

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. 68



COMING EVENTS

October 2016 – Onwards

Race Night

Wootton Community Centre

Saturday 22nd October

Door Open 7.00pm

American Supper

Coach Trip

Winchester Christmas Market

Saturday 26th November

£20.00 per person

9.00 am Ferry Red Funnel East Cowes

Pick up times

to be confirmed

Christmas Lunch

Channel View Hotel

Shanklin

Friday 9th December

12.00 for 12.30

Tickets on Sale in October

VIEW FROM THE CHAIR

Welcome to the October issue of ticker tape, it's that time of year when we start preparing the garden for the winter, so much to do.

I cleared out the greenhouse and was surprised how much algae was present it took all afternoon.

Now that the Variety show has gone, which was a good lively evening enjoyed by all, I can only thank all the acts for their time in supporting the Heart Care Club (thank you).

A big thank you to the social committee for their help in doing the raffle I would like also to thank all the members who did turn up for the show, these events are put on to raise money to help the cost of Ticker Tape and equipment that might be needed from time to time.

I was a little concerned at the number of HCC members that did not turn up, all the events that the Social Committee who work hard on your behalf put on during the year need your support also.

We now look forward to the Christmas dinner, so please get your menus back ASAP. (hope to see you all there).

Harry Lawrence (Chairman HCC)

2016 AN EVENING OF SONG AND DANCE

The I O W Heart Care Club put on another evening of entertainment at the Riverside Centre Newport on Friday 30th September.

The show was a big success, with acts being Introduced by the Master of Cermonies Mr. Jim Hanson who I thank for his time and professional way he took on the job. Jim is a member of the Thursday class at the Ftness Factory.



With the help of Len Gibbins, we managed to fill the programme with acts from around the Island. Dance VibeZ who opened the show are based in Sandown, they put on a lively start.

Dick Walters played a number of French tunes on his accordion followed by Enid Aylward singing French songs, once again both members of the Heart Care Club.



Anna Parkinson a 12 year old who has a big future, singing in the Adele style was well received.



Jennifer and Jean followed, Jean is married to Colin Chum a HCC member from Ryde, Jennifer is the daughter who dressed as an Abba girl and sang 4 ABBA songs, it was great to hear the audience joining in.

During the interval Gary Cramp another HCC

member played the Guitar, it made the interlude go smoothly.

The 2nd half started with the Bunker girls singing old time favourites which we could join in with too.

Allan Cass another HCC member sang 3 songs ending with Nessun Dorma every one gave him a well deserved applause. Allan was very nervous about performing, but he did a great job, a real star in the making.



After the raffle draw the show ended with the Bunker girls singing 1940s songs, followed on stage by Dance Vibes who with everybody sang "We'll meet again"

The guest of honour Mr Ray Allen presented each act with chocolates. The Co-Op Funeral Homes donated two lovely raffle prizes.

I thank all the helpers without whom the show could not run (thank you), a very good evening with a good cast, including a lot from our own Heart Care Club.



Well done all
Harry Lawrence.

NOTES FROM THE EDITOR

When I start writing my report for Ticker Tape, I usually have no idea what I am going to write about. So why change now, I am currently 59 years and 51/52nd. years old. So in one weeks time I will have reached the grand old age of 60.

As most of you know, Lyn is taking me away for a few days to celebrate. I think she is quite pleased that I have reached that landmark. Looking forward I have started to see what life will throw out me now. Below is a list of the benefits of turning 60.

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run into a burning building.
4. People call at 9 PM and ask, 'Did I wake you?'
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat dinner at 4 P.M.
9. You can live without sex but not without glasses.
10. You enjoy hearing about other peoples operations.
11. You get into heated arguments about pension plans.
12. You have a party and the neighbours don't even realise it.
13. You no longer think of speed limits as a challenge.
14. You quit trying to hold your stomach in, no matter who walks into the room.
15. You sing along with elevator music.
16. Your eyes won't get much worse.
17. Your investment in health insurance is finally beginning to pay off.
18. Your joints are more accurate meteorologists than the national weather service.
19. Your secrets are safe with your friends because they can't remember them either.
20. Your supply of brain cells is finally down to manageable size.

So there you go, life begins at 60. With free prescriptions and eye tests as well. I am looking forward to my sixties having more time to do all the things I have been putting off. For the past 35 years I have had my own business,

continued

employing up to 14 staff at anyone time, is stressful and rewarding. The plan is to ease out and hand over the running of the business to two members of staff.

I hope to be able to spend more time with Lyn, filling in at her classes, becoming a whistleblower, when needed. As I'm sure you are all well aware, running the Heart Care Club is nearly a full time occupation. From the Chairman to the Treasurer and all the executive committee members, the Social committee as well, they are always looking at ways to make sure the club runs smoothly. But as you all know the classes are the most important part of the club.

The dedication of all the instructors to ensure that all the members have the right experience when exercising is paramount. The training they have to do, keeping up with the advances in cardiac rehab is an on going part of the job.



Inside this issue you will find Grand Draw Christmas Raffle Tickets and the Christmas Lunch Booking forms. Please can you make sure that you get your tickets sold and booking forms backj as soon as possible, spaced are limited for the lunch, so the first to book will ensure your place.



Update on the Variety Show, we took £170.00 on the raffle, and sold 112 programmes at £6.00 each. We hope to of raised around £600.00 for clubs funds once all of the expenses have been taken out.

So another year almost over, the Club is still running along nicely, but what will the future

hold. Things will change, prices have raised for class fees, the Social Committee are still putting on events. There will be another Row-a-thon in the new year.

Please support your Club, you need it, the Club needs you. Looking forward to see you all at the Cristams Lunch at the Channel View Hotel in Shanklin.

Gary Smith
Editor

RACE NIGHT

Just under thirty club members and friends enjoyed an entertaining evening backing the horses at the Wootton Community Centre on Saturday 22nd October.

In the absence of Gary Smith, who was away celebrating his 60th birthday, I ran the tote assisted by Colin Chum, Brian Humphrey and a downloaded app.

Stella Page, helped by my wife Maureen, set out the food generously brought in by the punters; and enjoyed during the break after the fourth race.



Pat Hough and Joy Caws manned the door selling the race cards that were donated by Wight Business Services (WBS) thank you Gary.

Stuart Bunyan manfully operated the lights putting us in the dark during each of the nine races.

Race nine was auctioned by the organiser, Keith Lane, and raised £44.25 half of which went to Wendy who owned the winning horse.

Many thanks to everyone who supported the event by either sponsoring a race, buying a horse or/and turning up at the night. A total of £335 was made, not bad for such a small turn out. Thanks again to you all.

David Lankshear
Chair of the Social Committee and Hon. Treasurer.

Sign over a Gynecologist's Office:

"Dr. Jones, at your cervix."

In a Podiatrist's office:

"Time wounds all heels."

On a Septic Tank Truck:

Yesterday's Meals on Wheels

At an Optometrist's Office:

"If you don't see what you're looking for, you've come to the right place."

On a Plumber's truck:

"We repair what your husband fixed."

On another Plumber's truck:

"Don't sleep with a drip. Call your plumber."

VOLUNTEERING

Most people who have been connected with the services (and many others) will recognise those words - heard with some dread in most cases! The "volunteers" as required by whoever was in charge at the time. But there is also the genuine volunteer.

When my wife died, several years ago now, I was in pretty dark, deep place (many others will know the feeling) and when my friend and class mate had a fatal heart attack a few months later, things were very low and depressing - to put it mildly, it was then that a very good friend said (in words of one syllable) what about Volunteering to help the 'friends of St Mary's' at the hospital - he was one of the Trustees at the time-, they are the ones who run the little cafe and shop in the main foyer at St Mary's.

It took a couple of months for this to sink into my thick head and eventually along I trot and have a very pleasant chat, agreeing to do two hours on Tuesdays to see how it went. I tried working in the cafe, then in the shop, also I went round the wards with the trolley service they run. Of these I decided the shop was my scene so that is where you will find me on Tuesdays and Fridays for about four hours at a time together with like - minded, mostly cheerful, volunteers which tends to boost people's feelings, especially if they are having a hard day.

Having got the "bug" - I also got involved with the museum at Carisbrooke Castle, meeting and greeting people as they enter the museum, which is a separate charity from English Heritage who run the Castle itself. This I do on Mondays and also Thursdays after the Heart Club. I also do extra 'backroom' tasks. It's amazing how much extra history you pick up this way (still learning!).

I'm sure that, along with the Heart Club, it is the activities that have prevented me from becoming lonely and isolated so I strongly recommend it is a way forward if you find yourself in a similar position. There are so many organisations/charities crying out for help, covering a wide variety of subjects so everybody should find one that suits them. Give it a try, if one is not for you, there's bound to be one that does . Start as I did at two hours a week and then go from there - good luck and don't over do it.

Stuart Bunyan



Volunteer!

HCC 'ANNUAL' CYCLE RIDE

Sunday 7th August was the date chosen for second Heart Care Club cycle ride from Cowes to Sandown via Newport and back. After an initial event in 2014, the ride was cancelled twice last year due to wet weather. However this year the conditions were perfect; dry and mild with just a light breeze. Again I was nominated to co-ordinate the event.

Five heart care members who regularly attend class at The Fitness Factory took part joining myself and 'Bob' an old friend of mine who took his bike out for the first time in four years, but at age 67 claims to keep fit by playing golf regularly and being married to a woman 22 years his junior!

Bob and I started from Cowes seafront, cycling up Egypt Hill and across town to the start of the cycle track on Arctic Road arriving just before 8.30am. We were met there by heart care member and regular cyclist John Urry from East Cowes. At this point Bob's bike was already requiring some attention to the gear selection mechanism. Fortunately John had a cyclist's multi-tool on board and was able to make the necessary adjustments.

After this short delay we cycled along the track to Newport, enjoying views of the River Medina along the way. On reaching the Riverway Industrial Estate we cycled to the Quay and followed the cycle route across Newport to Matalan, then along Connie's Way to Shide car park. Waiting there for us was

Adrian (Arnie) Knol and Mick (Biz) Burrows who had driven from West Wight and Niton respectively to start their ride from Newport. While they were getting their bikes out we were joined by Ian Lockwood from Newport and as it was his first time out on a bike this year decided to give himself a head start and meet up with us further along the track.

Arnie hadn't been on his bike this year either, his old racing bike had spent the last couple of years languishing in his hay barn and was full of rust, dust and straw. It was also stuck in middle gear and had almost no working brakes – even too much for John's multitool to sort out. However Arnie had at least pumped up the tyres and oiled the chain!



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We set off from Shide at 9.10am enjoying conversation and scenery along the way. At Merstone we caught up with Ian and were joined by Michel Hamoniaux from Arreton. We all then cycled at a steady pace to Sandown along the track to the exit at Perowne Way. From there we took the rather bumpy Sunshine Trail down to Jeals Lane, then along Avenue Road and Sandown High Street, down to the Pier arriving at 10.10am which was earlier than expected. So with a bit of time in hand we cycled along the revetment as far as Wight Waters in Lake then turned around and cycled back along the revetment and Sandown seafront to the Driftwood Café on Culver Parade where we stopped at 10.30 for some breakfast. I won't divulge which one of us had the full fried English breakfast but just for the record I had scrambled eggs on toast with salmon served with a cup of coffee which was most enjoyable.



Just after 11.30 we got back on our bikes for the return journey along Avenue Road, turning into Perowne Way. We decided not to try cycling up the rather challenging Sunshine Trail, instead staying on the tarmac of Perowne Way to re-join the cycle track to Arreton. We paused where the track crosses the main road to the south of Arreton. As it was beginning to get quite warm we decided to stop for a pint at the Dairyman's Daughter. So to avoid the main road we took a detour along a bridleway past fields of sweetcorn with the Arreton man, Michel, leading the way to his local.

At the Dairyman's John decided to head home to East Cowes while the rest of us enjoyed a pint in the sunny courtyard, after which Michel left us to go home for his Sunday lunch. The remaining five of us cycled along the main road to Merstone, here we re-joined the cycle track to Newport where it was decided another pit stop would be welcome. We chose the Wheatsheaf in St Thomas's Square so we could set outside and keep an eye on our bikes. Arnie's bike looked a bit cleaner by now with a lot of the straw previously tucked in the frame and spokes having fallen off en-route.

We all thought how well he had done with only one gear and coming so soon after his accident in his workshop which had required a journey by air ambulance to hospital with serious injury to his arm.

After a little liquid refreshment Arnie, Mick and Ian departed while Bob and myself cycled back along the track to Cowes. We all agreed that we had a most enjoyable half-day out and are all up for repeating the journey again next year.

If anyone with a bike and a moderate level of fitness wishes to join us then let me know and I'll put you on my contact list for next summer's ride.

Steve Milton
The Fitness Factory
Tel. 528149



WHERE ARE YOUR GLASSES

Yesterday my daughter e-mailed me again, asking why I didn't do something useful with my time. "Like sitting around the pool and drinking wine is not a good thing?" I asked. Talking about my "doing-something-useful" seems to be her favorite topic of conversation. She was "only thinking of me", she said and suggested that I go down to the Senior Centre and hang out with the guys. I did this and when I got home last night, I decided to play a prank on her.

I e-mailed her and told her that I had joined a Parachute Club. She replied, "Are you nuts? You are 78 years old and now you're going to start jumping out of airplanes?" I told her that I even got a Membership Card and e-mailed a copy to her. She immediately telephoned me and yelled, "Good grief, Mom, where are your glasses?! This is a Membership to a Prostitute Club, not a Parachute Club." "Oh man, I'm in trouble again," I said, "I really don't know what to do. I signed up for five jumps a week!!" The line went quiet and her friend picked up the phone and said that my daughter had fainted.

AN EVENING OF PÉTANQUE

Four members of my early Thursday morning class at the Fitness Factory compete in a Pétanque league and wondered if any other class members would like to come to a fun evening at their Brighstone base.

There was a good response so they set about organising it. They decided to lay on some food and booked a date, Thursday 22nd September. They kept their fingers crossed for decent weather!



They put a list up for volunteers and soon had enough to make it viable.

One of our other members, Gary James who attends the Monday morning class, plays for the Hurricanes and had very recently competed in the Nationals. They invited him too, the rest of us were a bit worried we'd look pretty useless if we

had to play against him!



Luckily the weather was perfect and as the evenings were drawing in we had a fairly early start.

Karen and Mike Pitman and John and Stella Page were the organisers and got there early to get the food and site ready. I had told them that Gary and I are

vegetarians in class that morning which meant more work for them!



We arrived a bit late as Gary and I were working, to find some members practising and others already involved in a game. We had tuition from the four members and really enjoyed ourselves.

I wasn't very good but had great time. Barb had an under-hand (forehand?) action which proved very effective and Sue soon got the hang of it too.

Nick and Myrtle were playing on the 'pitch' next to us with Brighstone members and looked

good too. When Derek Price turned up he had his own 'balls' and it turned out that, as a young man, he was second placed on the Island! A dark horse!

Gary James works in Shanklin so was last to arrive. My Gary was with Max, Derek and Gary James. My Gary thought he was doing well until the other Gary started playing! A different game altogether.

Unfortunately one or two members couldn't attend due to illness.

When it got dark we retired to the club. There was a bar, tea, coffee and a lovely spread of food. We soon demolished it! It was lovely to be sat around having a natter.

We'd all like to do it again so I believe it will be arranged again in the Spring. There's a suggestion that we could play a HCC team against other clubs in friendlies next year, not on a regular basis but now and again'. Maybe we could get Gary James to play for us!!

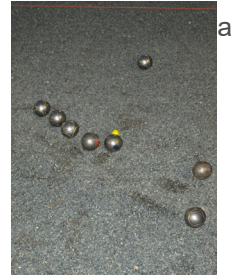
I'd certainly like to thank Karen, Mike, John and Stella for suggesting the evening and for their hard work during the evening.

If you fancy a go next year, just a practise or a game, please let me know. We, as you can see in the photos Gary took, had a lot of laughs and that's a very good tonic for us all.

Lyn Smith Petanque Reporter

After playing Petanque, I went home and read the rules and found this.

To win a game without the opposing team scoring any points; a shutout game. When a player loses 13 to 0, he is said to fanny ("il est fanny", he's fanny, or "il a fait fanny", he made fanny) and must kiss the bottom of a girl named Fanny. Virtually everywhere in Provence where pétanque is played, you will find a picture, woodcarving, or pottery figure of a bare-bottomed lass named Fanny. Often, the team that made "fanny" has to buy a round of drinks for the winning team ("Fanny paie à boire!", "the fanny pays for the drinks!").



UNIVERSITY CHALLENGE

For some time now, a small group from the Heart Care Club have been attending approximately a couple of times a year at Portsmouth University to help with paramedic training.

Our role has primarily been to be available for students to put into practice on 'real live patients' the procedures they have learnt during the course of their training.

We each have at some point experienced and benefitted from the skills of the Paramedic Service and want to make this small contribution to student training. After the students have completed this simulated exercise, there is opportunity for feedback from the patients' perspective which hopefully helps and encourages the students.

The University is now being assessed for the BN(Hons) Adult Nursing Programme.

In late September, Harry Lawrence and I attended the University to relate to the assessment panel our contribution to paramedic training to see if this would serve as a useful transferable model in the context of nursing training.

In the University's own words, this approach enables Service users and careers to be able to contribute breadth of experiences to student learning.

Whilst the core function and raison d'être of the Heart Care Club will always be cardiac rehabilitation and the promotion of supervised exercise and healthy lifestyles, it is a bonus if the ripples of what we do can have beneficial effect elsewhere.

Robin Brown

THE INCREASE IN CLASS FEES

As I'm sure you all know, we are having to increase fees to try to keep up with costs.

We increased the Fitness Factory fees on the 1st July this year and all other classes will increase on 1st November.

We've tried to keep the cost down as we don't want to deter anyone from coming to exercise but can't manage any longer.

Hopefully you all believe you get value for money!

Lyn



VOLUNTEERING AT ST MARY'S

As I had the misfortune of having a Heart Attack some 6 years ago, I wanted to thank the Hospital Staff, and others, for returning me to my family.

When I noticed an advert in an island circular for Volunteers at the Hospital, I thought this is an opportunity to help.

There are some 600 volunteers at St Mary's, working in all areas of the Hospital. I, as a Christian, work with the Chaplaincy team. We have 4 per team working every Sunday for approximately 1/2hrs and as the teams consist of 4 we all go in one Sunday a month.

All sections of the Hospital welcome you with open arms. It's such a pleasure to pick up a patient from the ward in a wheel chair and take them to the chapel for a short service. We then return them for their lunch.

I have been doing this for 3/4yrs now and love it.

There's FREE CAR PARKING 24/7. If you feel you would like to join us please contact the Human Resources Dept. of the hospital.

Sent in by Patrick Murray

who attends the Tuesday Heights class

DOCTORS DILEMMA

"You'll be fine," the doctor said after finishing the young woman's surgery.

But, she asked, "How long will it be before I am able to have a normal sex life again doctor?"

The surgeon seemed to pause and his face reddened as a small tear ran down his cheek from the corner of his eye.

The girl was alarmed.

"What's the matter doctor? I will be all right, won't I?"

He replied, "Yes, you'll be fine. It's just that no-one has ever asked me that after having their tonsils out."



GOOD FATS AND BAD FATS EXPLAINED

What is fat?

Fat is a rich source of energy; 1 gram provides 37 kJ (9 kcal). Fat is made up of building blocks called fatty acids and these are classified as saturated, monounsaturated or polyunsaturated depending on their chemical structure. Some of these are essential components of the diet but others can be detrimental to our health if too much is consumed.

All types of fat provide the same number of calories (9kcal/g) regardless of where they come from. This means that too much of any type of fat can encourage weight gain. Foods that contain a lot of fat provide a lot of energy and are called energy-dense foods. Consuming too many energy-dense foods can lead to excess energy intake. This energy will be stored as body fat and, over time, promote the development of obesity, which increases the risk of developing conditions such as heart disease, type 2 diabetes and cancer.

How much fat do we need each day?

The recommendations for maximum daily fat intake for adults in the UK (called Reference Intakes; formerly known as Guideline Daily Amounts) are shown below.

	Reference Intake	
	Males	Females
Total fat	95g	70g
Saturates	30g	20g

Are we eating too much fat?

The Department of Health recommends that fat intake should not exceed 35% of our total daily energy intake from food and saturated fat should not exceed 11% of total energy intake from food. As a population, our total fat intake is close to these recommendations, but the amount of saturated fat we consume is too high. Foods high in saturated fat, such as butter, fried foods, and some cakes, biscuits and pastries, should only be eaten in small amounts, as this type of fat can increase blood cholesterol levels.

As a guideline, men should consume no more than 30g of saturated fat a day and women no more than 20g.

People who are overweight or obese may also need to think about reducing their total fat, as well as saturated fat, intake to help them lose weight and avoid further weight gain.

We are not always aware of the amount of saturated fat that we are eating or how much particular foods contribute towards our daily intake.

What types of fat should we be cutting back on?

Saturated fats

Too much saturated fat can increase the amount of cholesterol in our blood, which increases the risk of heart disease and stroke. There are two types of cholesterol in the body: HDL (good) cholesterol and LDL (bad) cholesterol. 'Bad' cholesterol can build up in our blood vessels and cause them to narrow. This increases the risk of blood clots which can lead to heart attacks or strokes. 'Good' cholesterol retrieves the 'bad' cholesterol from the body and carries it to the liver so that too much doesn't build up in the bloodstream. High intakes of saturated fat increase the level of 'bad' cholesterol in our blood. Recent stories in the media have argued that saturated fat may not be strongly associated with blood cholesterol and heart disease. Several studies have shown a high saturated fat intake to be linked with high cholesterol, and studies have shown that replacing saturated fat with unsaturated fat in the diet reduces blood cholesterol and lowers the risk of heart disease and stroke.

What foods contain saturated fat?

All foods contain a mix of fats. But foods with a higher proportion of saturated fats include fatty meats, full-fat dairy products and some processed foods. Fats with a greater proportion of saturated fatty acids tend to be solid at room temperature (e.g. butter and lard) but some oils (e.g. palm and coconut oil) are also high in saturates.

Trans fats

Trans fats are found naturally in small amounts in meat and dairy products, but much larger amounts are produced in the production of partially hydrogenated vegetable oils. Trans fats produced in this way have been shown to have a more adverse effect on blood cholesterol levels than saturates. But concern about the health implications of consuming high intakes of trans fats has led to changes in manufacturing practices in recent years and good progress has been made to remove these fatty acids from our food chain. For example, fat spreads sold in the UK do not now contain partially hydrogenated vegetable oil. This has meant that average trans fatty acid intake in the UK diet is now well below the recommended limit and many foods are now free of trans fats.

What types of fat are healthier choices?

Unsaturated fats

All fats contain a mixture of saturated and unsaturated fatty acids but choosing foods which contain higher amounts of unsaturated fat, and less saturated fat, is preferable.



Unsaturated fats contain a higher proportion of unsaturated fatty acids and are usually liquid at room

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temperature. Monounsaturated and polyunsaturated fats help to maintain healthy cholesterol levels and are found in vegetable oils such as olive, rapeseed and sunflower oils, avocados, nuts and seeds. Polyunsaturated fats provide us with essential fatty acids like omega-3 which are important for health.

Omega 3 fatty acids

These are a group of polyunsaturated fatty acids. These are found in oily fish (e.g. mackerel, salmon and sardines) and in smaller amounts in sunflower oil, flax, linseed oil and walnuts. Omega 3 fatty acids are associated with good heart health as they can help to prevent blood clotting and regulate heart rhythm. They are also important during pregnancy and breastfeeding to support child development. In order to get the benefits from these fatty acids we should all aim to eat at least one portion of oily fish per week.

UNSATURATED FATS & OMEGA OILS	SATURATED OR TRANS FATS	Good sources include mackerel, salmon, pilchards, sardines, kippers, herring, trout, fresh crab, whitebait and swordfish.
Liquid at room temperature	Solid at room temperature	
Texture is usually oily	Freezes easily	
Usually found in plant products	Usually found in animal products and some tropical plants and oils.	<i>How can we increase our intake of healthier fats?</i>
WHY IT'S GOOD FOR US	WHY IT'S BAD FOR US	
It causes higher levels of HDL (high-density lipoprotein – “good”) cholesterol levels in the body.	Causes higher levels of LDL (low-density lipoprotein – “bad”) cholesterol levels in the body.	
MONO-UNSATURATED	SATURATED	We should all try to cut down on the amount of saturated fat that we consume and choose healthier foods containing unsaturated
Eat these often but in small amounts.	Reduce your intake.	
Mostly found in vegetables	Mostly found in animal products	
 <p>OLIVES AVOCADOS PEANUTS</p>	 <p>BEEF LAMB BUTTER</p>	

fatty acids instead, from foods like avocados, nuts and fish. These foods are typical of the Mediterranean diet, which is associated with good heart health and a lower risk of heart disease.

Vegetable oils such as rapeseed, olive, sunflower, soya, sesame oils, and spreads made from these oils are healthier alternatives to oils or fats rich in saturated fats (e.g. lard, butter, palm and coconut oil) as they contain a higher proportion of unsaturated fatty acids.

It's easy to make small changes to cut back on saturated fat. Here are some examples of simple swaps you can make to reduce the amount of saturated fat you consume:

<i>Swap</i>	<i>For</i>
Whole milk, cream and full fat cheese	Lower fat dairy products skimmed, semi-skimmed or 1% fat milk and reduced fat cheese
Fatty cuts of meat	Lean cuts with no visible fat
Roasted and fried foods	Grilled, steamed or baked foods
Butter, lard, ghee, or coconut oil	Oils rich in unsaturated and palm oils fatty acids such as olive, rapeseed or sunflower oils and spreads made with these.
Cakes, biscuits and pastries	A handful of unsalted nuts



Taken from the British Nutrition Foundation web site. www.nutrition.org.uk

THE HISTORY OF OUR HEART ATTACK RESEARCH

From the British Heart Foundation

We've been fighting heart disease for over 50 years. Since 1961 we've helped to fund some of the biggest breakthroughs in cardiac science.

What was it like to have a heart attack in 1961?

In 1961 300,000 people in the UK died of heart disease. Heart disease accounted for half of all the deaths in the UK and extremely little was known about it.

Dying of a heart attack was very common. Most people didn't survive if they had one out of hospital. If you did survive and made it to hospital, you would be given painkillers like morphine and kept in bed for six weeks but survival rates were low.

The causes of heart disease were poorly understood – people didn't know that heart attacks were caused by blood clots or that high cholesterol and blood pressure increased your risk of a heart attack.

1960s: Coronary care units

A patient in a bed in an early coronary care unit. The idea of a coronary care unit might not seem revolutionary – if you were admitted to hospital today, you'd expect to be placed on a specialist ward dedicated to your condition. But in the late fifties and early sixties, this was an unheard of concept.

Heart patients were scattered around a hospital on general wards. If a patient went into cardiac arrest, there was often a lengthy delay before the right staff and equipment could be brought to the scene. These delays cost lives.

Professor Desmond Julian at the Edinburgh Royal Infirmary had a better idea. Just a junior doctor in 1961, he sketched out a plan for a specialist coronary care unit. He wanted to keep all heart patients in the unit, monitor them continuously and have the right equipment – and the right staff – on standby for emergencies.

We helped set up the first coronary care unit, funding equipment and nurses.

In its first year the unit saved the lives of an extra 7 out of every 100 patients admitted compared to the old method. Soon hospitals around the world were following the example set by the man who in 1986 would become our Medical Director until 1993.

1970s: Clots cause heart attacks

If you suffer a heart attack you'll now be admitted to a coronary care unit. You may be resuscitated with a defibrillator, but for treatment you'll still only be given

painkillers and monitored for abnormal heart rhythms. Very few people believed blood clots in the arteries caused heart attacks. Without this knowledge heart attacks could not be treated effectively.

Before 1976, there were serious doubts about which came first, the clot or the heart attack. Clots were found in patients who had died after a heart attack but some doctors argued they had formed after death.

BHF Professor Michael Davies, undertook painstaking research on post-mortem hearts. In 1976 he published a groundbreaking paper demonstrating that blood clots caused heart attacks and not the other way round.

As a result of his work, researchers finally had a concrete cause of heart attacks to tackle. In time clot-busting drugs and procedures were developed, allowing doctors to treat – and prevent – heart attacks. It was a game-changing moment.

1980s: Clot-busting drugs and statins

In the early 1980s a study at Oxford University set out to determine whether survival after a heart attack could be improved by treatment with clot-busting drugs. Tablets in a doctor's hand

The International Study of Infarct Survival 2 Trial (or ISIS2 for short), led by BHF-funded researchers Peter Sleight and Rory Collins, involved giving some patients a clot-busting drug called streptokinase, along with aspirin. Other patients were given a placebo.

Worldwide, 417 hospitals took part, across 16 countries. The study found that clot-busting drugs cut deaths by nearly 40 per cent compared to no treatment.

Until this point there was some anxiety amongst doctors about the potential risks of using such drugs to dissolve clots, but this study revolutionised treatment for heart attacks. In 1987, a BHF survey showed that only 2 per cent of doctors prescribed clot-busting streptokinase, but by 1989, this had increased to 68 per cent.

Worldwide, the approach to heart attacks is to open up the blocked artery as quickly as possible, most commonly these days by primary angioplasty – a minimally invasive technique that uses a balloon to open up the blocked artery, or with clot busting drugs if this technique is not readily available.

Scientists had established that high cholesterol caused greater risk of a heart attack, but there was still some confusion as to whether a cholesterol lowering drug could help to prevent heart disease.

BHF Professor Stuart Cobbe set up the West of Scotland Coronary Prevention Study in 1989, in an area with high rates of heart disease. The study looked at people who hadn't had no evidence of heart disease but who did have

high cholesterol. It was the first trial to give statins to a large number of such people and the findings showed that statin treatment was a safe way of lowering cholesterol and preventing heart disease in a high risk group.

1990s: Statins become standard treatment

In the mid-1990s we helped fund another large study that would further show that lowering cholesterol with statins prevents heart attacks.

The Heart Protection Study launched in 1994, led by BHF Professor Sir Rory Collins. The researchers studied 20,000 people who either had, or were at high risk of developing heart disease, in 64 hospitals around the UK. They found that statin treatment, even in people whose cholesterol was not particularly high, reduced the risk of a future heart attack or stroke. Now people who were at risk of heart disease could be put on statins to lower their cholesterol, so fewer people had heart attacks.

Statins are now the most commonly prescribed drug given to those at risk of developing heart disease. It's estimated that they save around 7,000 lives in England each year alone. Even by the eve of the new millennium, people attending hospital with a minor heart attack or unstable angina were thought to have a good outlook.

But a large international research programme called the GRACE study, led by BHF Professor Keith Fox in 1999, revealed that many of these people were at risk of having a major heart attack later.

Professor Fox and his team created a scoring system to help doctors identify which patients would benefit from more intensive treatments and more interventions. Today, official guidelines for treating patients with chest pain in the UK, Europe and America include the GRACE scoring system, or similar, and it's saving lives across the globe.

2000s: Regenerative breakthroughs, but there's more to do

Researcher working at a lab bench. Largely thanks to BHF research, seven in ten people now survive a heart attack. This statistic was unthinkable just 50 years ago.

However, when someone survives a heart attack, their heart is often permanently damaged causing a disabling condition called heart failure. There is currently no cure for heart failure and in its severest form it has a life expectancy worse than many cancers.

In 2011 we launched our Mending Broken Hearts appeal, with the ambition of finding a cure for heart failure by funding pioneering research into regenerative medicine.

In four years we've made great progress. We've established three world leading centres of regenerative medicine and researchers from the University of Oxford have already shown mouse hearts contain stem cells that can be stimulated to help repair. This was considered impossible just a few years ago.

THREE MEN WERE HIKING THROUGH A FOREST

When they came upon a large raging, violent river.

Needing to get to the other side, the first man prayed:

'God, please give me the strength to cross the river.

Poof!!!

God gave him big arms and strong legs, and he was able to swim across in about 2 hours. Having almost drowned twice.

After witnessing that, the second man prayed:

'God, please give me strength and the tools to cross the river'

Poof!!!

God gave him a Rowboat and strong arms and strong legs... And he was able to Row across In about an hour after almost capsizing once

Seeing what happened to the first two men, the third man

Prayed: God, please give me the strength, the tools and the intelligence to cross the river'

Poof!!! HE WAS TURNED INTO A WOMAN!!!

She checked the Map, hiked one hundred yards upstream.

And walked across the bridge

Guys, if at first you don't succeed, do it the way your wife told you in the first place.

Quiz Answers from the back page

- 1 Tennessee
- 2 Blood
- 3 Polyandry (a woman with more than one husband - Polygamy refers to male or female)
- 4 Six
- 5 Passion-fruit
- 6 Coconut
- 7 Ho Chi Min
- 8 West Sussex
- 9 Dog (called Laika - no, sadly she never made it back..)
- 10 Chico (real name Leonard Marx)

THE QUIZ QUESTIONS FOR THIS ISSUE

- 1 Which US state is named on the label of a Jack Daniels bottle?
- 2 A phlebotomist extracts what from the human body?
- 3 What is the female equivalent of polygamy?
- 4 How many feet are there in a fathom?
- 5 Granadilla is another name for which fruit?
- 6 Nariyal is the Indian term for which nut?
- 7 Who was president of Vietnam from 1945-54?
- 8 In which county of the UK is Bramber Castle?
- 9 What type of animal was inside Sputnik 2 when launched into orbit in 1957?
- 10 Who was the eldest of the Marx Brothers?

Answers inside...

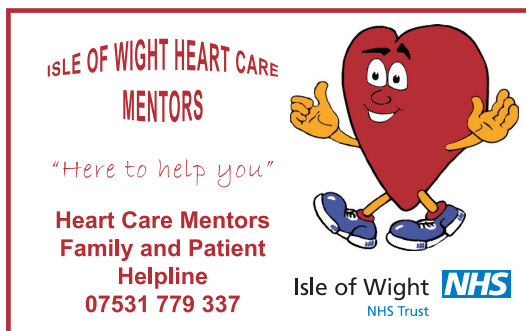
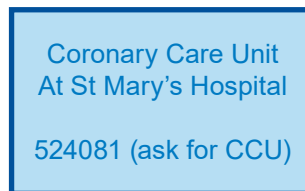
Health Questions

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:



OR



'They will take the worry away'



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The next issue of Ticker Tape is due out on 9th January 2017. The latest date for copy to be included in this issue is 2nd January 2017. 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