

Promoting better understanding, diagnosis, treatment and quality of life for individuals suffering with cardiac arrhythmia

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### Please help us to reach other patients...

I would like to thank those of you who have already shared your stories of diagnosis, treatment and living with an arrhythmia. Please keep them coming in!

While the facts and statistics on arrhythmias are startling more often it is your personal stories that help to raise awareness of the signs, symptoms and dangers of heart rhythm disorders.

This is why we really need your help. Would you be happy to share your story via our website, or be interviewed by a journalist for the health section of a magazine or national newspaper?

Arrhythmia Alliance is continuing the Know Your Pulse campaign to raise awareness of the pulse as a means of identifying potential cardiac arrhythmias. ***If you were diagnosed with an arrhythmia by having your pulse checked, your story would help to reinforce the importance of this simple health check procedure.***

If you would share your story then please email [joanna@heartrhythmcharity.org.uk](mailto:joanna@heartrhythmcharity.org.uk) or write to Joanna Fearnley at Arrhythmia Alliance, PO Box 3697 Stratford upon Avon, Warwickshire, CV37 8YL. We can then contact you to talk through in more detail about what you would be happy to be involved in with no pressure to be involved if you change your mind!

If you represent an affiliated group, please can you ask your members – it is a good opportunity to raise awareness of your organisation and your condition.

We cannot guarantee that every case study will be used but the more case studies we have, the more publicity we are likely to achieve.

Thank you and I hope to hear from you.

Joanna Fearnley