



Newsletter of the Heart Failure Community in Scotland



Do You Ever  
Feel Panicky?



Low Salt  
Recipe



What is Atrial  
Fibrillation?

## New Chest Heart & Stroke Scotland Chief Executive

**You will recall, that last year we wrote an article about changes which were taking place in Chest Heart & Stroke Scotland.**

The aim of these changes is to ensure sustainable and high quality services, while identifying our 'New Ambitions' for the future. It is hoped that the process will enable the charity to meet the needs of the Scottish population more effectively, offering greater support to those living with chest, heart and stroke illness at different stages of their condition journey.

Since then we have experienced several changes including the appointment of our new Chief Executive, Ms Jane-Claire Judson. Ms Judson will take up post in November.

Ms Judson is currently the National Director for Diabetes Scotland. She brings a wealth of experience from that role in providing services for people coping with long term conditions.

On her appointment Ms Judson said 'it is a privilege to be joining the staff and volunteers of Chest Heart & Stroke Scotland in delivering critical support and services to people affected by the conditions we represent. I am



Jane-Claire Judson

looking forward to building upon the excellent history and work of the charity to deliver a new corporate strategy. It is essential that the potential impact of recent developments in health and social care is fully realised for and in partnership with our local communities.'

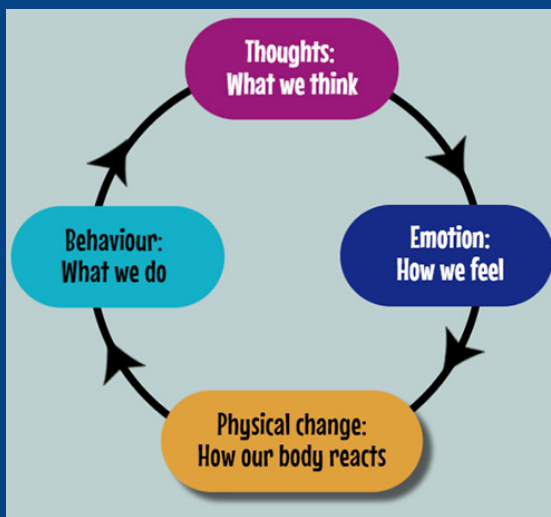
## Do you ever feel 'panicky'?

**Dr. Evelyn Jannetta, Principal Clinical Psychologist at Aberdeen Royal Infirmary shares some tips on how to recognise and cope with feelings of panic.**

Feeling breathless can be a very frightening experience and for some people this can lead to a panic attack. If you are anxious you are more likely to feel that your breathlessness will get worse and the more you focus on not being able to breathe, the more anxious you will become. This can lead to you wanting to take more,

quick, shallow breaths. Breathing then becomes more difficult and you experience a vicious cycle where anxiety drives breathlessness and breathlessness drives anxiety.

Sometimes feelings of panic and breathlessness can feel the same. Both situations can give similar symptoms, such as chest tightness, a rapid heartbeat, quick and shallow breathing or dizziness. The good news is that there are several ways of helping break this vicious cycle to help you feel more in control of your breathing.



### How do I manage panic when I'm breathless?

- Slow down your breathing.
- Learn to recognise any anxious thoughts that you are having. Write them down when the anxiety has reduced and you feel more in control again of your breathing. This will

make it easier to notice these thoughts if they occur again.

- Do not focus on the anxious thoughts when they come.
- Use distraction instead by focusing on something you have already planned to think about, or focus on slowing down your breathing. You could also try a grounding exercise to help to reduce your anxiety e.g. if you are sitting down, notice the feel and pressure of the chair or sofa under you and how your body feels as it presses down onto it.
- Remind yourself that you have managed to come through this before.
- Access self-help materials for anxiety like the Moodjuice self-help guide on anxiety and on panic:  
[www.moodjuice.scot.nhs.uk/anxiety.asp](http://www.moodjuice.scot.nhs.uk/anxiety.asp)  
[www.moodjuice.scot.nhs.uk/panic.asp](http://www.moodjuice.scot.nhs.uk/panic.asp)
- For other information about managing mood and anxiety, and some tips on relaxation visit [www.chss.org.uk/documents/2013/08/f23\\_stress\\_and\\_anxiety.pdf](http://www.chss.org.uk/documents/2013/08/f23_stress_and_anxiety.pdf)
- If you feel that you are not able to manage your anxiety after accessing and trying self-help information and advice then it may be helpful to have a discussion about this with your **GP**.

## CHSS physical activity fund

Being active can help you to live a healthier, longer life. There are lots of different ways you can be more active, even if you find it difficult to move around. Physical activity is any movement of the body that uses energy and can be as simple as walking, housework or gardening. You can benefit from being more active whatever your age, size or physical condition. You may feel that being active is difficult because of an existing health condition, but some activity is better than none.

### Why is physical activity important?

Regular physical activity can help to:

- **Strengthen your heart and improve your breathing**
- **Increase your energy levels**
- **Improve concentration, mood and self esteem**
- **Improve balance and coordination**
- **Maintain your independence.**

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This year CHSS created a physical activity innovation fund. This has been established to support those living with chest, heart and stroke conditions, to be physically active and benefit from improved health and wellbeing. The fund will provide development grants which CHSS teams can draw funds from in order to design, develop, implement and evaluate pilot programmes which meet the projects goals. The goal of the Physical Activity Initiative is that people living with these long-term conditions can access and participate in physical activity, with the key objectives being to ensure local support services are in place, barriers to participation are reduced, and attendance is increased. The pilot programmes will either test new innovative service models, or support existing services.

To ensure programmes are person-centred, can support people diagnosed with multiple conditions, and focusses on supporting people in their communities, we are seeking patient/ public involvement. If this is something you are interested in and would like further information, **please contact Katherine Byrne, Policy Manager, Chest Heart & Stroke Scotland by emailing [katherine.byrne@chss.org.uk](mailto:katherine.byrne@chss.org.uk) or telephoning 0131 225 6963 during working hours (09.00 – 16.30 , Monday to Friday).**

## Scrambled Halloween Words! Answers on pg4

**Unscramble the following:**

GTSHO	OMNO
TIWCH	KISMORCOBT
RACYS	KNPPUMI
IONGBL	LJAEKONN'CTRA
SNEOMRT	OECSUTM
WLO	KPOSYO
TAC	CTBEIWHDE
RIITPS	WLOH
VAERGDYRA	WLOLENEHA
LDUORNAC	HCERSCE
DBA	NTHIG
VRAESHTONMO	TBA
TROISUEYMS	TEUHDANSHEOU

Extract from The Activity Year Book: A Week by Week Guide for Use in Elderly Day and Residential Care by Anni Bowden and Nancy Lewthwaite, published by Jessica Kingsley Publishers.

### Got Heart Disease? Get Ready To Fight Flu.

**In Scotland, flu season usually begins as the weather gets colder, so get the vaccine as soon as you can. The vaccine is available from October through to the end of March. The earlier you get it, the less likely it is that you will get flu.**

The annual flu vaccine helps protect against the strains of flu virus that are likely to be circulating each winter

flu season, which lasts from October to March.

In Scotland anyone with a health condition, people aged 65 or over, pregnant women, and those who work in health care are eligible for free flu immunisation.

So try and be prepared and make an appointment as soon as you can.

For more information please visit:

**[www.immunisationscotland.org.uk/vaccines-and-diseases/seasonalflu](http://www.immunisationscotland.org.uk/vaccines-and-diseases/seasonalflu)**

## Fresh tuna and sweetcorn fritters with salsa

A moreish starter or light meal. These can be made in advance and kept in the fridge.

### Low Salt Recipe

1 Preheat oven to 180°C/350°F/gas 4.

2 Bring potatoes to the boil for 15 minutes, they should be fairly firm after this time and not soft so they can be grated. Drain, allow to cool and grate. Wear rubber gloves to make it easier to grate the potatoes.

3 Mix the tuna, sweetcorn, grated potatoes, chopped herbs and beaten eggs and season with coarse ground black pepper. Divide into 12 portions shaping each into a flat patty. Place on a baking tray lined with baking parchment and cook in the oven for 20 minutes or until lightly golden.

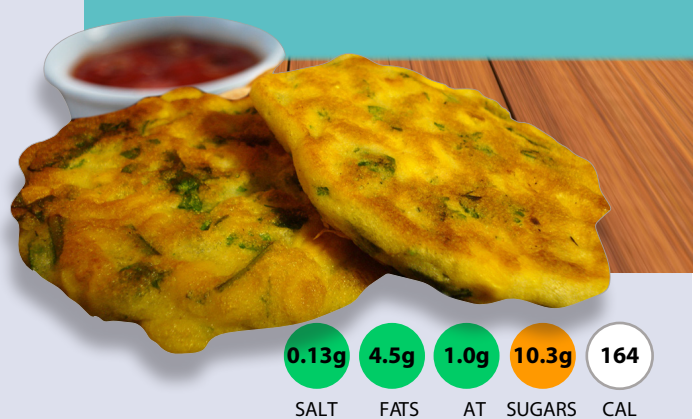
4 Whilst these are cooking prepare the salsa. Simply combine the chopped ingredients with the lemon juice and ground black pepper. Serve the fritters with the salsa.

Suggestions - Instead of fresh tuna, tinned tuna in spring water can be used, drained well

A little balsamic vinegar in the salsa will add an alternative flavour

Starter | Serves: 4

Prep time: 30 minutes | Cooking time: 35 minutes



- 3 small-medium waxy potatoes (Maris Piper), peeled
- 1 fresh tuna steak, finely cubed (or tinned tuna in spring water)
- 1 x 200g tin sweetcorn in water (no added salt), drained and rinsed
- 4 tablespoons parsley, finely chopped
- 4 tablespoons chives, finely chopped
- 4 tablespoons coriander, finely chopped
- 1 egg lightly beaten
- Coarsely ground black pepper

#### For the salsa

- 1 red onion, peeled and chopped
- ½ cucumber, chopped
- ½ fennel bulb, green tops, root and outer layer removed, chopped
- Juice of 1 lemon
- Ground black pepper

See more at: [www.actiononsalt.org.uk](http://www.actiononsalt.org.uk)

We are reviewing our newsletters and would love to hear from you with any ideas, comments or suggestions you might have.

Help shape future editions of Take Heart by getting in touch with us in any of the ways below;

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

Telephone: Call our Adviceline Nurses FREE on 0800 801 0899 and let them know your thoughts.

Or

Send us a letter addressed to:

Cardiac Coordinator, Chest Heart & Stroke Scotland, 3rd Floor, Rosebery House, 9 Haymarket Terrace, Edinburgh EH12 5EZ

**Have Your Say!**

Editorial Contact: Sarah Smith Tel: 0131 346 3644 Email: [sarah.smith@chss.org.uk](mailto:sarah.smith@chss.org.uk)

Chest Heart & Stroke Scotland, 3rd Floor, Rosebery House, 9 Haymarket Terrace, Edinburgh EH12 5EZ

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.

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