

25 years
Service to cardiac re-hab
on the Isle of Wight

Isle of Wight Heart Care Club

TICKER TAPE

Affiliated to The British Heart Foundation



ISSUE NO. 66

COMING EVENTS

January 2016 – Onwards

25th Anniversary Lunch

St Georges Park Newport

Sunday 7th February 2016

Starting at 12 noon.

Tickets £5.00

19th March Quiz Night,

Riverside Centre, Newport

May (Date TBC) Coach Trip

Hampton Court Palace

9th July

Newchurch Male Choir Concert,

St Johns Church, Newport

30th September

Variety Show

Riverside Centre, Newport.

22nd October

Race Night

Wotton Community Centre.

Posters will be displayed at
Fitness Class venues nearer the time

25YEARS!.....

Who knew that we would still be going after 25 years?

It took us a while to get to the first class. Diana first getting the suggestion, Jenny, the CCU Sister without who we would never have got off the ground, Viv and I. We spent a lot of time looking into things, I had to run my exercise ideas by the Head Physio at St Mary's.

In those days not everyone believed exercise was a good thing for people who had had a heart attack. We were pioneers! There weren't many other rehab classes that we could go to for ideas so we made it up as we went along, under Jenny's eyes.

After a while I realised we needed a database to record members addresses, so Gary and I made one up. Unfortunately at that time I didn't think to record the date each member started which I remedied later, 1997/1998. This is a shame as its something I've realised I want to know, particularly now!

We've grown and grown and altered accordingly, perhaps we should have had a plan for that but reacted rather than planned.

I took a class to the Heights, that has now grown to two each week, and started a class at the Fitness Factory which has grown to eight. Next step was to accommodate the West Wight participants, we now have two classes there.

Jo started a class in Ryde which was also badly needed and Steve teaches one of the Fitness Factory classes.

The NHS took over the class we started at the Riverside Centre, with the education classes but we kept another class there.

Our qualifications have had to change too. Jenny and I had to pass a Look After Yourself course and had to go to the mainland for the Cardiac Rehab sessions. Now Steve, Jo and I have BACPR Instructor qualifications and have to re validate every three years. We have to have current First Aid and De fib qualifications too. Rehab has come a long way as have the treatments and medications, in a fairly short time really.

We have done a lot of fund raising over the years to keep the service running. Lots of different things over the twenty five years as has been necessary. Sponsored walks, I ran six aerobic classes in one go while Gary swam, cycled and ran, rowathons Gary cycled round the Island and back, Jo did a couple of sponsored runs and Steve did his skydive. Our regular income is the members subs each week and this doesn't cover the cost of running the service.

Gary and I started the Ticker Tape to keep members in different classes informed and to try to keep us all together. It's had several other Editors who have changed and developed it and Gary has now got it back.

continued inside...

What would we do without Gary.

I am not very gadget-minded, or technically minded so I would not be able to run things properly without him. As you may have gathered the Heart Care Club has taken over my life, actually family life. All the children and grandchildren have been involved one way or another, attending Race Nights and the two granddaughters involved in the Rowathon.

I am very proud of the Heart Care Club and have thoroughly enjoyed my twenty five years with it, I can't imagine life without it. I have met and become friends with some lovely people and consider myself very fortunate to have a job I love so much.

DIANA SMITH

Lyn Smith

We lost one of our founder members in October. Diana, Viv, Jenny and I were at the start of it all and I'm so sorry that Di has just missed celebrating our 25th, I know she wanted to attend.

Di was our first Chairman and looked after the admin side of things. She also took the chair exercise class at the Riverside Centre after the NHS took over Phase III from us, until she retired in late 2007.

Di was a friend as well as a colleague and I have loads of happy memories especially of our work for the Heart Care Club

If you're attending the celebration "do" you'll see the four founder members dancing at the 10th Anniversary to Simply the Best. Di choreographed a routine and Tosin has added it to the DVD he has shot of some of the classes. We had an enormous amount of fun practising it.

A VIEW FROM THE CHAIR

I wish you all a very happy New Year for 2016. Last year went by quickly, and ended with a Christmas dinner at the Channel View hotel.

I'm sure all who attended had a good time. Once again the social committee by arranging and organising the dinner did us proud. The social committee also had a busy year with other events, for which I thank them very much.

On Sunday 7th Feb 2016 it is the 25th anniversary of the I O W Heart Care Club, a buffet and get together of all members will be held at Newport Football Club, St Georges Park Newport. Starting at 12noon cost will be £5, tickets are available at all classes, please make an effort to attend.

If anyone has any photos that might be suitable for a display board please hand to your class instructor.

There is another date for your diary, Friday the 30th September, 2016, another Variety show will be held at the Riverside Centre Newport, tickets will be available from the 1st September, more information in the next issue of Ticker Tape.

I look forward to seeing you during the year. Have a happy 2016.

Harry Lawrence(chairman)

EDITORS REMARKS

Well, here we are twenty five years later and still going strong. Looking back over the past 25 years, I realise how things have changed within the club.

Ticker Tape didn't really start until 1999, before that we just had few news letters/broad sheets, giving information about events etc. Now we have a 12 page double A4 news letter published every three months.

In case you were not aware, we ran a competition back in 1999 to find a name Gerry Hobbs came up with the idea of Ticker Tape and Sainsburys donated a £10.00 voucher to the winner.

Our Logo has changed over the years as well, it was given its name 'Alfie' in September 2003. Brian Tregust came up the idea. Alfie Heart has had a few changes over the years as well, but he is still looking well and keeping fit. Must be all the exercise he is getting.

We have had just four Editors over the years, Richard McCorkell started the ball rolling in '99, then in 2004 Colin Tinson took over for 10 years. Colin did a great job really making Ticker Tape what it is today, he liased with St Marys Hospital print room as they did all the printing free of charge for many years.

Then in 2014 funding dried up, so we had to start producing and paying to print Ticker Tape ourselves. That is when I took over from Colin, with the help of Annie Duguid who was our proof reader and editor. Annie has now retired and we now have a new proof reader, who is helping out with this issue.

Since the Club started back in 1991, we have many committee members. Our first Chairperson was the late Diana Smith, who was chair until 2000. Then we had Stan Boon until 2001, Richard McCorkell until 2002. Laurie Stanbridge took over for two years until 2004. Philip Smith took over until 2008.

Then for the next six years I had the great pleasure to sit in the chair, hopefully pushing the club forward until 2014, when our current Chairman Harry Lawrence took over.

But the Club still has a heart beat that is you, the members, who turn up every week to get your exercise fix, with the help of the instructors and their helpers. The committee would not exist if we had no members.

So here it is to the next 25 years.

We are still looking for new committee members, especially a new Hon. Secretary Janet Weston, tried to retire last year, but we had no volunteers, so she agreed to stand for another year. But Janet has asked me to find a new Secretary to take over at the next AGM in June.

Gary Smith

RACE NIGHT 2015

Race night this year was again another successful event organised by Lyn, Gary and the Social Committee. About 60 people - members and friends- attended, bringing with them plenty of sweet and savoury food for the American Super which was held after the fourth race.

As usual, Lyn's son Paul, his wife Karen plus baby Austin this time, made their yearly trip from the Mainland especially to help Gary with the Tote, which they ran efficiently (as they always do) coping with the long queues of hopeful punters, many returning frequently with smiling faces to collect their winnings. During the races there was a great deal of noisy encouragement for the horses to go faster from certain areas of the room.

After the official 8 races, during which there was a break for the American Supper, an extra race was organised, half of the takings going to the club and half to the owners of the winning horse. For the second year, a smiling Mike Pitman, collected the money on behalf of his team to be distributed amongst them.

A good evening, good company and a grand total of £506.12 to go towards club funds.

Thank you to everyone who worked so hard to make the evening such a success.

Barbara Brown



CHRISTMAS LUNCH 2015

Once again, members from all the classes gathered to celebrate Christmas at the Channel View Hotel in Shanklin.

Having paid for their lunch around 110 hungry folk sat down for Lunch.

But before we were served Canon Graham Fuller said Grace,

**Lord, as we share this lunch today,
Accept our thankfulness we pray.
For after this year's exercise,
One thing that we must emphasise,
We are all emerging with smiling grin,
Grateful for the Heart Care Club and Lyn.
AMEN**

After this lovely thought we all enjoyed a "Hearty Lunch" served with impeccable style and speed.

At the end of service, our Chairman Harry Lawrence stood up and made his Christmas speech, thanking everyone, especially the Social Committee under the guidance this year of our Treasurer, David Lankshear. He also presented Lyn with a lovely bouquet of flowers.

The Grand Draw then took place, with all the many prizes read out. (a full list of all the prizes in this issue).

I hope, like me you all enjoyed the lunch, the company and are all looking forward to meeting up again in December 2016.

So if you did not attend, please make the effort to come next time, you don't know what you are missing.



COASTING TOWARD BETTER DRIVING

Who would have thought gout and speeding had so much in common?

Well, for a start, both can seriously damage your health if not dealt with promptly. Then, as I found – having been confirmed at separate times as having fallen victim to both – there are a surprising number of other people who greet your confession with a furtive murmur to the effect that they are part of the same club. Oh, and both owe much to malfunctions of the foot.

In the case of speeding, I was awarded the prize of being able to take part in a Hampshire police driver awareness course, when I posed for a police van's camera in the New Forest, while wrapped in a smart new car and driving at seven mph above the 40mph limit.

When I shared this news with friends and family, I found even my daughter, who thinks even snail's-pace in a car is bordering on challenging Lewis Hamilton for the Formula 1 championship, had been on a driver awareness course for speeding in her area. She expressed herself very impressed. "Nobody points the finger at you, dad. It's all good-humoured and I learned a lot."

That's as may be, I harrumphed. I'll see what the lads down the pub say. Same story; while very few had ever been done for drink-driving, more than half confessed they had opted for the course after being caught with a bit too much lead in their accelerator boot. And all of us – with the possible exception of VW – know how harmful lead in connection with cars can be.

They all agreed with my daughter. They'd been surprised how easy-going it had been but how the messages hit home and they learned a lot.

There were 19 on my course, ranging in age from early 20s to a couple of old codgers like me. The two I felt sorrier for than I did for myself were a mature gent who was a member of the Institute of Advanced Motorists (Doh!) and a chap whose job was... wait for it... training emergency service drivers in extreme vehicle handling. Oops! He ruefully told me his life had been made a misery by his workmates.

Our course leader ("Call me Bob") was an ex-copper, who cheerfully confessed he'd been in CID and never traffic.

"First question," said Bob. "Why are you all here?"

It took me back to my schooldays as a couple of "keens" shot their hands into the air:

"Because we were caught speeding?"

"No."

"Because you can tell us how to beat the speed traps?"

OK. I made the last one up.

"Nope," said Bob. "You're all here to avoid getting three points on your licence!"

No flies on Bob. From then on, we knew he'd be telling it like it is. Which he did. And I came away with the same reaction as all those other "graduates" I'd spoken to earlier; lessons learned and delivered firmly, even forcefully, but with good humour.

That way, the important bits seem to have stuck. For instance, anyone follow the Two Second Rule? Well, I always do... Now! If you're behind a vehicle, check it passing some point and then chant to yourself (out loud it might frighten your passengers): "Only a fool breaks the two second rule." Try it. You'll find this simple couplet takes about two seconds to say in your head. And if you pass that fixed point at or before you finish your mental recitation, that's a safe distance to be behind the bloke in front.

Then there's COAST. No, not that TV documentary with the overpowering soundtrack music and the long-haired Bonny Prince Charlie lookalike Scottish presenter. COAST is the better motorist's acronym for good driving habits: Concentration, Observation, Anticipation, Space and Time.

The first three are obvious. If they're not, you are seriously in need of a driver awareness course. Alternatively, I recommend you should sell your car and walk everywhere for the sake of the safety of yourself and others.

Space is covered by the Two-Second Rule and Time means leave yourself enough of it for a journey so that you don't have to rush, which can lead to you forgetting the other four bits.

It was disturbing how easily Bob caught us all out with simple quizzes on the meaning of everyday road signs, national speed limits (there are three) and how easy it is for those of us doing regular journeys to work, for instance, to simply not see something out of the ordinary in the road. Like a child dashing out after a ball.

Bob showed a video of a staged version of this in a busy shopping street. "Who was affected by this accident?" Bob asked. "The child, obviously," said the class swot straight away..

"Of course. Who else?"

"The driver."

"Right. Who else?"

Awkward pause

“What about the child’s family, the driver’s family? They’ve got to live with the aftermath of this, possibly for the rest of their lives. What about the dozen or so passers-by? They have witnessed something horrific that could scar them mentally. Then the emergency services. How will they cope with clearing up this scene of tragedy?”

Sobering stuff and very thought-provoking. So, you see, it wasn’t all merry banter but the contrast in mood made the message hit home. As the short film ended, I don’t think any of us had plans to drive away from the learning centre in Ryde at more than ten mph. Or drive any faster. Ever.

In the end, we all passed, by the way. Even the lady who thought at one stage she knew better than Bob about how to deal with road ragers and soon found out she didn’t. Come to think of it, she seemed pretty road-ragey herself, even sitting down in the classroom going nowhere.

For the record. Bob’s advice was not to brake hard, flash your hazard lights, indicate the other driver’s assumed penchant for self-abuse or other “remedies”.

“Your priority,” said Bob. “Is to get yourself, your passengers and your car to your destination safely. What happens to the other bloke ain’t your problem.”

Like the meerkat said: “Seemples!”

Then a lot of good sense is.

From Mike Starke

* You don’t have to have been caught being naughty to take a driver awareness course on the Island. Details can be had from The Blue Lamp Trust whose funds get some of the fee paid by those of us who thereby avoided paying a £100 fine. The Trust is on 0300 777 0157, e-mail: info@bluelamptrust.org.uk, or: www.bluepamptrust.org.uk.

Photo sent in by Mike Connell from his garden.

Taken 18th November 2015 - Daffodill confused by the weather



WICOE

(WOMEN IN CHARGE OF EVERYTHING)

Is proud to announce the opening of its EVENING CLASSES FOR MEN!
OPEN TO MEN ONLY

Note: due to the complexity and level of difficulty, each course will accept a maximum of eight participants

DAY ONE

HOW TO FILL ICE CUBE TRAYS

Step by step guide with slide presentation

TOILET ROLLS- DO THEY GROW ON THE HOLDERS?

Roundtable discussion

DIFFERENCES BETWEEN LAUNDRY BASKET & FLOOR

Practising with hamper (Pictures and graphics)

DISHES & SILVERWARE;

DO THEY LEVITATE/FLY TO KITCHEN SINK OR DISHWASHER BY THEMSELVES?

Debate among a panel of experts.

REMOTE CONTROL

Losing the remote control - Help line and support groups

LEARNING HOW TO FIND THINGS

Starting with looking in the right place

Instead of turning the house upside down while screaming -

DAY TWO

EMPTY MILK CARTONS;

DO THEY BELONG IN THE FRIDGE OR THE BIN?

Group discussion and role play

HEALTH WATCH;

BRINGING HER FLOWERS IS NOT HARMFUL TO YOUR HEALTH

PowerPoint presentation

REAL MEN ASK FOR DIRECTIONS WHEN LOST

Real life testimonial from the one man who did

IS IT GENETICALLY IMPOSSIBLE TO SIT QUIETLY AS SHE PARALLEL PARKS?

Driving simulation

LIVING WITH ADULTS;

BASIC DIFFERENCES BETWEEN

YOUR MOTHER AND YOUR PARTNER

Online class and role playing

HOW TO BE THE IDEAL SHOPPING COMPANION

Relaxation exercises, meditation and breathing techniques

REMEMBERING IMPORTANT DATES

& CALLING WHEN YOU’RE GOING TO BE LATE

Bring your calendar or PDA to class

GETTING OVER IT;

LEARNING HOW TO LIVE WITH BEING WRONG ALL THE TIME

Individual counsellors available

Anonymous

BATH COACH TRIP

On a dark, drizzly November morning two coach loads of Heart Care Club members and friends boarded the 7.15am ferry at East Cowes for the crossing to Southampton. The ferry was surprisingly full and it was initially difficult to find a seat without asking fellow passengers if seats were taken.

Traffic was heavy in and around Southampton so progress was slow at first. As it got lighter the rain began to lessen so by the time we got to Bath, about 10.40am we had no need of umbrellas.

Our time was our own so we all went off towards the market. Some of us were meeting friends and family whilst others planned to visit the museums or other attractions. At some stage in the day I think everyone visited the Christmas market which was colourful, large and very attractive. There was plenty of time for coffee, lunch and even afternoon tea! The shops were attractively decorated and the whole place was bustling.



I heard several people say that they had enjoyed the day so much that they would consider going again next year and perhaps staying a night or two.

Everyone was back on the coach by 5pm and we arrived in Southampton for our booked ferry. About twenty minutes into the crossing the captain announced that we were returning to Southampton as there was a medical emergency and an ambulance would meet us there. Shortly after that another announcement informed us that we would have to wait in Southampton for a replacement crew member as the casualty was one of the crew. Nothing could be done about it so we sat back and enjoyed the 'cruise'! We were on the ferry for two and a half hours before it finally docked and not one free cup of tea was offered!

After a very long day we all arrived home safely, having had a lovely day out.

Thank you Pat and Joy for organising the trip. We thoroughly enjoyed it.

Angela Bond

Stuart's Thoughts On Outing To Bath's Christmas Fair (27th November)

So we all got up at silly o'clock to catch our coaches (starting at 5.45 am at Shanklin) to get the 7.15 ferry at Cowes. A mucky old morning, 88 of us in total. Quite a happy (mainly old) bunch. I missed most of the crossing as I slept through most of it having had a bad night although I did notice it was quite foggy.

We disembarked at 8.15 and journeyed to Bath via Salisbury with rain accompanying us most of the way - oh joy! However as we got near to Bath the sun came out and although it clouded over, it stayed dry for the whole time we were there.

Arriving at 10.45 we were greeted by happy souls handing out leaflets which gave us a street diagram and details of the various cabins (170 of them) making up the market - also essentials like toilets etc. All very efficient and welcome. So off we all went to explore and spend our savings. Of course all the shops and normal market stalls were also open for business as was the Abbey. With Christmas Carols every so often - everything all very jolly and welcoming.

After a tiring, blustery but dry day we all gathered again to board our coaches and left at 5.00pm for the journey back to Southampton to catch the 7.30pm ferry. As we left Bath it started to rain again, so our timing was good - thank you Bath, a lovely city and tiring but enjoyable day with some of us not as rich as when we arrived!!

We left at 7.30 but!! - 20 minutes later the Captain came on the PA System; one of the crew had been taken seriously ill, the ambulance had been called and we were on our way back to Southampton. He had asked for a replacement to be called and hopefully he would be available (he was, thankfully). It took the medics about half an hour to stabilise the casualty before taking him off so it was not until 8.40 that we departed again.

So by this time I was getting peckish so I bought half a dozen muffins, which I duly scoffed. This fact being reported at the next class at the Fitness Factory, the fact that was not mentioned was that they were mini muffins, so not as bad as first reported.

Arriving back eventually at Cowes at 9.35pm, somewhat later than planned, we were duly distributed back around the Island - a happy but tired lot.

Many thanks to the Social Committee and helpers for a very good trip, especially our "couriers" (Pat and Joy) who did it all in their quiet and demure fashion. (Do you believe that?)

Stuart Bunyan

PRESS RELEASE 18.01.16



Lyn's 25 Years of Heart Care

On 7th February 2016, the unique Isle of Wight Heart Care Club will celebrate its 25th Anniversary. Lyn Smith, from Whippingham, a founder member and the 'heart' of the Club, has been involved since its creation back in 1991. Over the years this totally self-funding organisation, which is affiliated to the British Heart Foundation, has twice been awarded the prestigious Government Awarded Charter Mark - in 1997 and again in 2000.

Lyn was one of two instructors originally asked by Diana Smith, a Keep Fit instructor, to provide ongoing support and help for heart attack patients who had completed a cardiac rehab programme within the Physiotherapy Department of St Mary's Hospital. As a result, in February 1991, the Isle of Wight Heart Care Club was formed. The first ever class took place, with just one patient, three instructors and Sister Jenny Cox of the Coronary Care Unit, in the old boardroom at St Mary's. Very quickly more patients were referred with varying cardiac problems necessitating the need for a medical expert. Dr. Matthew de Belder joined the team and because of the increasing number of clients the Club moved to the larger premises of the Riverside Centre, Newport in 1992.



Lyn Smith

In 1993, having identified the need for more equipment, Lyn created a follow-on class at the Fitness Factory owned by Steve Milton. Realising that Keep Fit qualifications were inadequate, she studied and passed the BACR exam, now known as the British Association of Coronary and Pulmonary Rehabilitation, which has to be validated every three years. There are now three dedicated instructors led by Lyn who take the 14 classes held in Newport, Ryde, Sandown and Freshwater - Lyn taking 12 of these! Their aim is to encourage, support and through exercise improve the fitness of the club members, now more than 300, whose ages range from the mid-forties to ninety. A referral from a doctor is required to become a member.

There is a continuing need for fund raising and over the years two Rowathons have been held at the Fitness Factory, a cycle ride around the Island and back (on the same day!) by Gary Smith, Lyn's husband, and most recently Steve Milton did a sponsored Sky Dive from Sandown Airport. Local Community groups have also supported the Club with generous donations. Though its Social Committee, the Club organises coach trips, Christmas lunches and fund raising events.

A Heart Support group, the first to be set up in the UK, was established in 2003 which enabled Club members to be trained by the NHS to give support and encouragement to heart attack patients and their families. This group remains active as mentors, called upon by the Coronary Care Unit to offer advice to those still in hospital.

The Isle of Wight Heart Care Club is a vibrant, caring and essential organisation for those on the Island requiring coronary and pulmonary rehabilitation. It is a place where friendships are made and mutual support provided.

Lyn's continuing dedication, enthusiasm, energy, and caring for the Club's members, suggests she will be there for the next quarter of a century!

**For further information, contact Barbara Brown,
IW Heart Care Club Press Officer at Barbara.42@me.com**

Website: www.islandheartcareclub.org.uk/

COOKING WITH VEGETABLE OILS RELEASES TOXIC CANCER-CAUSING CHEMICALS, SAY EXPERTS

Scientists warn against the dangers of frying food in sunflower oil and corn oil over claims they release toxic chemicals linked to cancer.

Cooking with vegetable oils releases toxic chemicals linked to cancer and other diseases, according to leading scientists, who are now recommending food be fried in olive oil, coconut oil, butter or even lard.

The results of a series of experiments threaten to turn on its head official advice that oils rich in polyunsaturated fats – such as corn oil and sunflower oil – are better for the health than the saturated fats in animal products.

Scientists found that heating up vegetable oils led to the release of high concentrations of chemicals called aldehydes, which have been linked to illnesses including cancer, heart disease and dementia.

Martin Grootveld, a professor of bioanalytical chemistry and chemical pathology, said that his research showed “a typical meal of fish and chips”, fried in vegetable oil, contained as much as 100 to 200 times more toxic aldehydes than the safe daily limit set by the World Health Organisation.

In contrast, heating up butter, olive oil and lard in tests produced much lower levels of aldehydes. Coconut oil produced the lowest levels of the harmful chemicals.

Concerns over toxic chemicals in heated oils are backed up by separate research from a University of Oxford professor, who claims that the fatty acids in vegetable oils are contributing to other health problems.

Professor John Stein, Oxford’s emeritus professor of neuroscience, said that partly as a result of corn and sunflower oils, “the human brain is changing in a way that is as serious as climate change threatens to be”

- Just one steak a week ‘can increase risk of bowel cancer’
- Mothers ‘reduce risk of ovarian cancer with every child’
- The 116 things that can give you cancer
- The oil guide: which to use for frying, drizzling and roasting

Because vegetable oils are rich in omega 6 acids, they are contributing to a reduction in critical omega 3 fatty acids in the brain by replacing them, he believes.

“If you eat too much corn oil or sunflower oil, the brain is absorbing too much omega 6, and that effectively forces out omega 3,” said Prof Stein. “I believe the lack of omega 3 is a powerful contributory factor to such problems as increasing mental health issues and other problems such as dyslexia.”

He said sunflower oil and corn oil were now banished from his own kitchen, replaced by olive oil and butter.

NHS advice is to replace “foods high in saturated fat with lower-fat versions” and warns against frying food in butter or lard, recommending instead corn oil, sunflower oil and rapeseed oil. Saturated fats raise cholesterol levels, increasing the risk of heart disease.

But Prof Grootveld, of De Montfort University in Leicester, who carried out a series of experiments, said: “For decades, the authorities have been warning us how bad butter and lard was. But we have found butter is very, very good for frying purposes and so is lard.

“People have been telling us how healthy polyunsaturates are in corn oil and sunflower oil. But when you start messing around with them, subjecting them to high amounts of energy in the frying pan or the oven, they undergo a complex series of chemical reactions which results in the accumulation of large amounts of toxic compounds.”

The findings are contained in research papers. Prof Grootveld’s team measured levels of “aldehydic lipid oxidation products” (LOPs), produced when oils were heated to varying temperatures. The tests suggested coconut oil produces the lowest levels of aldehydes, and three times more aldehydes were produced when heating corn oil and sunflower oil than butter.

The team concluded in one paper last year: “The most obvious solution to the generation of LOPs in culinary oils during frying is to avoid consuming foods fried in PUFA [polyunsaturated fatty acid]-rich oils as much as possible.”

Prof Grootveld said: “This major problem has received scant or limited attention from the food industry and health researchers.” Evidence of high levels of toxicity from heating oils has been available for many years, he said.

Health concerns linked to the toxic by-products include heart disease; cancer; “malformations” during pregnancy; inflammation; risk of ulcers and a rise in blood pressure.

He said the oils when “completely pure [and] authentic ... offer no threats to human health” but that “LOPs arising from the frequent and common use of polyunsaturated fats” for frying “certainly do so”.

Public Health England says saturated fats, including butter and coconut oil “can be eaten occasionally in small amounts as part of a healthy balanced diet”.

Taken from the Daily Telegraph November 2015

TREATING LEG CRAMPS

If the cause of your leg cramps is known, it may be possible to treat the underlying cause.

For example, secondary leg cramps that are related to liver disease are caused by high levels of toxins in the blood which trigger muscles spasms. Therefore, muscle relaxants can be used to help prevent your muscles from going into spasm.

If the cause of your leg cramps is unknown (primary idiopathic leg cramps), a combination of exercise and painkilling medication is usually recommended.

Exercises

Most cases of leg cramps can be treated with exercises. There are two types of exercise that you can do:

- during an episode of cramping to relieve the pain and stop the cramping
- exercises you do during the day to reduce how often you get leg cramps

The two types of exercises are explained below.

Exercises during cramps

During an episode of leg cramp, stretch and massage the affected muscle.

For example, if the cramp is in your calf muscle:

Straighten your leg and lift your foot upwards, bending it at the ankle so that your toes point towards your shin.

Walk around on your heels for a few minutes.

Exercises to prevent cramps

To reduce your risk of getting leg cramps in the future, you should do exercises to stretch the affected muscles three times a day.

For example, if your calf muscles are affected by cramps, the following exercise should be beneficial: stand about a metre away from a wall

Lean forward with your arms outstretched to touch the wall while keeping the soles of your feet flat on the floor hold this position for five seconds before releasing repeat the exercise for five minutes

For the best results, you should repeat this exercise three times a day, including one session just before you go to bed.

If you find these exercises useful you can carry on doing them for as long as you are able to.



Painkillers

If you have leg pain that persists after an episode of cramping, an over-the-counter painkiller, such as paracetamol or ibuprofen may help reduce the pain.

Quinine

Quinine was originally designed as a medication to treat malaria. Subsequent research has found that it can also be moderately effective in reducing the frequency of leg cramps. However, there is a small chance that quinine may cause unpleasant side effects including:

- tinnitus (ringing in your ears)
- impaired hearing
- headache
- nausea (feeling sick)
- disturbed vision
- confusion
- hot flushes

Thrombocytopenia is a rarer but more serious complication of quinine. It occurs when the number of platelets in your blood falls to a dangerously low level. Platelets help the blood to clot which means people with thrombocytopenia are at increased risk of excessive bleeding such as:

- nosebleeds
- bleeding gums
- bleeding inside the eye
- bleeding inside the skull or digestive system (both of which can be fatal)

There have been a number of reported cases of people dying from thrombocytopenia after taking quinine to prevent leg cramps.

Never take more than your recommended dose of quinine. An overdose of quinine can result in permanent blindness and death.

Due to these small but potential risks, your GP will only prescribe quinine if there is evidence that the potential benefit of treatment outweighs the risks.

It is recommended that quinine is only prescribed when:

- you have tried the exercise techniques discussed above and they haven't helped prevent your leg cramps
- you have frequent leg cramps which affect your quality of life

In these circumstances, you may be prescribed a four-week course of quinine. After this time, if you have not gained any benefit, the treatment will be withdrawn.

If you experience any of the side effects listed above, stop taking quinine immediately and contact your GP.



MEMORIES FROM OVER THE YEARS.

Christmas Draw Prize List 2015

Prize No.	Ticket No.	Prize	Winner	Donated By
1st	3307	£500 Cheque	Bud Lewis	Heart Care Club
2nd	3176	£200 Cheque	Louise Kirkwood	Heart Care Club
3rd	3441	£50 Cheque	Margaret Montrose	Heart Care Club
1	2625	Hamper	Andrew Marshall	Pat & Joy
2	1946	Chocolates & Nivea Bag	K Townsend	Tesco
3	1670	Red & White Wine	Marge Hodge	Club Member
4	947	Oven Gloves & Address Book	M L Ayres	Club Member
5	2720	Meat Voucher	I Middleton	Hamilton's
6	2995	Fruit Basket	Paul Shillin	John & Stella Page
7	725	Prosecco	Mike Dore	Morrison's (Lake)
8	3361	Photo Album	Mr Peters	Club Member
9	1029	Irish Cream	Jean Carver	Club Member
10	2191	Two Photo Frames	David Wright	Club Member
11	-	Croft Original Sherry	Mrs B Bird	David Lankshear
12	3150	Candle	K Curling	Club Member
13	53	Notelets	Jim Coulter	Club Member
14	723	China Mug Set	Mike Dore	Stella Page
15	-	M & S Voucher	Brading	Barbara Brown
16	417	Christmas Panettone	George Nash	Bookers
17	1175	Christmas Panettone	P Cramp	Bookers
18	3226	Christmas Panettone	Arnie	Bookers

**PLEASE DON'T FORGET THE 25TH ANNIVERSARY CELEBRATIONS
ST GEORGES PARK - NEWPORT - SUNDAY 7TH FEBRUARY
STARTING AT 12.00 NOON**



QUIZ ANSWERS FROM THE BACK PAGE

- 1 Mars
- 2 One – to his brother
- 3 Unicorn
- 4 Paris Hilton
- 5 Elephant
- 6 Pele
- 7 Golden Balls
- 8 Spike Milligan
- 9 Lindi St. Claire
- 10 Moon

TEN QUESTIONS AND TEN ANSWERS

- 1 Where would you find the 25 kilometre high 'Olympus Mons'?
- 2 How Many paintings did Vincent Van Gogh sell in his lifetime?
- 3 What animal is the national symbol of Scotland?
- 4 In 2004, who released her book 'Confessions of an Heiress' ?
- 5 What animal can run the fastest: an Elephant, squirrel or a mouse?
- 6 Which famous footballer once advertised Viagra on television?
- 7 What name links David Beckham and a village in Oxfordshire?
- 8 'I told you I was ill' are the words carved into whose gravestone?
- 9 Who was once known in the tabloid press as 'Miss Whiplash'?
- 10 What was Buzz Aldrin's mother's maiden name?

Answers inside

Steve Hancock

YOUR OFFICERS & COMMITTEE

Effective July 2015

President

Richard Knowles

EXECUTIVE COMMITTEE

Chairman

Harry Lawrence

Treasurer

David Lankshear
treasurer.iowhcc@hotmail.co.uk

Honorary Secretary

Janet Weston
janetw50@talktalk.net

Members

Lyn Smith	296091
Gary Smith	
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Social Committee

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David Lankshear

Joy Caws

Colin Chum

Pat Hough

Brian Humphrey

Stella Page

John Urry

Pat Urry

Dick Walters

The next issue of Ticker Tape is due out on 25th April 2016. The latest date for copy to be included in this issue is 2nd April 2016. Copy can be hand written, typed, preferably on disk, or emailed in Microsoft Word/Works to Gary Smith.

Email: garysmith250@me.com

Please put Ticker Tape in the subject line

Or given to Lyn at any of the classes.

Health Questions

Answered by NHS 111 or your Coronary Care Unit

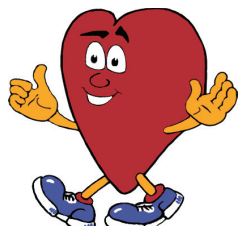
If you are at all worried by an ache or pain which you do not understand – professional help is at hand, just telephone:



When it's less urgent than 999

OR

Coronary Care Unit
At St Mary's Hospital
524081 (ask for CCU)



ISLE OF WIGHT HEART CARE MENTORS
"Here to help you"
Heart Care Mentors Family and Patient Helpline
07531 779 337
Isle of Wight NHS Trust

'They will take the worry away'

Isle of Wight 
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