

# Lanarkshire Heart Failure News



July 2010

Welcome to **Issue 18** of the **Lanarkshire Heart Failure News**, published especially for Heart Failure patients and carers in **Lanarkshire**. We hope you enjoy the latest edition and look forward to seeing you at the next **Forum**.

Chest  
Heart &  
Stroke  
Scotland



## Forum Focus

**Our new style Forums have been very well received by all those who attended.** In **March** we held the Forum in **Stonehouse Hospital** and discussions evolved around what services Heart Failure patients are happy with and those they would like to see improved. We were joined by one of the nurses from **The Dalziel Day Unit Drop-In Service** who talked about the services they offer to Heart Failure patients (see more on p4). A couple of people expressed an interest on using one or more if the services. In **April** our Forum was held in

**Cumbernauld** and again, those who attended enjoyed discussing a variety of topics including their own thoughts on the services they have experienced. **Andrea Harrison** from the **Lanarkshire CHD MCN** talked about what an MCN is and how it helps improve the very services being discussed - there will be more on this topic in the next issue of the Heart Failure News. We then moved on to talk about **benefits** and how patients and carers are not always aware of what help (if any) they are entitled to. We talked about how **CHSS** can provide information

and assistance on finding out more about benefits and how, in some circumstances, provide practical and financial support (**more on p3**)

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The smaller local forums allow HF patients & carers the opportunity to chat and get to know other people in their area. If you want to attend, **please remember that we can provide transport to your local Forums, and to the Main Forum** in September just let me know.

**Contact: Alison Campbell:  
01355 522 806 To book your place or arrange transport.**

### Forums Dates 2010 The Main Event

Thursday 9th September  
The GLO Centre  
Motherwell



Lunch will be provided at  
12:30pm  
Forum meeting starts at  
1:30pm  
Agenda to be confirmed

Keep an eye out for your invitation and let us know if you are attending or require transport

### Local Forums

Thursday 7th October  
1:30pm

**Croy Miners Welfare**  
Croy Community Centre  
Nethercroy Road, **Croy**  
Kilsyth G65 9HD

Thursday 28th October  
1:30pm

**Lady Home Hospital**  
Physiotherapy Building  
Ayr Road, **Douglas ML11 ORE**

Thursday 9th December  
1:30pm

Glen Etive  
**Coathill Hospital**  
Hospital Street  
**Coatbridge ML5 4DN**

### Inside this Issue

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Lanarkshire Heart Failure News is brought to you by a partnership between  
**Chest, Heart & Stroke Scotland [CHSS]**  
and **NHS Lanarkshire**  
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## FOCUS ON HEART FAILURE DRUGS - Beta-Blockers

The heart tries to compensate for its weakened pumping action by beating faster, which puts more strain on it. **Beta-blockers** prevent the transmission of some nerve impulses by blocking certain chemicals that make the heart work faster and harder. This means **Beta-blockers** improve the pumping action of the heart by slowing the heart rate down and preventing narrowing (constriction of the blood vessels).



This results in the heart not having to work so hard. They are often prescribed to lower blood pressure or to help angina (chest pain),

**Beta-blockers** commonly used are known as: Bisoprolol, Carvedilol, Atenolol, Nebivolol, Metoprolol. Most common side effects - Dizziness / lightheadedness, excessive tiredness / fatigue, impotence or cold feet and hands. Increased breathlessness or fluid retention, vivid dreams / nightmares.

### Handy Tips

- ♥ If you have increased breathlessness / fluid retention / weight gain following an increase in your beta-blocker, inform your nurse or doctor
- ♥ Do not stop taking your beta-blocker suddenly unless directed by your doctor as it can make your heart failure worse
- ♥ If you have impotence please discuss this with your doctor or nurse
- ♥ The dose of beta blocker can affect how you feel so it is important that they are increased slowly to prevent any unwanted side effects.

## EMBARRASSING ILLNESSES!!

**Flatulence.** Flatulence is the medical term for passing gas from the digestive system and out of the anus (back passage). It is more commonly known as 'passing wind' or 'farting'.

- ♥ Gas can collect in the digestive system in two ways:  
when a person swallows food, water, or saliva they also swallow a small amount of air, which is mostly made up of oxygen and nitrogen, and
- ♥ when a person digests food, gas is released during the digestive process, mostly in the form of hydrogen, methane, and carbon dioxide.

The body needs to get rid of the build-up of excess gas and does so in two ways: flatulence (farting), and belching (burping).

### How common is flatulence?

Flatulence is very common and every living human being experiences it. It is a **normal biological process**, just like breathing, or sweating on a hot day. Most men will pass wind between 14-25 times a day and most women between 7-12 times a day.

Sometimes, you may not notice that you have passed wind because the gases that are passed are usually odourless and are often released in small quantities. The bad smell that is commonly associated with flatulence is caused by trace elements of sulphur gases, which can develop if food has not been properly digested and begins to decompose.



### Outlook

If you have excessive flatulence, the problem can usually be controlled by making changes to your diet and lifestyle. There are many foods known to increase the likelihood of flatulence such as brussel sprouts, cabbage, broccoli, cucumbers, celery, beans and pulses (such as lentils), onions, leeks, bran, apricots, gassy drinks such as fizzy drinks, beer and cider.

There are a number of medical conditions that can cause symptoms of flatulence, such as constipation, and irritable bowel syndrome (IBS), a common but poorly understood condition that causes symptoms of indigestion and bloating.

In these circumstances, medication may be required to help control the symptoms of flatulence while also treating the underlying health condition.



Certain medications used in the prevention and treatment of heart disease (such as some statins) can cause increased flatulence. If you think you are affected by excessive flatulence, speak to your doctor or nurse.

## Finance

At **Chest Heart & Stroke Scotland**, we understand that living with any long term health condition can put a strain on your wallet. We have our own **specialist advisor**, Anne Young, who is based at Motherwell & Wishaw Citizens Advice Bureau and is there to help anyone living with the effects of **chest, heart or stroke illness**.

Working your way through the information on what may or may not be available to you, filling out the forms, sometimes just knowing what form to get! It can all add extra pressure you really don't need and that's where Anne can help. You can get **guidance** on what you **may be entitled** to as well as **help with form filling** and **general advice**. You can **visit Anne** at the Centre or if that's not possible, **Anne will come and visit you**.

If you would like to speak to Anne, **call 01698 230 393**.

### Chest, Heart & Stroke Scotland Personal Support Grants

#### What are we trying to achieve?

*To improve the quality of life, independence, mobility and dignity of anyone who has a chest, heart or stroke illness, particularly those with limited financial resources.*

#### Who is eligible for grants?

Anyone who has an illness arising from a chest, heart or stroke condition, particularly where their illness is causing financial difficulty.

#### What kinds of things do we support?

We will provide funds for a wide range of goods or services, provided the need arises directly as a result of chest, heart or stroke illness, and the goods or services requested can be shown to make a real difference to the applicant's quality of life.

#### Examples of the types of items we support include:

- Aids to daily living
- Adaptations
- Respite care and/or holidays
- White goods (cookers, fridges, washing machines, vacuum cleaners)
- Clothing, bedding, floor coverings, redecoration
- Travel costs, particularly for hospital visits
- Heating costs
- Telephone installations
- Driving lessons and other types of training.

#### What will we not support?

We will not support goods or services which are the responsibility of statutory agencies



(social work services or the NHS).

Where we have provided a holiday grant, we will not normally support another application until three years have passed.

We will not provide retrospective grants, i.e. re-fund costs which have already been spent.

#### How much can I apply for?

There are different grants limits for different purposes and, in the case of holidays, different family sizes.

For 'standard' grants we would normally offer a maximum of £250, rising to £350 for family holidays.

We operate a higher limit for disability and/or communication equipment, of up to £500.

In exceptional circumstances, for example to enable a person to live independently rather than in institutional care, we can contribute up to £2,000.

#### How do I apply?

Applications for grants have to be made through a 'sponsor' from the statutory services. This can be a Local Authority social worker, a health professional employed by the NHS (for example, a doctor or occupational therapist) or, in some areas, a voluntary agency.

All applications have to have a brief medical report from the applicant's GP.

#### For Further information on Personal Support Grants please contact us:

Personal Support Grants Administrator,  
Chest, Heart & Stroke Scotland  
65 North Castle Street, Edinburgh EH2 3LT

**Tel:** 0131 225 6963 **Fax:** 0131 220 6313

**Email:** [personalgrants@chss.org.uk](mailto:personalgrants@chss.org.uk)

Do you have a **question** you would like answered or a particular **topic** you would like to see covered?

Or maybe an **article, anecdote, recipe, poem or joke** you would like to **contribute**?

If so **contact:** **Alison Campbell**, Heart Failure Support Service Coordinator, Lanarkshire, Chest, Heart & Stroke Scotland, 65 North Castle Street, Edinburgh, EH2 3LT

**Tel:** Local: 01355 522 806 Edinburgh Office: 0131 225 6963 **mobile:** 07912 423 004

**email** [alison.campbell@chss.org.uk](mailto:alison.campbell@chss.org.uk)

## Focus on Services

### Dalziel Day Unit

### Drop-in Service for Respiratory / Heart Failure Patients

#### What's on Offer?

Complementary Therapies including acupuncture  
Counselling

**Complementary Therapies** can help in reducing stress, aiding relaxation and promoting a sense of well-being.

**Aromatherapy** - uses essential oils to help promote the emotional, psychological and physical well-being of the individual

**Indian Head Massage** - This involves massaging the upper back, shoulders, neck, scalp and face. It is carried out with the recipient being fully clothed and sitting in a chair. It is very useful in helping with headaches and with general relaxation.

**Reiki** - is a Japanese word which literally means "universal (Rei) life energy (Ki)". It is an



holistic hands-on therapy in which Reiki energy is channelled through the hands of the practitioner to the recipient. This powerful energy works to encourage healing and well-being as well as helping with focus and balance.

**Reflexology** - is a therapy which involves pressing points (or reflexes) on the feet which correspond to parts of the body. By working these reflexes, the reflexologist aims to bring the person back into a state of balance (homeostasis) to support emotional and physical stability.

**Acupuncture** - involves the insertion of very fine needles at key points in the body which are left in place for a short time. It can help the body to release its natural painkillers, Endorphines; helps stimulate nerve & muscle tissue; can ease symptoms of pain & discomfort; can promote relaxation / well-being and



sleep; and can help alleviate anxiety.

**Counselling** - helps you look at problems you are facing now, in a safe and supportive environment. You are encouraged to talk about feelings you have about yourself and your situation with time and space to allow you to make decisions at your own pace.

You can do this in complete confidentiality with a non-judgemental and free of interpretation relationship. Counselling aims to empower you to make constructive choices.



#### Where?

Dalziel Day Unit  
Strathclyde Hospital  
Airbles Road  
Motherwell  
ML1 3BW

#### When?

Every 2nd Friday from 10:00am

#### To find out more

call **01698 245 026 / 076**

## Recipe Corner

### Tarragon Chicken with Lemon braised Potatoes

Serves 2, takes 10 mins to prepare and 25mins to cook

#### Ingredients

- ♥300g (10<sup>1/2</sup>oz) baby new potatoes, halved
- ♥300ml (1/2 pt) low salt vegetable stock
- ♥Juice & zest of 1/2 a lemon
- ♥2 tablespoons chopped fresh tarragon
- ♥3 tablespoons chopped fresh parsley
- ♥Low fat cooking spray
- ♥2 x 150g (5oz) skinless, boneless chicken breast fillets
- ♥16 cherry tomatoes on the vine
- ♥1/4 teaspoon granulated sugar
- ♥Freshly ground black pepper

#### Method

- ♥Preheat the oven to gas mark 6 / 200<sup>o</sup>c / fan oven 180<sup>o</sup>c
- ♥Place the potatoes in a saucepan with the stock, 1 tbspn of lemon juice and 1/2 tspn zest
- ♥Bring to the boil and simmer, covered for 15mins or until tender.
- ♥Meanwhile, mix the remaining lemon zest with the

tarragon and 2 tbspsn parsley on a plate.

- ♥Use a little low fat cooking spray on the chicken breasts and season them lightly.
- ♥Roll the chicken in the herb mixture to coat completely and place in a lightly greased roasting tin. Drizzle the rest of the lemon juice over the chicken and cook in the oven for 10 mins.
- ♥Add the tomatoes to the roasting tin, lightly coat with oil spray and sprinkle with the sugar
- ♥Roast for another 10 mins or until the chicken juices run clear when the thickest part of the breast is pierced with a skewer.
- ♥When the potatoes are tender, remove the lid and increase the heat under the pan.
- ♥Reduce the liquid for about 10mins or until it is almost completely evaporated and you are left with about 2 tbspsn of syrupy juices. Toss the potatoes in the juice to glaze and scatter with the remaining parsley.
- ♥Serve on a warmed plate with the chicken and roasted tomatoes



CARBON NEUTRAL LOGO