



TAKE HEART



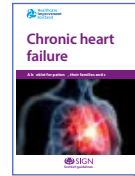
What is
Entresto®



Low Salt
Recipe



Hot
weather
top tips



Update to
SIGN heart
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From heart failure comes... friendship?

Lillian Watt and Lydia Linton's story

Two clients of C&RSS in Highland Region met whilst attending the Netley Day Therapy Centre, run by the Highland Hospice. Their friendship has blossomed from there with a little help from June, the C&RSS Co-ordinator. According to Lillian: "We just clicked". At first, the ladies sat together at lunch and during their group work at the Centre, enjoying each other's company immensely. Since then they have met at different CHSS functions including an outing to the pantomime and our quarterly Patient and Carer Meetings. Lillian and Lydia took every opportunity to spend time together!

June encouraged them to build on their friendship by helping them to meet up and spend some quality time together. They took no persuading! One day June collected Lydia and took her to see Lillian at her house. Lillian introduced Lydia to her 'babies' (her cat and dog!) She provided a warm welcome and a generous spread (red salmon and battenburg cake to name but a few!). Lillian and Lydia chatted and laughed together, sharing stories and talking about their future plans. It was lovely to see. Lydia called June later that evening to thank her for the day with Lillian. She was so grateful to have had the chance to spend time with her friend. Of Lillian, Lydia said:



"She is a kind, generous and funny woman. I just really enjoy her company".

Lillian currently benefits from the C&RSS befriending service and very much enjoys her time with her volunteer, Pat. She is quite protective of their time together and openly admits that it's her 'me' time. That said, she has asked if we can include Lydia in one of these afternoons, to do something of her own choosing. Lillian said: "I get so much from Pat, I would like Lydia to have something nice too".

June said: "I am so glad that I was able to help these two lovely ladies to enjoy time together. Both have a fascinating history and so many stories to tell". So, does friendship come from heart failure? Well, that depends on your individual experience. There are a lot of groups around that can help you to meet new people and maybe even try a new hobby. June thinks: "Happiness can make a healthier heart!"

LOOK OUT FOR A REPORT ON EUROPEAN HEART FAILURE AWARENESS DAY
(FRIDAY 6TH MAY) ACTIVITY IN SCOTLAND IN THE NEXT ISSUE OF TAKE HEART.

WHAT IS ENTRESTO®?

Eve Shannon, Advanced Heart Nurse Practitioner – Heart Failure from NHS Greater Glasgow and Clyde answers some questions about the recently approved heart failure drug, Entresto®

Q: What is Entresto®?

A: Entresto® is a new class of medicine for the treatment of heart failure called an angiotensin receptor neprilysin inhibitor (ARNI). It contains two active ingredients (Valsartan and Sacubitril) that work in different ways to counteract the effects of heart failure.

Q: How does it work?

A: Entresto® works in two ways:

1. Valsartan blocks the effects of a substance called angiotensin II in your body. Angiotensin II causes your blood vessels to narrow and increases the amount of fluid in your blood. By blocking angiotensin II, valsartan lowers your blood pressure and reduces fluid retention.
2. Sacubitril increases the levels of certain peptides (a type of hormone) in your blood. These peptides cause your blood vessels to widen and increase the amount of fluid that you pass out of your body (as urine).

Both of these ingredients therefore work together to reduce your blood pressure, reduce the amount of work your heart has to do, and improve the pumping action of your heart.

Q: Who could benefit from the ARNI?

A: Those heart failure patients who are already taking an ACE inhibitor (medicine ending in pril) or ARB (medicine ending in sartan) whose symptoms are not improving. This medicine will be given to patients by their cardiologist if it is suitable for them.

Point to be aware of: if you are already taking an ACE inhibitor then this will need to be stopped for two days before starting Entresto®.

Q: How soon will the ARNI be available?

A: This medicine was only approved for use in Scotland



recently and will gradually be used within the heart failure service. You should be seen by a heart failure specialist before starting treatment with Entresto®.

Q: How is Entresto® taken?

A: Entresto is taken as a tablet, usually twice a day. The dose will be increased gradually depending on how you respond, until the best dose for you is found.

Q: What about side effects?

A: As with any medicines you may experience some side effects. If you notice any swelling of the face, lips, tongue or throat, seek immediate medical attention; these may be signs of angioedema (affects up to 1 in 100 people). Other side effects that are very common (affect up to 1 in 10 people) are low blood pressure (you may feel dizzy or light-headed), high potassium levels, and decreased kidney function (you will need blood tests to monitor these).

Q: What do you think of this new development?

A: Modern medicine is changing and it is positive that some of our patients took part in the drug trial, PARADIGM-HF, which led to Entresto® coming onto the market, and now others will be started on it.

This is a new experience not just for patients but doctors and heart failure nurses too.

Low Salt Recipe

TOMATO SALSA

A ZINGY DIP, WHICH IS SIMPLE TO MAKE.
TRY IT WITH TOASTED PITTA BREAD.

SERVES: 1 - PREP TIME: 10 MINUTES

Energy 50kJ 12kcal <1%	Fat 0.2g <1%	Saturates Trace <1%	Sugars 1.9g 2%	Salt Trace <1%
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INGREDIENTS

- 3 medium ripe tomatoes
- 1 tablespoon fresh coriander leaves, chopped
- 1 garlic clove, crushed
- Juice of half a lemon
- Freshly ground black pepper
- 1 small red onion, peeled

METHOD

1. Wash the tomatoes and cut into quarters.
2. Place all the ingredients in a food processor and blend to make a slightly chunky salsa.
3. Serve at once, or cover with cling film and keep it in the fridge until you need it.

See more at: www.actiononsalt.org.uk

People with heart failure often have to take extra care when it's hot. Here are some 'top tips' to help:

Heat & humidity reduce the amount of water in the body and we all tend to sweat a wee bit more, which can lead to dehydration. However, drinking too much fluid can cause problems too. Most people can drink 2 litres per day. This can be hard in the summer, when the temptation is to drink more. Check with your heart failure nurse or doctor whether you can drink a bit more if it's hot. Why not try:

- Avoid activity and journeys in the hottest parts of the day
- Keep a good fan close by
- Be extra vigilant with your weight, as losing too much weight can be a sign of dehydration and your diuretic tablets may need adjusted. If that happens contact your doctor or heart failure nurse for advice
- Flavouring ice cubes or sooking on an ice pole can quench your thirst and help you stick within your fluid intake limits.
- Keep your fruit in the fridge (except for bananas!)
- **Sign up for the free CHSS Advice Line Weather Alert service to check when it's going to be really hot (call free on 0808 801 0899).**



AVOIDING 'HIDDEN' SALT

It is important for people living with heart failure to reduce the amount of salt they eat. This can be difficult, as salt can be 'hidden' in everyday foods that don't taste that salty. Watch out for these foods that can have salt lurking inside:

ALMOST ALWAYS HIGH IN SALT

These foods are always high in salt because of the way that they are produced. Try to eat them less often or have smaller amounts:

- bacon, ham and smoked meats
- cheese
- pickles
- salami
- salted and dry roasted nuts
- salt fish and smoked fish
- soy sauce
- gravy granules, stock cubes and yeast extract

FOODS THAT CAN BE HIGH IN SALT

The salt in these foods can vary between different brands or varieties. Check the food label to help you choose ones that are lower in salt:

- bread, bread products like wraps, crumpets, scones and sandwiches
- pasta sauces
- savoury snacks like crisps and salted nuts
- pizza
- ready meals
- soup
- sausages
- tomato ketchup, mayonnaise and other sauces
- breakfast cereals

You'll find lots more about salt at the CHSS Live Better Blog: www.chss.org.uk/livebetterblog

Caithness Meetings

We made good links with Connecting Carers at our drop-in session in Wick. The Patient & Carer meeting in Thurso featured Mandi Smith, Lead Heart Failure Nurse for NHS Highland, talking about the drugs used to treat heart conditions, their benefits and also their side effects. Everyone seemed to enjoy the talk and there were a lot of questions afterwards for Mandi.

UP, UP AND AWAY

It's that time of year again, when we start to think of sun, sea and sand. Holidays are a good way to spend time with friends and family, as well as unwind and relax. Having heart failure shouldn't necessarily stop you from going on holiday. Planning ahead and letting your travel operators know about any special needs can overcome most issues.

Call the CHSS Advice Line Nurses free on 0808 801 0899 for advice and factsheets, including planning your holiday, air travel and organising insurance. You can also go to www.chss.org.uk

INVERNESS PATIENT AND CARERS MEETING – SPRING 16

We had a great turnout for this meeting, despite the weather!

Our speaker was Lesley Carcary from Action on Elder Abuse. Her talk proved very interesting to our group. Once Lesley finished her initial presentation, she answered a lot of questions from the audience, resulting in a lively discussion.

A new development this time was an information stand provided by Connecting Carers. Their staff gave an overview of the organisation's services. They were also able to help resolve some issues for people and provide support there and then. Feedback was so positive, we plan to have support from Connecting Carers at all of our Patient and Carer meetings in future, both in Inverness and Caithness.

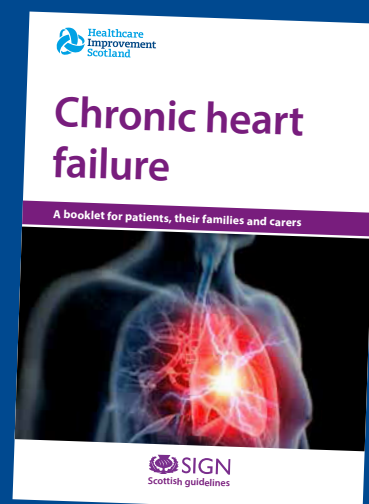
Above all, it was lovely to see both people with heart failure and their carers chatting and sharing experiences with one another.

Update to SIGN heart failure Guideline

An updated national clinical guideline on the management of chronic heart failure was issued by the Scottish Intercollegiate Guidelines Network in March 2016. It includes the new heart failure drug Entresto® (see Q/A in this issue).

A new booklet for patients and carers, issued at the same time as the guideline, contains useful information about what heart failure is, its causes and symptoms, diagnosis, treatments and self management.

Available from www.sign.ac.uk/patients/publications/147



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We try to be as up-to-date as possible with our newsletter, but sometimes we are unable to withdraw copies if a bereavement has happened close to mailing, or we are unaware of it. We would like to offer our apologies if this has happened to you. Please let us know and we will amend our records.

