinguishable as to who's side

was the closer the only answer could be a measure and I know a man (very well) who popped out to our car where he knew that a tape measure was to be had, now who can argue against the man and his measure. "Aim just to the left Barbara" suggested Mike, "well done" says he, "nice shot" "Your turn



Dorothy, now see this space aim just there to the right, nice try pity it went rather left". Thank goodness we have Graham who I've mention previously knows the game and precise aim caused the man to wheeled his mighty tape measure. I'm not sure who the victors were, there were definitely no losers and a most enjoyable evening was had by all.

On behalf of everyone from the Heart Care club a huge thanks to Mike, Kerry, Stella and John for organising the evening, their tuition, support and wonderful food.



Dorothy Telford-Bailie

BEATING HEARTS AND BEATING RECORDS DURING GUINNESS WORLD RECORD ATTEMPT

A new Guinness World Record looks a safe bet after 127 cardiac arrest survivors gathered at Basildon University Hospital.

Survivors, aged 11 to 80, and their families attended the event on Saturday 9 June, which was organised by Sudden Cardiac Arrest UK in conjunction with The Essex Cardiothoracic Centre and SADS UK.

Guinness World Record has to officially verify the attempt, which could take several weeks however organisers are confident it has been broken. To create a new world record, 50 cardiac arrest survivors had to participate.

Paul Swindell, from Benfleet Essex, set up the Sudden Cardiac Arrest UK support group following his cardiac arrest in April 2014, at the age of 48. As a key organiser of the event, he was thrilled with the turn-out. He said: "People have travelled from across the UK, by train, plane and automobile to be here at the world record attempt. Although we won't know officially for a few weeks, I'm confident that we've done it."



"It's been a fantastic event. It's great to see so many survivors all together, swapping stories and being part of something as special as a world record attempt."

Cardiac arrest can happen to anyone regardless of age, fitness or general health. It is not the same as a heart attack. A cardiac arrest occurs when the heart suddenly stops pumping blood around the body. The person will suddenly lose consciousness and stop breathing or stop breathing normally. It needs immediate treatment with CPR or the person will die within minutes. A heart attack is sudden interruption to the blood supply to part of the heart muscle, causing chest pain and permanent damage to the heart. But the person remains conscious and breathing.

Louise Fraser, cath lab nurse in the Essex Cardiothoracic Centre, volunteered to help out at the event. She said: "I'm blown away by today. It's inspiring to be around so many amazing cardiac arrest survivors. As nurses we don't often hear about how our patients get on after they leave our care. It's so important to have support groups and events such as this, to give survivors and their relatives that support network they need."

As one of the youngest cardiac arrest survivors, 11-year-old Dan Fagg from Doncaster (pictured above), had the honour of cutting a huge celebration cake. He was

10-years-old when he collapsed playing football.

He said: "I scored and was running up the pitch celebrating when I collapsed. I tried to get back up but fell down again. I don't remember anything until I woke up in hospital and thought I was still at home."

His dad Anthony, the football team's manager, and mum Hayley Thomson, rushed over from the pitch sidelines. The referee gave CPR until the paramedics arrived and Dan was airlifted to a nearby children's hospital. They decided to attend the Guinness World Record attempt so Dan could meet other survivors his own age.

Hayley said: "I joined the Sudden Cardiac Arrest UK facebook group and it was an absolute lifeline. I could ask any question and learnt so much. It's not just the physical effects of what's happened and the fact Dan had to have two further operations. It's the psychological side of things too. There is one other survivor Dan's age and a shame there's not more here today, but we've spoken to lots of families and really enjoyed the day."

Another survivor is 78-year-old John Gange, who travelled with his wife Julia and son Darran (all pictured left) from the Isle of Wight after Julia saw the event advertised on Sudden Cardiac Arrest UK's website.

John had his cardiac arrest in March 2017. The night before he had been a work in his coach business and was the life and soul of the party as he drove his customers. But the following morning he collapsed.

Julia said: "He looked in pain then he collapsed and stopped breathing. I rang 999 and the operator talked me through CPR which I did until the ambulance arrived. He was in intensive care when they said he needed to come off the machines and I had to tell him if he wanted to stay, he needed to breathe on his own."

"Slowly he has come back to us. But the side effects, the psychological effects, have been a bit of a shock. That's why I wanted to come today – to meet other survivors and relatives who may have had similar experiences."

John, who used to be a ship's engineer, doesn't remember any of what happened. Since the attack he has had a stent and balloon inserted in his heart and attends regular rehab sessions. He said: "The NHS has done very well. My treatment has been excellent."

John attends The Riverside Class in Newport on Thursdays

ARE MULTIVITAMINS GOOD FOR YOU?

News stories have reported that taking a multivitamin could be a waste of money when it comes to heart health. We look behind the headlines.

Research has found that taking a multivitamin doesn't reduce your risk of heart and circulatory problems.

There are no shortcuts when it comes to nutrition - supplements are not a replacement for healthy food

The large study looked at the risk of coronary heart disease (including heart attacks), as well as strokes, and the risk of death due to any heart and circulatory conditions. Although there was some variation between studies, overall the research showed there was no benefit in taking multivitamins when it comes to heart and circulatory conditions.

The researchers said: "Our study supports current professional guidelines that recommend against the routine use of multivitamin and mineral supplements for the purpose of cardiovascular disease prevention in the general population."

The British Heart Foundation view

Victoria Taylor, BHF Nutrition Lead, said: "There are no shortcuts when it comes to nutrition - supplements are not a replacement for healthy food.

"You might be prescribed a vitamin or mineral supplement by a health professional for other reasons, but we do not recommend people take multivitamins to help prevent heart and circulatory diseases. This review supports our position.

"Rather than taking multivitamins, focus on eating a healthy, balanced diet which includes plenty of fruit, vegetables, wholegrains, fish and unsaturated fats like olive oil. We know that this can help to lower our risk of heart and circulatory diseases."

Was the research reliable?

It's important to note that this wasn't a new experiment, but an analysis of 18 existing studies that were published between January 1970 and August 2016. The studies that were included were all assessed and deemed high-quality.

This analysis included more than two million (2,019,862) people. The follow-up period was quite long, 11.6 years,

making the results more reliable.

The results were adjusted to factor in the participants' fruit and vegetable intake, smoking habits, and physical activity

The researchers also made sure the results were adjusted to factor in the participants' fruit and vegetable intake, smoking habits, and physical activity, so we know that these things didn't cause the results they found.



A weakness of this analysis is that only five of these 18 studies specified the dose or type of supplement that the participants took. Also, the definition of multivitamin and mineral supplements varied among the studies that were included.

The researchers defined multivitamin and mineral supplements as dietary supplements made up of more than three vitamin and mineral ingredients.

A strength of this research was that the participants were from multiple countries (USA, France, Sweden, Germany, and Japan), though no participants were from the UK.

Was the media coverage accurate?

The story was widely covered, including in The Sun, the Daily Mail, The Independent, and The Telegraph.

Most of the coverage was careful not to imply that multivitamins themselves are harmful, but that it could mean that people neglect other areas of their health, and that unhealthy habits – such as smoking – could cause harm. But the weaknesses of the study were not in general mentioned by the media.

The coverage did advocate 'eating more fruit and vegetables, exercising and avoiding tobacco'

The Sun's headline was 'VITAMIN RISK Taking vitamins 'WON'T protect against heart attacks or stroke – and could do more harm than good''. This suggests the vitamins themselves are risky and could cause harm. But the researchers said that "multivitamin and mineral supplements taken in moderation rarely cause direct harm".

The story also claimed that multivitamins and minerals "could do some elderly people more harm than good". The research did say that "several studies demonstrated that routine vitamin and mineral supplementation in certain populations, for instance in elderly patients, could lead to a worse outcome." But it is important to note that this refers to taking multivitamins routinely, not those which have been prescribed.

But the coverage did also advocate 'eating more fruit and vegetables, exercising and avoiding tobacco', which is helpful and is in line with our advice.

HEART CARE

Each week the same commands to move

*Ring out across the bare board floor
To twist and turn, to bend and kick
And work protesting limbs still more.
Most not as fit as once we were
In far gone days, (where did they go)?
Of bodies honed and muscles toned
With tunmmies taut and face aglow.*

*The warm up done, but still to come
The mocking challenge of machine
To pull and grasp, to thurst and gasp
And feel the sweat begin to stream.*

*And overseeing stands the one
At centre point surveying all,
No need for Lyn to raise her voice
Her piercing eye conveys her call.
Our kindly captain, anchor sure
With figure trim and youthful frame
Is there for all be old and young
To gently urge to stay the game.*

*At last, at last comes long for rest,
Reward for stretch and heave to toil.
Surprised to find the feared ordeal
Was not so daunting after all.
Then clashing feelings come to taunt,
Conflicting thoughts rise to peak,
Relief the stress is over; yet
We will be back for more next week.*

Brian Jackson

Brian is a member of the Height's Class in Sandown

AN OBITUARY PRINTED IN THE LONDON TIMES

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years.

No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

- Knowing when to come in out of the rain;
- Why the early bird gets the worm;
- Life isn't always fair;
- And maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children.

It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realize that a steaming cup of coffee was hot She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death,

- by his parents, Truth and Trust,
- by his wife, Discretion,
- by his daughter, Responsibility,
- and by his son, Reason.

He is survived by his 5 stepbrothers;

- I Know My Rights
- I Want It Now
- Someone Else Is To Blame
- I'm A Victim
- Pay me for Doing Nothing

Not many attended his funeral because so few realized he was gone.

If you still remember him, pass this on.

If not, join the majority and do nothing

ALL OF YOUR PROBLEMS SOLVED

Say you are an older senior citizen and can no longer take care of yourself and need Long-Term Care, but the government says there is no Nursing Home care available for you. So, what do you do?

You opt for Medicare Part G.

The plan gives anyone 75 or older a gun (Part G) and one bullet. You are allowed to shoot one worthless politician. This means you will be sent to prison for the rest of your life where you will receive three meals a day, a roof over your head, central heating and air conditioning, cable TV, a library, and all the health care you need. Need new teeth? No problem. Need glasses? That's great. Need a hearing aid, new hip, knees, kidney, lungs, sex change, or heart?

They are all covered!

As an added bonus, your kids can come to visit you at least as often as they do now!

And, who will be paying for all of this? The same government that just told you they can't afford for you to go into a nursing home.

And you will get rid of a useless politician while you are at it. And now, because you are a prisoner, you don't have to pay any more income taxes!

Is this a great country or what?

Now that you have solved your senior Long-Term Care problem, enjoy the rest of your week!

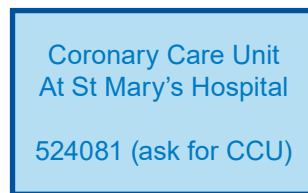
Health Questions

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:



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The next issue of Ticker Tape is due out in January 2019. The latest date for copy to be included in this issue is December 2018. Copy can be hand written, typed, preferably on disk, or emailed in Microsoft Word or PDF to Gary Smith.

Email: garysmith250@me.com

Please put Ticker Tape in the subject line

Or given to Lyn at any of the classes.