



Magazine Winter 2010

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Affiliated to the British Heart Foundation and
Arrhythmia Alliance - The Heart Rhythm Charity

POOLE HEART SUPPORT GROUP

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Magazines are published 1st March, 1st June, 1st September and 1st December.

Last date for articles to Editor is 10th day of month before publication.

Dates for your Diary — Meetings and Social Events – Please see page 27

Chairman's Letter

Let me wish you all a very Happy Christmas and all the best for a healthy 2011.

APOLOGIES

We had to cancel the Christmas Dinner on the day for which we are truly sorry, but we are sure you will realise that with the ice and snow it was for the best.

Fortunately, we are not too much out of pocket on this and we will be looking to rearrange the event in the Spring. When we have done this, we will offer you the chance to rebook or we will refund your money.

Keith Matthews
Chairman



From the Editors' Desk

Hearty Greetings from your Editors as we go live with the Winter Magazine. To those versed in English grammar who might be members of the AAA (Abolition of the Aberrant Apostrophe) that apostrophe in the header is not misplaced as this issue is edited by a small team this time. We are spreading the load and getting some experience in producing it. In this we are guided by our printer and typesetter Brian Halliwell. Brian has typeset our Magazine for 18 years and his experience is invaluable.

Do you have computer problems?

We can resolve your problems for you. Are you unsure what you are doing, do you need assistance, a helping hand or training? We can assist with home PC security, internet connection problems, advice and installation of Broadband, PC networks and supply and/or installation of secure wireless networks in your house. We undertake virus, spyware and ad-ware removal and can supply or install security programs to make your PC safe. Is your old PC slow, is it worth upgrading? We provide impartial advice and can perform upgrades or help with any new PC purchase and accessory quotes. We supply new PCs, install, configure your system and can transfer your existing data. Why not give us a call! Contact Efficiency Solutions — **Jeff on 01202 741881**

Cardiology News from Poole Hospital NHS Foundation Trust

Dear friends,

Well the summer is well and truly over and the winter and festive season stretches ahead for us all, together with the dark nights!

It has been a tough few months for us here at Poole as we have been redesigning services and reducing capacity to meet the changes in demand. I am pleased to say that it has presented to us in cardiology and general medicine some excellent opportunities to re-visit at the way we do things.

One of the jewels in our crown has been the large investment and increase in service of our medical investigations unit (MIU). This provides care for patients on an out-patient basis and prevents the need for overnight stays. We undertake diagnostic procedures such as biopsies and blood transfusions and intravenous drug therapy. As such patients attend as day cases and then return home at the end of treatment. Patient satisfaction results have been very high and it is seen as a gold standard service. Importantly for cardiology we can now see patients that previously would have required overnight stays, such as adjustment in diuretics, as potential day cases. With our consultant cardiologists referring patients and cardiac rehabilitation running their clinics from the MIU cardiology has a strong foothold in the department. The service is nurse led and all medical elective admissions present to the MIU now so if we have no bed available at the time of arrival treatment can commence with no delay, this reduces the need to cancel patients at times of bed crisis. To give you an idea of the increased number of patients we see, in January we were seeing 30 per week and last month 110! Sister Renshaw and her team have worked tirelessly to ensure the success of the service and we look forward to undertaking more work in the future.

In cardiology we continue to hit our targets and our waiting times for diagnostics remain favourable. The department is now open until 6pm 5 days per week to meet any additional demand.

We are also moving ahead with our, 'Back to the Future', project with the quality service group. We have identified our work streams and this will begin in earnest in January 2011. Everyone involved is very excited about this and I will keep you regularly updated as to its progress.

A new innovation in cardiology since my last article is the fact that our cardioversion service (this is for patients requiring defibrillation in a controlled environment for abnormal heart rhythms) has now become a nurse led service. Two of our nurse practitioners, Deputy Sisters, Anna Darling and Rebecca Addicott are now running this service taking over *continued p 33*



Heart News with Dr. Christopher Boos

Dear All

Heart failure (HF) refers to the inability of the heart to meet the demands of the body and can lead to a variety of associated symptoms, such as shortness of breath. The prevalence of HF is increasing due to an aging population and improved survival among patients with known HF related risk factors, such as those with high blood pressure or following a heart attack. There have been several major advances in the treatment and management of heart failure over the last 15 years. One often forgotten but very useful management tool is that of cardiac rehabilitation. At Poole we were one of the first hospitals in the country to introduce a specific and tailored cardiac rehabilitation programme for HF patients.

Cardiac rehabilitation has been shown to improve quality of life and functional capacity among patients with heart failure HF. However, there is limited data on its effect on symptoms of anxiety and depression which are often linked to HF. We recently undertook an observational study in which we sought to assess the impact of our structured cardiac rehabilitation (including exercise and education) programme on symptoms of anxiety and depression among patients with stable HF. The findings of this study were selected for presentation at the recent European Society of Cardiology Annual Heart failure Congress in Stockholm.

Seventy five patients with stable heart failure, on established treatment referred for cardiac rehabilitation at Poole hospital, were included in the study. Assessment of anxiety and depression symptom severity was undertaken using the standard Hospital Anxiety and Depression Scale. This involves a 14-item questionnaire with a total score of 0-21 for each of anxiety and depression. Functional Exercise Capacity was assessed using the Chester Step Test. Parameters were assessed at entry and completion of the 12 week standardized cardiac rehabilitation programme. The average patient age was 68 years and 85.7% were male. Cardiac rehabilitation (entry vs completion) was associated with a non-significant reduction in anxiety and a significant reduction in symptoms of depression with a significant increase in exercise tolerance following the programme. Hence in conclusion we have observed beneficial effects of cardiac rehabilitation on patient's mood and functional well being. Despite similar rates of HF in women amongst the age group studied women appear to be underrepresented.



Holiday travel tips and travel insurance

This article is taken from the BHF web-site. BHF do not recommend the insurance companies in the list, which has been compiled from feedback received from heart patients. For the complete list of travel insurance companies, see the BHF web-site.

Able2Travel 08707506711	Single Trip (max 45 days) Age limit 79 years. Annual Multi Trip (max 31 days any one trip) Age limit 69 years.
AllClear Travel Insurance 08712 088 579	Single Trip No Age limit. Severe conditions covered. Annual policies Age limit 70 years.
Bradford & Bingley 0800 169 4078	Age limit 80 years. Medical screening.
Brunsdon Insurance 01452 623623	Age limit 80 years. No patients on waiting list.
Bupa Travel Cover 0800 0010 22	Age limit 79 years. Medical screening. Will only accept within 3 months of travel date.
Direct Travel 0190 381 2345	Single policies up to 75 years. Annual policies up to 65 years.
Flexicover Direct 0870 990 9292	Age limit 80 years. Medical screening.
Freedom Insurance Services 0870 774 3760	For people with pre-existing conditions. Age limit 85 years. Mostly Medical screening. Will only accept within 6 months of travel date.
Getmy.com Travel 0845 0262441	Single policies Age limit 85 years. Annual policies Age limit 79 years.
Global Travel Insurance 01903 203933	Covers pre-existing conditions. Single Trip Age limit 90 years. Multi Trip Age limit 75 years.
Holiday Services 01623 407321	No upper age limit for Single Trip, will be based on individual circumstances and health. Annual policies Age limit 69 years. Pre-existing conditions considered.
Insuremore Travel Insurance 0870 054 0162	Age limit 65 years. Excess varies. Patients must be stable for 12 months and not on waiting list. Medical screening.

A report for the Escoffier Lunch – Friday 22nd October

The day dawned, beautiful sunshine, blue skies overhead, but a wee bit chilly for a picnic. By mid-day PHSG members and friends started to gather in the dining room of the Escoffier catering school of Bournemouth and Poole College at the Lansdowne. The organiser was able to start feeling a little more relaxed but had he been able to get the message to all the guests?

Two days before the manager of the Escoffier Restaurant, Bradley Newell, had realised that the PHSG organiser had advised the guests that the meal would start at 12:30 am, whereas for strategic reasons these lunches normally start at 12:15. So the organiser had spent a little time phoning, recording answerphone messages, and emailing the listed guests to ask them to be at the Escoffier in time for a 12:15 start. And bless their cotton socks they all appeared in time!

One slight confusion was obvious – the organiser had assumed long rectangular tables as at the lunch in the previous February – but this time the tables were round so the seating plan looked a bit strange!

Fortunately the team of trainee waiters soon cottoned on and that was sorted out. So the hubbub of chat gradually grew and without too much ado the food started to arrive at the six round tables. And what lovely food it was – beautifully presented and wholesome to eat as well. There appeared to be some confusion among the trainee staff initially, yet any table that suffered initial delays found that the food was worth waiting for. So 3 courses later the coffee was being poured and there were satisfied smiles on the faces of most of the people who had indulged.

54 guests had enjoyed a splendid meal and were about to wend their happy way homeward. (The guest list got up to 59 out of 60 maximum but sadly some people were not well for the day – it is hoped that all recovered subsequently). Bills were settled for drinks taken at table and the organiser counted the monies paid in and settled the restaurant bill – not a halfpenny short! A few words of thanks to staff and trainees for their efforts and people made their way home.

If the rest of the guests were like the organiser they went home for a nice peaceful snooze.

All in all it was *a lovely way to spend* an autumn lunch time – cue for a song?

Reported by the organiser – Gary Lee

PS We could try to do it again in March/April next year

Report for the October Talk —“Safety in the Home”– 21st October

– given by Andy Stirling, Dorset East Community Safety Officer.

On a pleasant Autumn evening 24 members gathered at the Postgraduate Centre to hear about the risks that are apparent of fire in people’s homes and what measures can be taken to avoid becoming a victim of such an appalling event.

Andy explained that he has been in the Dorset fire Service for the past 18years, is married and has a son of 25, and lives in the Winterborne valley area. Several years ago he was advised to withdraw from the front line fire fighting team as he had incurred a back problem and was asked to head up the “Community Safety Team” in East Dorset. So now for his day job he is based at the old fire station in Hamworthy, but in his spare time he is a retained fire officer in Bere Regis. From his enthusiasm one can tell that he loves his job!

The Community Safety Team came about because in 2007 Dorset had the worst record for lives lost and fires in general than any other county in the UK. So Andy was with us as a result of the Greenstreet-Burman report which recommended that all areas of the fire service should have a team which gets out and about to advise the general public in a pro-active way. Andy talked of the various things which cause fires in homes and showed a 3 minute demonstration film which covered the rapidity in which an unattended fire can go from a smoking object to a devastating fire in a home – frightening to say the least! Then he talked of the things that people can do for themselves to both safeguard themselves from, and dealing with a fire in the home; that is being aware of the hazards and having a clear plan of what one would do in the event of a fire. He also mentioned one or two of his own experiences and in particular one “shout” which involved the death of the occupants of a house.

The talk ended with Andy issuing leaflets and letting people sign up to a free house inspection by the local fire service which will identify problems and offer advice in terms of fitting of FREE smoke alarms and escape plans etc. A very informative evening for all in attendance

Your reporter – Gary Lee

PS: copies of the leaflet are available and also application forms for a free house inspection

– Gary Lee 01202 722814

It is possible that this talk will be given again for PHSG members – possibly at a daytime event

SEVEN

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MICROWAVING WATER!

A 26-year old man decided to have a cup of coffee. He took a cup of water and put it in the microwave to heat it up (something that he had done numerous times before). I am not sure how long he set the timer for, but he wanted to bring the water to a boil. When the timer shut the oven off, he removed the cup from the oven. As he looked into the cup, he noted that the Water was not boiling, but suddenly the water in the cup 'blew up' into his face. The cup remained intact until he threw it out of his hand, but all the water had flown out into his face due to the build-up of energy. His whole face is blistered and he has 1st and 2nd degree burns to his face which may leave scarring.

He also may have lost partial sight in his left eye. While at the hospital, the doctor who was attending to him stated that this is a fairly common occurrence and water (alone) should never be heated in a microwave oven. If water is heated in this manner, something should be placed in the cup to diffuse the energy such as a wooden stir stick or a tea bag, but nothing metal of course.

The Manufacturer's Response:

Thanks for contacting us, I will be happy to assist you. The e-mail that you received is correct. Microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all. The superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

To prevent this from happening and causing injury, do not heat any liquid for more than two minutes per cup. After heating, let the cup stand in the microwave for thirty seconds before moving it or adding anything into it. Here is what our local science teacher had to say on the matter. It is caused by a phenomenon known as super heating. It can occur anytime particularly if the water is heated gently as by microwaves and will particularly occur if the water is clean, filtered, and the cup is new and scrupulously clean.

What happens is that there is nothing for the vapour bubbles to form on and the water heats up past boiling point. What then usually happens is that the liquid is bumped or jarred, which is just enough of a shock to cause the bubbles to rapidly form and expel the hot liquid.

PHSG's own scientist confirms the truth of this. Do take care, particularly with the new microwaves which don't have a revolving table.

23rd December - "Christmas Fun and Games"

All members, whether regular exercisers or not, are invited to our Christmas Fun and Games, at Canford School Sports Hall. Refreshments at lunchtime will follow the fun and games and soft drinks will be provided. Members are asked to provide sausage rolls, mince pies, etc. Enquiries to Robin - 01202 884250

The Practice Development Unit (PDU) Quality Service Group

PHSG has a voice on the group representing Heart Support Group members. This exciting group, under the very capable chairmanship of Geoffrey Walker OBE, Matron Cardiology and Medicine, really gets things done! Positive changes are made to hospital procedures, as a result of patient feedback given to PHSG patient representatives. All PHSG members can feed back information to Poole Hospital in complete confidence about their treatment. So if you want to say anything good or bad about your experience in Poole Cardiac Unit, or its related departments, please forward your comments. You can comment by e-mail, letter, telephone, or via the web-site. All information will be treated in confidence. Looking forward to hearing from you.

Alan Bristow e-mail alan@poolehsg.org.uk.

Jim Waine e-mail jim@poolehsg.org.uk.



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8 TOP TIPS TO KEEP YOUR HEART HEALTHY AND PROLONG YOUR LIFE

1. Work your heart. 20 to 30 minutes of walking, swimming or other exercise three times a week reduces the risk of a coronary by 50%.
2. People who live in a state of stress - particularly over their work - are at greater risk of heart problems. Reduce the effect by learning to practise slow breathing which slows down your heart.
3. Stop smoking.
4. Research shows that the Mediterranean diet is still the best for your heart. Lots of fruit and vegetables, olive oil for cooking, plenty of fish and a little bit of wine.
5. Have good dental health. Bad teeth can allow bad bacteria into the blood, causing obstructions in the arteries.
6. Sleep. Lack of sleep can have a direct impact on your increased risk of heart attack.
7. Get enough vitamin D as a deficiency can double your risk of problems. Spend at least ten minutes in the sun each day and consider a supplement if you smoke, don't get much sun or don't eat a good diet.



ASTHMA

The term Asthma is used to describe a chronic inflammatory disorder of the airways. This inflammation increases airway responsiveness and leads to recurrent episodes of wheezing, breathlessness, chest tightness & coughing. The UK has one of the highest asthma rates in the world; about 5.4 million currently receive treatment for this debilitating condition and approximately 1 million are children - asthma commonly develops in infancy and childhood. In many cases, an external trigger may be identifiable but for some, no causative agent can be found. Additionally, the asthma may be allergic, non-allergic or occupational in nature. Most often, it is allergic in nature and in response to an allergen such as house dust mite, fur, feathers, pollen etc. On 1st exposure to the allergen, the body becomes sensitised and responds by releasing chemicals which cause the shortness of breath, bronchospasm and wheeze associated with asthma. Diagnosis includes medical history, examination and lung function tests. A variety of treatments are available and these aim to minimise or eliminate the recurrence of symptoms and maximise lung potential. Treatment involves a stepwise approach and usually starts with a short acting drug (Reliever) to help combat the chest tightening e.g. salbutamol. Other drugs such as steroids (Preventer) e.g. beclomethasone, budesonide, fluticasone or longer acting relievers e.g. salmeterol, formoterol are added as symptoms require. In most cases, these are in the form of inhalers and patients will be shown how to use these properly. Good inhaler technique is essential if control is to be achieved. Patients need to be encouraged to adhere to the medication especially if a preventative medication is to be used each day. Other medicines may be added if symptoms do not improve or worsen such as montelukast or aminophylline. Treatment should be reviewed every 3 -6 months to ensure it is effective. Signs of well controlled asthma include: No daytime symptoms; No night time waking due to asthma; No need for rescue medication; No exacerbations; No limitations on activity including exercise. For most patients, a Personalised Treatment Plan is devised which individualises their treatment and makes them more likely to adhere to their prescribed regimen. Patients are also encouraged to monitor their lung function using a Peak Flow meter which measures the peak expiratory flow. This can give an early warning to deterioration in the condition. As well as appropriate prescribing and adherence to medication, it helps to identify and avoid trigger factors (if present). Patient education to help prevent further attacks is essential. Whether in hospital or community, pharmacists can help contribute to asthma management and can help with aspects such as which is medication is for relieving the symptoms and which is to prevent symptoms, inhaler technique, using a peak flow meter or reassuring patients.

"ASK YOUR PHARMACIST, YOU'LL BE TAKING GOOD ADVICE"

Linda Porter

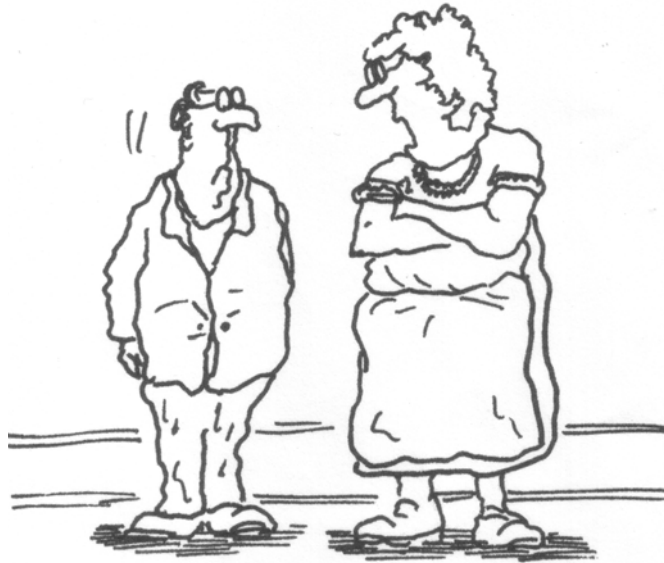
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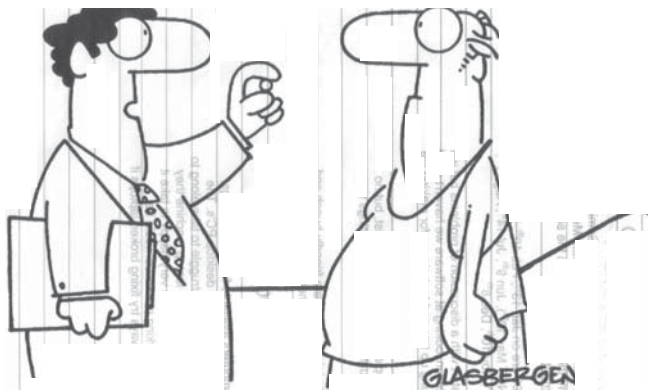
RECIPE FOR THE PERFECT MARRIAGE

1. Two times a week we go to a nice restaurant, have a little beverage, good food and companionship. She goes on Tuesdays; I go on Fridays.
2. We also sleep in separate beds. Hers is in California, and mine is in Texas.
3. I take my wife everywhere.... but she keeps finding her way back.
4. I asked my wife where she wanted to go for our anniversary. "Somewhere I haven't been in a long time!" she said. So I suggested the kitchen.
5. We always hold hands. If I let go, she shops.
6. She has an electric blender, electric toaster and electric bread maker. She said "There are too many gadgets, and no place to sit down!" So I bought her an electric chair.
7. My wife told me the car wasn't running well because there was water in the carburetor. I asked where the car was. She told me, "in the lake."
8. She got a mud pack, and looked great for two days. Then the mud fell off.
9. She ran after the garbage truck, yelling, "Am I too late for the garbage?" The driver said, "No, jump in!"
10. Remember: Marriage is the number one cause of divorce.
11. I married Miss Right. I just didn't know her first name was Always.
12. I haven't spoken to my wife in 18 months. I don't like to interrupt her.
13. The last fight was my fault though. My wife asked, "What's on the TV?" and I said, Dust!"

FOR SALE AND WANTED



'I agree you exercise nearly every day . . . You nearly exercise on Mondays, you nearly exercise on Tuesdays . . .'



**"To prevent a heart attack, take one aspirin every day
Take it out for a jog, then take it to the gym,
then take it for a bike ride..."**

For Sale - PHSG Shirts. They are grey with our logo (as on the front cover of this magazine) on the left hand side breast pocket area.

The sizes are small, medium, large and extra large in the T-shirts, the Polo shirts and now Sweatshirts. The T-shirts cost £6, the Polo £10 and the Sweatshirts £12.

They will be on sale at each social meeting or event and also at Canford School on Mondays and Thursdays. You can contact me, George O'Leary on 01202 743978. email george.oleary@lbsq.org

Lightweight wheelchair, hardly used. For quick sale, £70 or near offer. Contact, Telephone 01929 554715.

After my wife's operation for a broken femur her legs have swollen and she has had to buy wider fitting shoes. She now has 8 pairs size 6, mostly Hotter for disposal at no cost but anyone taking a pair or so may like to make a contribution to PHSG.

The shoes are nearly new and cost £60-70.

K E G Peters 01202 601119

Wanted -Your old greetings cards/postcards/calendars and used postage stamps. I share these between two charities – The M.S. Society and the Hearing Dogs for the Deaf. Both these charities have written thanking PHSG for the support we give them. It's another way of recycling and at the same time it makes money for two worthwhile causes.

DON'T BIN 'EM – SAVE 'EM! Also please **DO NOT CUT THE STAMPS OFF THE POSTCARDS. THE POSTCARD IS WORTH MORE THAN THE USED STAMP.**

The M.S. Society makes note pads from these cards. I have received from them a receipt for £18.80 from the sale of mini notepads in December. Please contact me at any of the monthly meetings, or at Canford School exercise class each Monday and Thursday. Or phone George O'Leary on 01202 743978.

**Something wanted? Something to sell?
Give the Editor a bell on 01202 694886.**

FIVE SIMPLE WAYS TO SAVE ON CAR COSTS

1. Drive less - It may sound obvious, but the less you use your car the less you will have to fork out for fuel. If you're fit and healthy, and don't really need to drive to the corner shop, then hit the pavement and walk. Not only is driving less better for the environment, committing to a lower annual mileage could also help lower the cost of your car insurance.
2. Car share - First of all, if your family owns multiple motors, ask yourself if you could get away with using just one car. If you drive to work, find out if any colleagues live near you and ask if they want to carpool. Or, if you do the daily school run, it's likely that parents from the same school live in your area so see if they want to share lifts. On the other hand, if you don't know anyone in your area, websites such as carshare.com or liftshare.com are great for locating other people travelling in your direction.
3. Improve your fuel efficiency - By taking simple steps to improve your car's fuel efficiency, you could seriously slash your petrol bills. Keep your speed steady: Swift, sharp breaking and accelerating can ramp up your fuel costs so try to avoid sudden increases or decreases in speed. Lighten your load: Carrying unnecessary weight, such as unused roof racks, puts more strain on the vehicle and eats more fuel. Turn off the air con: Running the air conditioning increases your car's fuel consumption, so only use it when it's absolutely necessary. Pump up your tyres. If your tyres are under-inflated, you will need to put your foot down harder and use more fuel. Drive in the right gear. Driving your car in the correct gear will enable the engine to work more fuel efficiently.
4. Find the cheapest fuel - With petrol prices rising fast, it's crucial you do your homework and hunt down the cheapest pumps before you fill up. Check out the free service provided by the website Petrolprices.com. You simply enter your postcode, how far you're willing to travel to buy fuel and the clever site will compare the price of petrol and diesel at thousands of petrol stations across the country.
5. Take advantage of cashback and rewards - It is well worth paying careful attention to how you purchase fuel. These days many credit card providers offer excellent cashback and reward deals when you spend on your plastic. The points you've collected can then be used to help pay for all sorts of things.

PENSIONERS POEM

A row of bottles on my shelf
Caused me to analyse myself
One yellow pill I have to pop
Goes to my heart so it won't stop
A little white one that I take
Goes to my hands so they won't shake
The blue ones that I use a lot
Tell me I'm happy when I'm not
The purple pill goes to my brain
And tells me that I have no pain
The capsules tell me not to wheeze
Or cough or choke or even sneeze
The red ones, smallest of them all
Go to my blood, so I won't fall
The orange ones, so big and bright
Prevent my leg cramps in the night
Such an array of brilliant pills
Helping to cure all my ills
But what I'd really like to know
Is what tells each one where to go!



“...If you'd like to hear all of your options again, press 49. If you've forgotten why you called in the first place, press 50.”

ONE LINERS . . .

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
9. A hole has been found in the nudist camp wall. The police are looking into it.
10. Time flies like an arrow. Fruit flies like a banana.
11. Atheism is a non-prophet organization.
12. Two hats were hanging on a hat rack. One hat said to the other: 'You stay here; I'll go on a head.'
13. I wondered why the baseball kept getting bigger. Then it hit me.
14. A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
15. The midget fortune-teller who escaped from prison was a small medium at large.
16. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
17. A backward poet writes inverse.
18. In a democracy it's your vote that counts. In feudalism it's your count that votes.
19. When cannibals ate a missionary, they got a taste of religion.
20. If you jumped off the bridge in Paris, you'd be in Seine .
21. A man tried to board an airliner with two dead rabbits. At the gate they told him, 'Sorry, sir, only one carrion per passenger.'
22. Two fish swim into a concrete wall. One turns to the other and says 'Dam!'
23. A chilly Eskimo lit a fire in his boat. It sank, proving that you can't have your kayak and heat it too.
24. Two hydrogen atoms meet. One says, 'I've lost my electron.' The other questioned 'Sure?' 'Yes' said the first, 'I'm positive.'
25. Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcendental medication.
26. There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.



PHSG Cycling Club

Rides are about 15 miles long, they are open to all members of the PHSG as long as your doctor approves. all starts at 10 a.m. For help, advice, weather check and bike maintenance call Keith Matthews on 01202 855001

Organisers: David Anderson, David Curtis, Keith Matthews
Regularly updated details on www.poolehsg.org.uk and www.bournemouthctc.org

Next ride dates are:

19 th December	Meet at Hill View Road, Ferndown	Hello Mince Pies
23 rd January	Meet at Wimborne Square	Ring the Rings
20 th February	Meet at Broadstone Leisure Centre	Poole Quay
20 th March	Meet at Wimborne Layby	Cranborne

In October some of us took part in a ride called the "Gridiron". Although this is 100km (63miles) the route is a gentle and mostly flat one around the circumference of the New Forest and in lovely weather, we took all day over it, just under 7 hours.



PHSG members David Curtis, Alan Jefferies, Keith Matthews in the

New Forest
Page 20

Game Warden's Dilemma

One morning, a husband returned home after a fishing trip and decided to take a nap. Although she was not familiar with the lake, his wife thought it would be nice to take the boat out. She motored for a short distance, anchored and started to read her book.

Along came a game warden in his boat. He pulled alongside the woman and said "Good morning madam, what are you doing?" "Reading a book," she replied, thinking to herself, isn't that obvious? "You're in a restricted fishing area," he informed her. "I'm sorry, officer, but I'm not fishing, I'm reading," she said. "Yes, but you have all the equipment and for all I know, you could start any moment. I'll have to take you in and caution you." "If you do that, I'll charge you with sexual assault," said the woman. "But I haven't touched you," said the game warden. "That's true," said the woman, "but you have all the equipment and for all I know, you could start any moment." "Have a nice day, ma'am," said the warden and he left. Moral: Never argue with a woman who reads. It's likely that she can also think.

Two brooms were hanging in the closet and after a while they got to know each other so well, they decided to get married.

One broom was, of course, the bride broom, the other the groom broom.

The bride broom looked very beautiful in her white dress.

The groom broom was handsome and suave in his tuxedo.

The wedding was lovely.

After the wedding, at the wedding dinner, the bridebroom leaned over and said to the groom-broom,

I am going to have a little broom!

'IMPOSSIBLE !' said the groom broom.

Are you ready for this? Brace yourself; this is going to hurt!!!!!!

'WE HAVEN'T EVEN SWEEPED TOGETHER!'

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CHRISTMAS CONSUMER RIGHTS & MYTHS

Don't automatically assume you've a right to a refund.

MYTH 1. If it doesn't fit, you can take it back. If there's no fault, e.g. if you buy the wrong size or change your mind, you've NO legal right to return goods. Yet many shops' policies do allow it, though then it sets the rules, so if it says "only a credit note", that's it.

RIGHT 1. You must be a SAD FART If goods don't follow the SAD FART rules, i.e. be of Satisfactory quality, As Described, Fit for purpose And last a Reasonable length of Time, then they're faulty, take 'em back.

MYTH 2. You need a receipt to return faulty goods. With faulty goods you just need to prove purchase. Receipts are the easiest way, yet any other legitimate proof is acceptable.

RIGHT 2. Buy online & you CAN return without faults. Unlike instore, the Distance Selling Regulations mean you've a right to a no-fault return for online orders (and telephone, catalogue etc.) within seven days of receipt.

MYTH 3. You've no rights on eBay. If the person's a 'trader' who makes some or all their living buying or selling, or it's a 'buy it now' sale, you've the usual SAD FART rights. Yet if it's a private seller, then it's just "let the buyer beware".

RIGHT 3. Your rights are with the retailer. If goods are faulty legally your agreement is with the retailer NOT the manufacturer. If the shop says you must go to the manufacturer, it's wrong.

RIGHT 4. Get money back on late Christmas deliveries. If you or the retailer specified the goods were for delivery before Xmas, and you don't get them in time, it's a breach of contract and you've a right to compensation. Thus write "must be delivered before Christmas" on order documents before signing.

If a store refuses your rights, ultimately it's an issue for the courts. Yet on the other hand, even when you don't have rights, be polite and stores'll often allow leeway, after all they want to protect their brand.

EMBARRASSING MEDICAL EXAMINATIONS AS TOLD BY REAL DOCTORS

- 1) A man came into A&E and yelled, "My wife's going to have her baby in the cab outside!" I grabbed my stuff, rushed out to the cab, lifted the lady's dress and began to take off her underwear. Suddenly, I noticed that there were several cabs and I was in the wrong one!
- 2) I placed a stethoscope on an elderly and slightly deaf female patient's anterior chest wall. "Big breaths," I said. "Yes, they used to be," said the lady.
- 3) During a patient's two-week follow-up appointment with his cardiologist, he informed me that he was having trouble with one of his medications.
"Which one?" I asked. "The patch," he said. "The nurse told me to put on a new one every six hours and now I'm running out of places to put it!"
I had him quickly undress and discovered what I hoped I wouldn't see.
The man had fifty patches all over his body! Now the instructions have been changed to include removal of the old patch before applying the new one!
- 4) While acquainting myself with a new elderly patient, I asked, "How long have you been bedridden?" After a look of complete confusion, she answered "Why, not for about twenty years - when my husband was alive."
- 5) A nurse was on duty in the emergency room when a young woman with purple hair styled into a punk rocker Mohawk, sporting a variety of tattoos and wearing hippy clothing, entered. She quickly determined that the patient had acute appendicitis and scheduled her for immediate surgery. When she was completely disrobed on the operating table, the staff noticed that her pubic hair was dyed green and above was a tattoo that read 'Keep off the grass.' Once the surgery was complete, the surgeon wrote a short note on the patient's dressing, which read 'Sorry, had to mow the lawn.'

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

Lung Facts

1 There are 300 million bubbles (alveoli) in the lungs.

2 If each one could be opened up, stitched to the one next to it and laid across the floor like patchwork it would cover the size of a tennis court.

3 There is a large thick muscle across the base of your lungs which is dome-shaped and called the diaphragm. When it contracts it flattens out and as the chest muscles pull the ribs outwards the combined effect acts like a bellows sucking air into the chest

COPD - Chronic Bronchitis, Emphysema

These conditions are all very closely related and represent one of the most important conditions in the UK and one of the commonest reasons for admission to hospital.

The principle cause is smoking. Less important contributory factors are atmospheric pollution and recurrent chest infections. Symptoms include cough, phlegm and breathlessness.

1 Chronic bronchitis - repeated irritation of the lining of the airways causes them to go red and raw (e.g. with smoking) and shrivels up the hairs which act as protection.

The lining of the airways produce mucous which often gets infected particularly in the winter. Although smoking is the most common cause, these symptoms can happen as a result of any irritation e.g. in the work environment or after infections. Typically the smoker notices a cough which is often worse first thing in the morning and then starts to produce phlegm on a daily basis.

2 Emphysema - Smoking is once again the most common cause for this component of COPD. It usually starts with more noticeable shortness of breath on exertion gradually getting worse through the years such that eventually, in more severe cases, the sufferer may not be able to walk more than a few yards without having to stop to catch their breath. Damage destroys the fine network of blood vessels reducing the ability to pass oxygen into the blood stream. The inefficiency of the damaged lungs and the obstruction to air coming back out of the lungs, means the patient with emphysema has to work much harder for every breath.
Both chronic bronchitis and emphysema are quite often found in the same patient.

How can I tell if I am developing COPD? If you have a smoker's cough and start to produce phlegm most mornings, particularly after your first cigarette, then you are developing chronic bronchitis. If you are starting to get easily puffed out on exertion, then you may be developing emphysema as well.

What can you do to help yourself.

Quitting smoking is the most important thing you can do and although it will not bring your lungs back to normal it will reduce the speed with which your lungs are declining over the years and, therefore, hopefully reduce the risk of dying earlier than would be expected. Your GP or specialist would be able to give you advice about nicotine replacement therapy or special tablets to support you while trying to give up smoking.

Medicines

Bronchodilators (Relievers) e.g. salbutamol. These are treatments which help to reduce some of the trapping of air in your lungs and make breathing feel more easy.

They most often come in the form of "a puffer" (an inhaler) but may also be provided through a nebuliser, particularly in hospital. These treatments are usually taken when you are struggling with your breathing and perhaps feeling more wheezy. Some bronchodilators are better taken at fixed times during the day, whereas others are best taken at the time symptoms get worse. There are also long acting bronchodilators which have some effect over 12 hours as opposed to around 4 hours for the shorter acting preparations.

Steroids e.g. beclometasone. Some patients who suffer with quite severe COPD and frequent attacks of distressing symptoms may benefit from inhaled steroids on a regular basis. These are, in general, safe and well tolerated unlike steroid tablets which in the long term are not preferable as they result in a number of side effects that your doctor should inform you about.

Mucolytics e.g. carbocysteine. Help to thin out your phlegm reducing it's stickyness. They are sometimes worth considering if you have frequent attacks of COPD with chest tightness, breathlessness and difficulty coughing up sticky phlegm.

Vaccinations. Anyone who suffers with COPD should have vaccination against flu around October time each year. There is also a pneumonia jab which is available which increases immunity to a particular bug which causes pneumonia. This boosts immunity for a number of years.

Oxygen and "respiratory rehabilitation" (exercises) may also be used to help patients with severe disease.

More information can be obtained from The British Thoracic Society: BTS, 17 Doughty Street, London, WC IN 2PL Tel: +44 207 831 8778 www.brit-thoracic.org.uk

"ASK YOUR PHARMACIST, YOU'LL BE TAKING GOOD ADVICE"

Linda Porter *MI, Antimicrobial & Formulary Pharmacist*
Poole Hospital NHS Foundation Trust

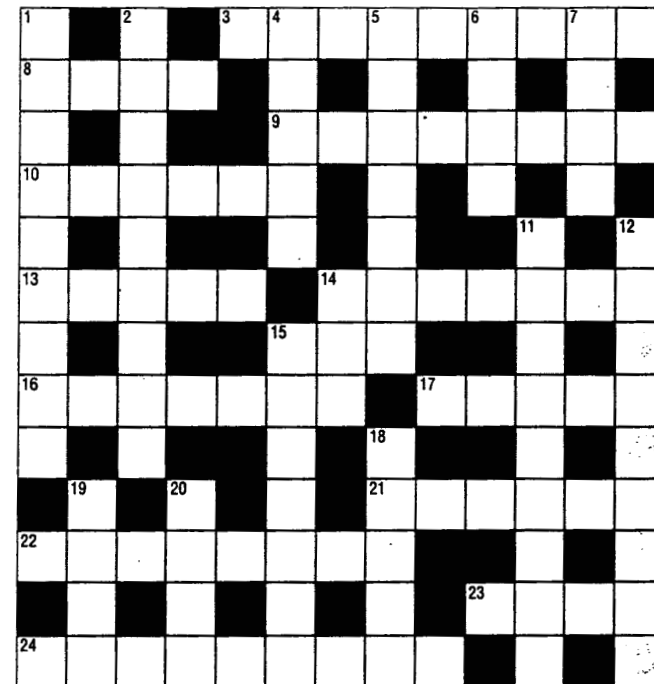
Crossword

ACROSS

- 3 Hair colour (3, 6)
- 8 Loose hood (4)
- 9 Handbills (8)
- 10 Zodiac sign (6)
- 13 Irish police force (5)
- 14 Equilibrium (7)
- 15 Hang low in the middle (3)
- 16 Slight illness (7)
- 17 Ascend, climb (5)
- 21 Devon town (6)
- 22 A left-handed boxer (8)
- 23 Thorny flower (4)
- 24 Blizzard in the desert? (9)

DOWN

- 1 Fall guy (9)
- 2 Sponge cake (5, 4)
- 4 Spicy tomato sauce (5)
- 5 Large cushion (7)
- 6 No more than (4)
- 7 Romantic appointment? (4)
- 11 Instinct (9)
- 12 Worried (9)
- 14 Wooden club used to hit ball with (3)
- 15 Fragment (7)
- 18 Drain (5)
- 19 Roman garment (4)
- 20 Small earring (4)



Answers page 30

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FUTURE PHSG MEETINGS AND EVENTS.

December 2nd - Hamworthy Club - the Annual Dinner.

PHSG members, partners and friends congregate at the Canford Magna club to partake of the annual Christmas Dinner. After eating they will be entertained by the highly regarded local band "Timeout", a 3 piece band with lady lead singer. Of course there will be an interval when the draw will take and possibly other unexpected items.

December 23rd - Canford School - the Christmas Party.

The usual get together of members of the exercise groups for a bit of fun and a Christmas bun fight - everyone welcome.

January 20th talk - Frances Aviss - the IAPT Roadshow.

Frances Aviss returns with other members of the Dorset Cardiac & Stroke Network to introduce the Increased Access to Psychological Therapies Roadshow. In this they wish to inform people of a new service which aims to give psychological assistance to sufferers with long term illness. This includes people who have problems subsequent to heart attack, stroke and arrhythmia where it is hoped to encourage people to overcome the stigma sometimes related to their longer term problems.

February 1st - "Chat Stop" - St. John's Church Hall, Broadstone.

Another invitation to members and friends to get together for a chat and a cup of tea or coffee. Tuesday the 1st of February from 2 till 4 pm. Alan Jeffries will be lead guy on the day, (01202 680651).

February 24th - Dr. Andrew McLeod - our President's Address.

NB: (4TH THURSDAY IN MONTH!)

Repeating what hope is to become a tradition Dr. McLeod comes back to the Lecture Theatre at the Postgrad centre to keep us abreast of his view of the accomplishments of the Poole & Bournemouth cardiac units. Also the progress of new technology and medicines with which the consultants in our area are so involved. Not to be missed!

Gary Lee *Events Secretary*

For those who are interested in the Walking Group, we walk every 10 days on Wednesdays and Saturdays from 2 to 5 miles. Some of us round off the day's walk with a Pub lunch – Pleasure after pain! If you require more information or the Walking Book (£3) please contact me on 01202-733956.

Cyril - Walks Co-ordinator.



We are affiliated to the Arrhythmia Alliance and they contacted us recently to tell us that they were updating their website. They have put in a page on the site listing all their affiliated groups and offered each a page for our own information. Check it out on <http://www.theheartrhythmcharity.org.uk/>

A report on the "Chat Stop" – St. Mary's Church Hall – Monday Sept 20th.

It turned out to be a lovely late summer's day – brilliant sunshine and warm too, maybe too nice for some people to think of coming to an indoor event. Nevertheless nearly 30 people came along and after a cup of tea or coffee or two, everyone seemed to be engaged in conversation around the 4 or five tables set out in the spacious surroundings of the St. Mary's hall; (part of the hall had been screened off so it wasn't too open!).

Doreen Tobitt kept up the supply of drinks and biscuits, while Jan Mesher ran her book stall. Although she sold quite a few books her stock didn't diminish thanks to those who brought books as well as bought them! All in all a pleasant afternoon for those who managed to be there. So it is thought that we should do it again probably in the New Year (February maybe). The next one will be at St. John's Hall. The hope is that this type of event will become a regular thing, not at a single location, but in places around the PHSG patch from Purbeck to Ferndown.

A happy reporter – Gary Lee

BHF- Beating Heart Disease Together

Do you know someone who would benefit from getting their own free copies of Heart Health from the BHF? Tell them to sign up to Heart Matters for free by calling 0300 3303300

Report for the August 19th talk, "In search of Wedding Cake" given by Mr Gary Lee.

August is not the best month in which to give a talk it would seem. But a dozen people were generous enough in spirit to form an audience. Gary attempted to summarise the experiences of a special holiday he and his wife took back in 1996 to attend their son's wedding in the USA. It started with a few days in Washington DC, followed by a visit to Gettysburg with it's epic battlefield of the Civil War and on to Columbus Ohio via Harrisburg and Pittsburg. In this phase of their journey they had fun on the city tour in Washington DC taking in the Cathedral, the war memorials, the Aerospace museum and other sights including the White House; a long taxi ride to get to Gettysburg only to find they were a day early; had a very interesting tour of the State building in Harrisburg; and took their first rail journey on Amtrack which included the famous Altoona hairpin bend. The wedding took place in Columbus where they stayed with the bride's family, a lovely phase of the trip, and where the search ended! Then on to Clear Lake in Michigan State to stay in log cabins in the woods with the newlyweds as their hosts and joined by their daughter's family too. From there to Chicago, catching a train from Battle Creek the home of Kelloggs Cornflakes, to take another city tour and icecream in a Gihradelli's parlour. Back on the train for an overnight journey to get to Niagara Falls. Three days spent in this beautiful area included a day out in Toronto, and a voyage into the Horseshoe fall on a "Maid of the Mist" ship. The weather was beautiful too.

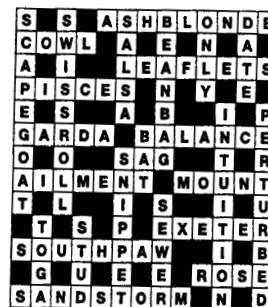
So to the final phase on the adventure which started with a bizarre experience at a boarded up railway station. They missed their booked train but managed to get another one! And they did get to their hotel in Plymouth Massachusetts, albeit rather late, after a mad dash through NY Grand Central station. Three days in this area included a tour bus of the area, finding the Plymouth Rock, getting lost in their hire car and then being escorted by a police car, ending with time in Boston MA which is a lovely place to end a great holiday.

The talk was supported by a background of slides which added some colour to the talk.

Thankyou to those who did attend.

Gary Lee

Crossword Answers



Christmas Party Raffle

This raffle is held to help with the cost of running the Christmas Party. We, the two Georges, are looking for quality items, donated by the members, for a successful prize draw. Please help make this raffle really special and if you can wrap your prizes in gift wrapping paper, especially if you are bringing them on the night of the party, that would be great!

Prizes may be handed to any committee member or to the person running any exercise venue, before the event.

Many thanks - George O'Leary and George Wilkinson

What to do if you become unwell When your GP surgery is closed

Medical help and advice is available if you become unwell when your GP surgery is closed. You should:

Dial 999 or go to A & E as soon as possible if you are worried about the sudden onset of new symptoms or have suffered a serious Injury or illness.

A & E departments are open 24 hours a day, 365 days a year. They are for a critical or life threatening situation, for example chest pain, suspected heart attack, severe breathing difficulties, severe loss of blood, loss of consciousness, deep wounds and suspected broken bones.

They are not for minor injuries or health problems, nor an alternative to seeing your GP or for a 'second opinion' if you have already seen your GP.

Call the **Dorset Out of Hours Medical Service** on **0845 600 10 13** if you are unwell but not facing a life-threatening emergency and you think you cannot wait until your GP surgery opens.

Go to an **NHS Walk-In Centre or Minor Injuries Unit** with a minor injury or illness. Find your nearest one by calling **NHS Direct** on **0845 46 47**.

You can also call **NHS Direct** on **0845 46 47** if you are feeling unwell and are unsure what to do, or need information about finding a pharmacist, dentist or other service.

**REMEMBER IF YOU HAVE CHEST PAIN
DIAL 999 WITHOUT DELAY**

Report for the September talk, “Court in the Act”, given by John Slow.

John could be described as ebullient fellow with a loud supporting voice – no need for a microphone then! An audience of 29 members settled down on a pleasant late summer’s evening keen to listen to John whose reputation came before him. John set the stage for his talk by explaining that he failed his 11+ but had been lucky enough to be awarded a scholarship at Canford School way back when. Not an academic, more a sporting person, he played hockey for Dorset and rugby for Hampshire and enjoyed cross country running in his youth. National service beckoned him into the Army but after spending a few months shovelling coal in the Aldershot barracks he was put on light duties for the rest of his service. After demob he was found to have TB. His lucky star popped out again as he took part in a drugs trial for Streptomycin(?) which cured him completely. So after a few false starts he became a member of staff at the Wimborne Magistrates court. Between 1950 & 1990 he saw service in the courts of Wimborne, Maidstone, Oxford and Dorchester before returning to Wimborne where he became Clerk of the Court and where he advised on the prevailing law and managed the business of the operation of the court. In this time his experiences gave him a wealth of anecdotal tales which he then proceeded to dispense.

In his spare time John also became a football referee, the racing correspondent for the “Sporting Life”, became a Methodist preacher, and also tried his hand at being Father Christmas, among other things! He was also honoured with an MBE for his services to the Courts. John described his life in a very jocular fashion and already had his audience in a very happy frame of mind before he set out on the humorous tales drawn from his life’s experience. His presentation came via an intriguing set of triplets for each of ten topics. The topics included Dorset, court cases, robbery, murders, nonsense and others. Now with an audience of 29 and at least 30 tales with a humorous conclusion the hour of John’s chat resulted in at least 500 guffaws, laughs or titters, all of which were good for the souls who issued them. A laugh a minute of exceedingly good fun for each member of the audience. Enough to produce a smile on all faces and create an uplifting feeling within most people present. A very happy evening indeed.

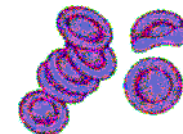
Gary Lee reporting

PS John has been booked to return next September’ – note in your diary please

Parlez-vous francais? **(Does anyone speak French?!!!)**



Fondaparinux (Pronunciation: fon DAP a rin ux)



Fondaparinux is a relatively new drug (an injection) that has become available for use in patients who are admitted into hospital with chest pain. It belongs to the group of drugs called ‘*anticoagulants*’.

What does it do?

Fondaparinux (or brand name Arixtra) is a medicine that helps prevent blood clots from forming in the blood vessels. It contains a synthetic substance called Fondaparinux sodium. This stops a clotting factor from working in the blood, and so prevents unwanted blood clots from forming in the blood vessels. For this reason Fondaparinux is used to treat some types of heart attack and severe angina.

What has been used in the past?

Fondaparinux is being used in place of a substance called heparin. Heparin also belongs to the group of medicines called Anticoagulants and changes the way your blood clots. Recent NICE guidance (National Institute for Clinical Excellence- the Department of Health committee that gives advise on medicines) has stated that Fondaparinux is an equally effective drug as heparin which may have reduced risk of side effects.

How is it given?

Fondaparinux is usually given by injection under the skin (*subcutaneously*) or occasionally into a vein (*intravenously*). Heparin (or more commonly low molecular weight heparin) is also an injection usually given twice a day meaning 2 injections a day- Fondaparinux is only required once daily so reduces the amount of injections a patient has to have.

How long should Fondaparinux be used for?

Fondaparinux is continued for as long as your doctor considers your risk of developing clots is high. It is normally stopped when a patient has been chest pain free for 48 hours or until a procedure such as an angiogram is required.

What are the side effects?

Like all medicines, Fondaparinux can cause side effects. Common side effects include:

- Discomfort on administration of the injection
- Rash , or itching at the injection site
- Bleeding (for example from an operation site, an existing stomach ulcer, nosebleed, gums)

The doctor will work out whether your risk of developing blood clots is greater than your risk of having these side effects. The fondaparinux is usually used for a relatively short period of time so the likelihood of suffering these side effects are small or short lived.

Ellen Sinden Pharmacist

from page 4 from the medical staff. This is a new innovation to Poole and is proving highly successful. It has commenced with full support from the consultant staff and the two nurses received additional training with the cardiologists to take it on, who are also there for help and support should it be needed.

So as you can see a great deal is happening as we continue to move forward here at Poole for the benefit of our patients and staff. Please have a Very Happy and Healthy Christmas and I hope 2011 is a good year for everyone.

Best wishes,

Geoffrey Walker OBE JP RGN
Matron Cardiology and Medicine.
Poole Hospital NHS Foundation Trust.



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EXTRACTS FROM LETTERS WRITTEN TO COUNCILS – ALLEGEDLY!

I wish to complain that my father twisted his ankle very badly when he put his foot in the hole in his back passage.

Will you please send someone to mend the garden path. My wife tripped and fell on it yesterday and now she is pregnant.

My lavatory seat is cracked. Where do I stand?

I request permission to remove my drawers in the kitchen.

50% of the walls are damp, 50% have crumbling plaster and 50% are just plain filthy.

Courtesy of Upbeat Magazine

GRANDCHILDREN

1. She was in the bathroom putting on her makeup under the watchful eye of her young granddaughter as she'd done many times before. After she applied her lipstick the little girl said, But, Granny, you forgot to kiss the toilet paper goodbye.
2. My young grandson called the other day to wish me a Happy Birthday. He asked how old I was and I told him, 62. There was a silence followed by the comment 'Did you start at one?'
3. A grandmother was telling her little granddaughter what her own childhood was like. 'We used to skate on the pond. I had a swing made from a tyre, we picked blackberries in the woods'. The little girl said 'I wish I'd got to know you sooner!'
4. A little girl was diligently pounding away on her Grandfather's PC. 'What's it about?', he asked. 'I don't know,' she replied, 'I can't read'.
5. A little boy was visiting his grandmother and said that she and God were alike. The grandmother was most impressed and asked how. 'You're both old' was the reply.



Heart disease kills three times more women than breast cancer and is the UK's biggest lady killer. So BHF is raising awareness of this through a one-off night of comedy, called the Angina Monologues.

Hosted by the multi BAFTA award winning Victoria Wood, the Angina Monologues will see Victoria and other star-studded guests give us their unique take on affairs of the heart.

"Like most women, I thought heart disease was something that only affected men. The Angina Monologues will bring together our most fantastically funny women for a night of stand up, sketches and music. We all need a bit of hearty laughter." Victoria Wood

From lost loves and laughter to daft diets and doctors' waiting rooms, join us on 5 December 2010.

Tickets for the live event at Theatre Royal Haymarket, London go on sale shortly. Don't worry if you can't make it to London, we'll also be screening it live at Vue cinemas nationwide. Reserve your seat now and help us beat heart disease, one laugh at a time.



How was the Jogging?

Poole Heart Support Group operates under the umbrella of the British Heart Foundation who rely on voluntary help for fund-raising events.

BHF urgently need a Treasurer- can you help please?

We also need occasional supporters for fundraising.

Please contact:

*Pam Bailey BHF Rep.
4 Knighton Heath Close
Bearwood BH11 9PP.
Telephone
01202 574944*

We would be pleased to hear from any members who would be prepared to play a more active role in the Poole branch of BHF. We meet once a month at Poole Hospital to plan forthcoming events.

Volunteers wanted

**to help
in our
P.H.S.G.
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Office
for only
2 hours
per month**



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Manned 1.30 - 3.30pm.
Mon & Thurs**

You can always call the Office !

You can always call the office
We're a happy little bunch.
On a Monday or a Thursday,
We're there just after lunch.

If you need some information,
Exercise or walking club,
(Cyril says they ramble
and then end up at the pub!).

We distribute magazines
and sign in each new member.
We are on the go all the time
from January to December

Jan Meshier
PHSG Office Co-ordinator.