

HIGHLIGHTING THE WORK OF ARRHYTHMIA ALLIANCE 2006/2007



The Heart Rhythm Charity

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

www.heartrhythmcharity.org.uk

Registered Charity No. 1107496



T: +44 (0) 1789 450787 PO Box 3697 Stratford upon Avon Warwickshire CV37 8YL F: +44 (0) 1789 450682

info@arrhythmiaalliance.org.uk

www.heartrhythmcharity.org.uk

President: Prof A. John Camm, QHP, MD, FRCP, FACC.

Trustees: Dr Adam P Fitzpatrick, MD, FRCP, FACC, Dr Derek Connelly, MD, MRCP, Mrs Trudie Lobban, Mr Chris Brown, Mr Nigel Farrell

Patrons: W B Beaumont, OBE, Prof Hein J J Wellens, Prof Silvia G Priori.

'I feel very privileged to be President of the **Arrhythmia Alliance**.

The **Arrhythmia Alliance** involves and represents successful organisations with a stake in the management of patients with heart rhythm disorders. Arrhythmia Alliance has attracted membership from professional medical organisations, nursing groups, carer and patient support groups and charities concerned with those who suffer from these conditions. For example, STARS -

Syncope Trust and Reflex Anoxic Seizures (The Blackout Trust), the British Cardiovascular Society, Heart Rhythm UK, the Royal College of Nurses, SADS UK (Sudden Arrhythmic Death Syndrome) and the Cardiomyopathy Association are all proud members of the Alliance.



Hundreds of individual patients, doctors, nurses, physiologists, health care companies and patient carers are members of the Alliance. Hardly any organisation concerned with the critical issues of sudden cardiac death, incapacitating arrhythmia or devastating rhythm disorders stands apart from this umbrella coalition.

The Arrhythmia Alliance has achieved much in the last few years, ranging from helping to sort out the specific problems of individual patients to tackling dereliction of service provision by NHS trusts. Very importantly the Alliance has worked in close collaboration with the British Cardiovascular Society, the British Heart Foundation, member charities and the Department of Health to greatly improve the general standard of health care in the United Kingdom for patients suffering from distressing heart rhythm disturbances.'

Professor A John Camm

Arrhythmia Alliance Publication List

- Atrial Fibrillation inc Atrial Flutter
- Bradycardia (slow heart rhythm)
- Catheter Ablation
- Catheter Ablation for Atrial Fibrillation
- Drug Treatment for Arrhythmias
- Electrophysiology Studies (EPS)
- Exercising with your Implantable Cardioverter Defibrillator (ICD)
- Testing using drug-injections to investigate the possibility of a risk of Sudden Cardiac Death
- Frequently Asked Questions
- Heart Rhythm Charity (General Information)
- Highlighting the Work of the Alliance
- ICD
- ICD/CRT
- Insertable Loop Recorder
- National Service Framework Chapter 8
- Paediatric Arrhythmia Information
- Pacemaker/Cardiac Resynchronisation Therapy (Pacemaker CRT)
- Pacemaker
- Patient Information
- Remote Monitoring for ICDs
- Sudden Cardiac Arrest
- Syncope
- Supraventricular Tachycardia (SVT)
- Tachycardia (fast heart rhythm)
- Tilt Test

FOR HEALTHCARE PROFESSIONALS ONLY:

- How to establish Rapid Access Clinics
- (ICD) Deactivation
- Physiological Manoeuvres to stop SVTs



Arrhythmia Alliance (A-A) is a coalition of charities, patient groups, patients, carers, medical groups and allied professionals. These groups remain independent however work together under the A-A umbrella to promote timely and effective diagnosis and treatment of arrhythmia.

The A-A supports and promotes the aims and objectives of the individual groups.

Arrhythmia Alliance continues to work hard to highlight conditions and to offer support and information to those affected. The charity has produced a number of booklets and also hosts an informative website. All booklets and promotion materials are endorsed by the Department of Health with whom we work very closely.

Medical professional members of A-A can join a secure area of our web site which is specifically tailored to those dealing with arrhythmia patients. This includes care pathways, job descriptions, business case templates, guidelines to establish rapid access clinics, PDF copies of all our patient leaflets, presentations from our annual Congress and Regional Meetings, a Members' Forum and much more. To join, visit www.heartrhythmcharity.org.uk, click on "Members" and register as a Medical Professional.

As a charity, we are working extensively on an education package for nurseries, schools, universities and extra-curricular clubs and societies, by increasing knowledge and understanding surrounding heart rhythm conditions. We are continuing to work towards the wider availability and the training in the use of Automated External Defibrillators (AEDs) within the community, thereby saving more lives.

Arrhythmia Alliance has played a vital role in achieving a new chapter for the National Service Framework (NSF) for Coronary Heart Disease-Chapter 8, on Arrhythmia and Sudden

Cardiac Death which was published in February 2005. This defines certain 'Quality Requirements' which describe the principles of care that clinicians and others will use to guide their practice. The three key quality requirements cover Patient Support, Diagnosis and Treatment and Sudden Cardiac Death.

During 2006 we witnessed the great success of initial implementation in England. It is vital that we continue raising awareness to ensure the ongoing implementation of the NSF within England and improve arrhythmia services throughout the UK. We have continued assisting with this by hosting our second annual set of regional meetings where issues were highlighted within primary, secondary and tertiary care. Each meeting was well attended by leading healthcare professionals, commissioners, representatives from the Department of Health as well as patients and carers. Presentations and issues were discussed with regard to work so far and future changes needed to meet the guidelines set within Chapter 8. These presentations can be downloaded from the medical area of the A-A website - www.heartrhythmcharity.org.uk.

Further meetings for Wales, Scotland and Northern Ireland will be held later in the year.

We will also be hosting our second **Heart Rhythm Congress in Birmingham, 29th-31st October 2007** (www.heartrhythm.org.uk) where we are expecting over 800 UK and International delegates. Features at the Congress this year will include Devices & Intervention courses, live cases, primary care session, HRUK courses, Arrhythmia Nurses session and much more. A full agenda can be found at www.heartrhythm.org.uk. The Congress is co-hosted with HR-UK.

Wednesday 31st October is Patient Day. **STARS, SADS UK and Arrhythmia Alliance** will be holding their annual meeting plus many more events.

Arrhythmia Awareness Week 2006 (**AAAW06**) also played an important role in highlighting Chapter 8 via 165 events held countrywide as well as lobbying MP support.

More information on Chapter 8 can be found in our booklet 'National Requirements-Local Implementation' and also at www.dh.gov.uk/PolicyAndGuidance.

AAAW07 will see in excess of 200 events being held throughout the UK.

What is an Arrhythmia?

Cardiac Arrhythmia is an abnormal heart rhythm and represents the single biggest killer in the UK, affecting one million of us and resulting in over 100,000 deaths a year. Despite this, cardiac arrhythmia can be misunderstood, under-diagnosed and yet often very simple to treat.

Arrhythmia cover a wide range of cardiac problems that result from electrical faults in the heart. There are essentially two main things that can go wrong with the heart: plumbing disorders and electrical disorders. Many of us are keenly aware of the heart's plumbing problems: the contribution of smoking, cholesterol, high blood pressure and, ultimately, clogged arteries which can lead to heart attacks. Yet we remain largely unaware of the electrical faults which can lead to sudden cardiac death, heart block, blackouts and heart failure.

Considering the tremendous impact these faults have on our health, they certainly should be more than the poor relation of the plumbing problems. Arrhythmia are categorised by the symptoms they cause and the way in which they affect the heart. For example, some arrhythmia cause the heart to beat too slowly, bradycardia [brad-ee-KAR-dee-ah], and these often require a pacemaker. Some cause the heart to beat too quickly, tachycardia [tak-ee-KAR-dee-ah], and often these require an advanced device called an implantable cardioverter defibrillator (ICD) which restores the normal heart rhythm by delivering a shock directly to the heart muscle.

Cardiac Arrest or Heart Attack?

A common and deadly arrhythmic disorder is sudden cardiac arrest (SCA). For many sufferers, the first they know of their condition is when they collapse with a wildly fast and irregular heart beat which fails to pump blood around the body. Without immediate treatment over 90% of SCA results in sudden cardiac death (SCD). In these cases the brain is starved of blood and the person dies.

Almost 100,000 people die this way in the UK each year. This is quite different from, the considerably more publicised, heart attack (a myocardia infarction or MI) where an artery supplying the heart becomes blocked, starving a segment of heart muscle of oxygen. This segment of heart tissue dies which reduces the heart's efficiency and can contribute to subsequent electrical faults and SCA. Whilst dangerous and painful, most MI patients make it to hospital where they can receive appropriate treatment. By contrast, over half of all deaths attributed to coronary heart disease occur before the patient is admitted to hospital.

Nearly all of these cases are examples of SCD, making it the most common single cause of death in the developed world. Screening of certain patient groups (eg, those with heart failure) has led to significant increases in the number of people receiving ICDs which automatically treat a patient suffering SCA by sensing the problem and delivering shocks to the heart to reset normal rhythm. However, many people without heart failure are also at risk of SCA, and whilst risk increases with age, SCA can affect anyone from childhood onwards. Almost all SCD could be prevented if appropriate screening were possible and those at risk received an ICD.

Blackouts: Head or Heart?

Blackouts, seizures, falls and funny turns cause most people to think of epilepsy or a problem with the brain. The reality is startlingly different. Syncope [SIN-keh-pee] is a rarely encountered medical term which describes a common condition where a person blacks out as a result of a sudden blip in the blood supply to the brain. This is often caused by an arrhythmia causing the heart to pause. Hence, the cause lies with the heart, not the head. Syncope is often dismissed as unimportant because whilst the blackouts are unpredictable and often result in falls, they are transient and physical recovery is usually complete. This view doesn't take account of the mental anxiety that syncope patients endure, never knowing where they will be when the next episode will strike. This becomes of particular importance when driving, operating machinery or for those who risk collapsing and losing bladder control in front of their colleagues or school friends, or even whilst swimming or cycling. What might be of little consequence medically, can have a profound impact on someone's mental health and quality of life. Whilst many people have not heard of syncope, the chance of experiencing a syncopal attack is as high as 50% over a lifetime. By contrast, the chance of blacking out because of epilepsy is less than 1%. Both epileptic seizures and syncopal episodes can result in convulsions and twitching of the limbs. Unsurprisingly, many people are incorrectly diagnosed. Recent data indicates that over 30% of epilepsy patients actually have syncope, not epilepsy. This rises to nearly 40% in children. Syncope is also difficult to diagnose but modern technology has recently made this much easier. Specialist centres in the UK are now implanting a small diagnostic device, called an insertable loop recorder (ILR) in patients with unexplained loss of consciousness.

The Blackout Checklist is available from www.stars.org.uk

Arrhythmia Alliance bridges the information-care gap

PROBLEM

- Tens of thousands of patients are churning in the healthcare system not properly diagnosed
- Thousands are treated however often there is little or no support mechanism in place
- 100,000 sudden cardiac deaths each year
- One million arrhythmia sufferers in the UK
- 120,000 unexplained loss of consciousness
- 30% adults and 39% children are incorrectly diagnosed with epilepsy, many have an underlying, potentially fatal, cardiac arrhythmia

A-A SOLUTION

- To build awareness within the general population and Primary Care
- To offer a support network
- Greater awareness, seeking and obtaining a diagnosis and receiving appropriate treatment will greatly reduce the number of sudden cardiac deaths and will also improve the quality of life for all those affected by cardiac arrhythmia

Introduction – STARS



STARS (Syncope Trust And Reflex anoxic Seizures) was founded by Trudie Lobban, in March 1993. The support group was established at the request of a paediatric neurologist after Trudie's daughter, Francesca, was diagnosed as having reflex anoxic seizures (RAS), a form of syncope.

On 23 February 2007 **STARS-US Inc** was established due to high demand from our American members and medical professionals.

STARS – The Blackouts Trust – is a small charity, with a national remit, offering information and support to those affected by unexplained loss of consciousness, blackouts, syncope and reflex anoxic seizures.

The overall aim of the charity is to ensure that anyone presenting with an unexplained loss of consciousness receives the correct diagnosis, the appropriate treatment and informed support. The charity continues to improve public and professional awareness and highlight the effects that these distressing conditions can have on an individual and their family.

STARS offers:

- Information and reports
- Youth helpline
- Monthly e-bulletin
- Ask the Expert service
- Signposting to Experts
- 24-hour helpline
- Newsletters
- Website www.stars.org.uk
- Online moderated syncope message board
- Regional, national and international meetings

Patient Information Leaflets

The following patient leaflets can be requested through STARS, 01789 450564, or downloaded from the STARS website, www.stars.org.uk.

- Blackouts Checklist – to help patients and doctors reach the correct diagnosis
- Reflex Anoxic Seizures (RAS)
- Syncope
- Vasovagal Syncope
- Anaesthetists & Dentists
- Treatment options

Shine a Light on Education

We have established an education programme for use in educational establishments from nursery to university and also including extra-curricular clubs. The aim of this project is to educate teachers, staff and carers on syncope and train them in condition management. The programme will also provide information and advice for parents and sufferers on how to cope with syncope in their learning environment.

STARS Annual Conference

STARS holds a conference each year and for 2007 it will be held on Wednesday 31st October at the Hilton Birmingham Metropole (next to the NEC). This meeting is attended by medical experts as well as STARS members and besides presentations during the day, there is the opportunity for open discussions and to meet the doctors.

For information please contact **STARS**:

Telephone: 01789 450564

Email: trudie@stars.org.uk

Web: www.stars.org.uk

Introduction – SADS UK

SADS UK (Sudden Arrhythmic Death Syndrome) was set up after the sudden and unexpected death of Anne Jolly's apparently fit and healthy 16 year old son Ashley. It was suspected that he died from a fatal cardiac arrhythmia. The charity provides information about conditions that may cause a Sudden Arrhythmic Death and offers support to individuals and families affected by them.



In 2000 SADS UK was invited to affiliate to the SADS Foundation, Utah. SADS UK held the 1st International SADS Conference in London in October 2002. Internationally renowned cardiologists presented at the inaugural SADS Conference.

As a national charity SADS UK strives to save lives by raising awareness of the signs and symptoms of cardiac conditions of the conduction system (electrics) of the heart. The overall aim of the charity is to save lives and SADS UK provides medical equipment, including heart monitors and Automated External Defibrillators (AEDs) to assist with this aim.

Sudden Arrhythmic Death Syndrome (SADS) is an umbrella term which covers cardiac conditions that may cause sudden and unexpected death if not treated. The main conditions that cause SADS are the Long QT Syndrome, Brugada Syndrome, Wolff Parkinson White (WPW), Catecholaminergic Polymorphic Ventricular Tachycardia (CPVT) and Hypertrophic Cardiomyopathy.

SADS UK offers:

- Information packs for doctors and the public
- Newsletters
- National Conferences
- Signposting to experts
- Counselling and support
- Support seminars
- Website www.sadsuk.org
- Research support

Information leaflets available through SADS UK:

- Heart Disease does not just affect those in the later years of life
- Supporting Families affected by cardiac arrhythmias
- The Long QT Syndrome (LQT)
- Fainting and the Long QT Syndrome
- The Brugada Syndrome
- Wolff-Parkinson-White Syndrome (WPW)
- Catecholaminergic Polymorphic Ventricular Tachycardia (CPVT)
- Genetic cardiac conditions and procedure following a sudden death

For information please contact **SADS UK**:

Telephone: 01277 230642
E-mail: sadsuk@btconnect.com

Web: www.sadsuk.org

Arrhythmia Awareness Week 2007

11-17th June 2007

(www.aaaw.org.uk)

The treatment for many potentially fatal arrhythmia requires the fitting of a simple ICD or pacemaker. These treatments have been proven to be highly effective. Despite there being no significant differences in the rates of arrhythmia across Europe, or a propensity for our European neighbours to over-treat arrhythmia, the rate of pacemaker implant in the UK is only 450 per million of the population.

This compares to a European average of over 700 per million and a US average of over 1,000 per million.

The level of arrhythmia care in the UK sadly lacks behind nearly all of the European countries. In the UK there are only 750 cardiologists ('plumbers' and 'electricians'), and only 64 of these are heart rhythm experts ('electricians'). That's only one heart rhythm expert for every 940,000 people.

In Germany (with a similar sized population), there are over 4,000 cardiologists and in France over 6,000. Recent data published by the Network Device Survey Group (www.devicesurvey.com) demonstrates just how poorly England is doing, and how much regional variation there is across England even for simple procedures such as pacemaker implant.

This has to change. Crucial to making this change will be teams and individuals in primary care. Through effective education, motivation and structure, many more arrhythmia patients will be identified by GPs and their teams, and referred to appropriate specialists. This will save thousands of lives and millions of pounds. At present, GPs are incentivised to identify and treat atrial fibrillation because of its contribution to the terrible burden of stroke. Similar incentives for other arrhythmia are needed, as well as tools which arm the patient to make their journey through the health system as efficient and effective as possible.

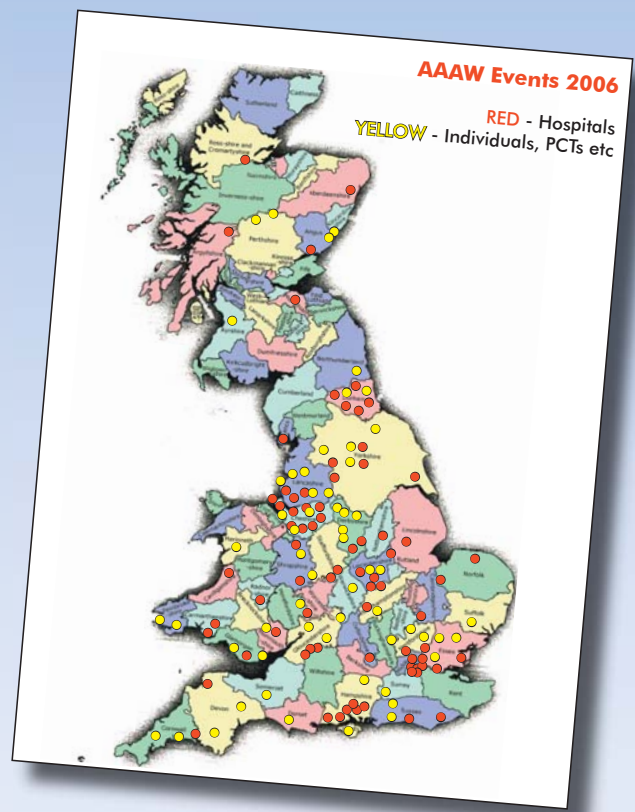
For these reasons, AAW07 is focusing on the primary care patient and the interaction between specialists and GPs so that current blocks in arrhythmia care are removed. Arrhythmia Alliance and its member groups will be targeting GP surgeries during this year's Awareness Week and information packs will be available to assist both patient and GP. Patient information booklets are available on various types of arrhythmia including Atrial Fibrillation as well as suggested care pathways for patients attending GP surgery; blackouts and arrhythmia checklists assisting with diagnosis, patient information and support contact details.

We are calling on medical professionals and individuals to help us once again in holding events throughout the UK and will provide a full Promotional Pack supplying all that is needed to highlight our aims. We have written to Chief Executives of PCTs and MPs around the UK asking for their support. We have provided a letter on our website for use by individuals to lobby their own constituent MP to advise of our aims and action required. We have called once again on the support of Tony Blair and the Minister of State for Health.

This year we are promoting our first World Heart Rhythm Day which will take place on 13th June calling on organisations across the globe to unite in raising awareness of heart rhythm conditions. A number of organisations have already joined us (see page 11) and we are adding more details of supporters on a designated page on our website as we receive their interest. For more information please contact Carole Ellis at aaaw@stars.org.uk or 01789 451832.

A reception will be held at Westminster to launch the **2007 Awareness Week on Wednesday 13th June** with Members of Parliament as well as medical professionals, and patients from the UK and seven other European countries attending.

165 events took place during our Awareness Week in 2006 involving cardiologists, doctors, nurses, PCT staff, patients and individuals (see map). In excess of 200 events will be held throughout the UK during our 2007 campaign, thereby raising more vital awareness.



Primary Care Events

Arrhythmia Alliance is keen to liaise closer with and support those medical representatives within Primary Care (GPs and PCT staff). To this end the charity has decided to hold an early evening meeting during July inviting a targeted selection of GPs from South Birmingham, Solihull and Coventry. Trudie Lobban, Founder of the Arrhythmia Alliance, will open the event followed by presentations from the Department of Health and Primary Care Experts.

If GPs and members of PCTs around the country would be interested in more information of possible future events, please contact Laura Newton, aa@stars.org.uk or 01789 451831.

'Finding the Arrhythmia Alliance website was the beginning of sanity and is our saviour. All the wonderful A-A literature poured through the letterbox and at last we felt we had an identity and there was light at the end of the tunnel'.

'As a mother of a young son with Long QT Syndrome I just wanted to thank the Arrhythmia Alliance for the support I received. I would also like to thank you again for the wonderful work that you do. To have you as a source of information and support is invaluable.'

'I think the work that Arrhythmia Alliance does is fantastic and it's reassuring to know that there are others who suffer with this distressing condition. I am grateful for the advice and information booklets received'.

'I am extremely grateful to the Arrhythmia Alliance and very much appreciate being able to talk to someone. It is wonderful to have the opportunity to discuss a problem and receive such good advice'

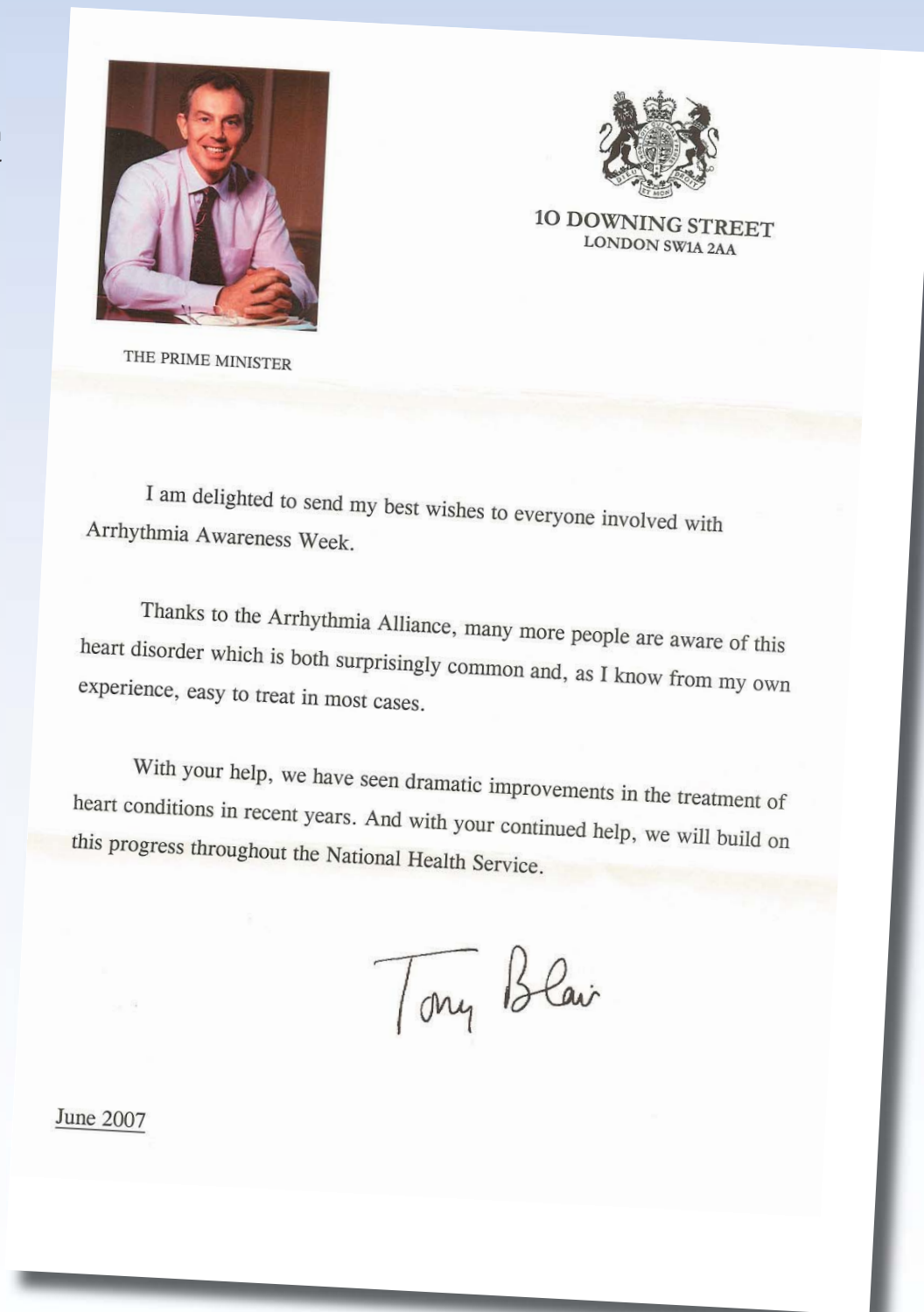
Messages of Support



"I'm pleased to support the Arrhythmia Alliance in raising awareness of heart rhythm disorders. It's clearly important that those suffering from arrhythmia are not only diagnosed early, but also have access to high-quality treatment and support. I wish the Alliance the best of luck for Arrhythmia Awareness Week 2007."

Norman Lamb MP
Shadow Health Secretary, Liberal Democrat Party

Letter from
Tony Blair



"I support Arrhythmia Awareness Week in its objective to raise awareness of cardiac arrhythmia. Identification of symptoms and early intervention will reduce risks and the distress and discomfort for patients."

Andrew Lansley MP
Shadow Secretary of State for Health,
Conservative Party



'The Arrhythmia Alliance was fundamental in drawing up the CHD NSF chapter on arrhythmia and sudden cardiac death, launched in March 2005, and the organisation continues to play a key role in the chapter's delivery - not just in its awareness-raising activities with patients and professionals, and supporting patients and families, but also in the ongoing development of policy in this area. However, what separates the Arrhythmia Alliance from other organisations is its collaborative approach. Its membership not only includes patients and patient organisations, but also the most respected clinicians and specialists, industry, academia and other stakeholders. This has enabled the Arrhythmia Alliance to provide tremendous support to the Department of Health and the cardiac networks in the delivery of the arrhythmia and sudden cardiac death chapter. Without the [Arrhythmia Alliance](#), delivering chapter would be a much harder task.

Our gratitude goes out to Trudie and her colleagues.'



Professor Roger Boyle CBE
National Clinical Director for
Heart Disease and Stroke
Department of Health



Mike Yates
National Programme Manager
Arrhythmia and Sudden Cardiac Death
Department of Health



'The management of those who suffer from abnormal heart rhythms is an important part of our overall cardiac strategy in Wales, and I am delighted that the updated National Service Framework in Wales details clear objectives and quality requirements for the investigation, treatment and support of these patients. I welcome, also, the involvement of the [Arrhythmia Alliance](#) in ensuring the voice of the patient is well and truly heard.'

Dr Philip Thomas,
Director of Cardiac Services for Wales

'Arrhythmias are extremely common and can have devastating consequences. There have been enormous advances in the diagnosis and treatment of these disorders in recent times but a lack of awareness among the public, doctors and other health professionals means that many patients do not receive optimal therapy and advice. The [Arrhythmia Alliance](#) Awareness Week, which will also promote a World Heart Rhythm Awareness Day, seeks to address these shortcomings and has the very strong support of the British Cardiovascular Society.'



Dr Nick Boon,
President Elect,
British Cardiovascular Society

'I am delighted to write on behalf of the Heart Improvement Programme to support [Arrhythmia Alliance](#) Awareness Week. The contribution [Arrhythmia Alliance](#) has made in the few years of its existence to the profile of arrhythmia problems has been quite extraordinary. There is no better example of its achievement than the meetings it has organised, both regionally and nationally, to promote Chapter 8 of the NSF. The Heart Improvement Programme has been delighted to be engaged with [Arrhythmia Alliance](#) through these meetings, which have been particularly useful in promoting awareness of arrhythmias amongst the Cardiac networks. While much has been achieved, there is still a great deal to be done and we welcome the opportunity to bring these issues to a wider public through the Arrhythmia Awareness Week.'

Dr Campbell Cowan,
Clinical Lead for the Heart
Improvement Programme

World Heart Rhythm Day

Organisations across the globe unite
to raise awareness of heart rhythm conditions



www.stars.org.uk
UK



www.savingyounghearts.org
USA



www.hr.uk.org
UK



www.4hcm.org
USA



www.TakeItToHeart.org
USA



www.sads.org
USA



www.paceafrika.org.za
South Africa



www.parentheartwatch.org
USA



www.safeathletes.org
USA



www.cidg.org
New Zealand



SADS UK
Sudden Arrhythmic Death Syndrome

www.sadsuk.org
UK



www.scdyoung.ie
IRELAND



The Heart Rhythm Charity

www.heartrhythmcharity.org.uk

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



www.bcs.com
UK



www.pediatricepsociety.org
USA



www.stars-us.com
USA



www.anthonybates.org
USA

The British Society for Heart Failure



www.bsh.org.uk
UK



www.stin.nl
Netherlands



www.heartscreenamerica.com
USA

World Heart Rhythm Day is co-ordinated by Arrhythmia Alliance
www.aaaw.org.uk aaaw@stars.org.uk

First City Heart Week launches with FREE Heartbeat Checks - Know your EF (Ejection Fraction)

1. What is EF?

Ejection Fraction (EF) is a key indicator of heart health and is frequently used to determine the pumping function of the heart. Simply stated, EF is the amount of blood pumped out of the heart during each beat or contraction.

2. What are “normal, healthy values”?

In a healthy heart, 50-75% of the blood is pumped out during each beat. This indicates that the heart is pumping well and able to deliver an adequate supply of blood to the body and brain. This means that over half of the blood that fills the left ventricle is pumped out to the body with each beat or contraction. Many people with heart failure and heart disease pump out less than 50%.

3. How is EF measured?

A commonly used test to determine your EF is an echocardiogram or “echo.” During this simple and painless test volumes of the heart’s chambers are measured during the cardiac cycle.

4. Why is EF an important number to know?

People with heart disease should know their EF because it is a key indicator of heart health.

If you have heart disease, it is important to have your EF checked at least once and again if you have a heart attack or cardiac surgery. EF is one of the ways that doctors classify the type and severity of heart failure and damage to the heart muscle.

To coincide with the first, ‘**CITY HEART WEEK**’ London Bridge Hospital is joining forces with the **Arrhythmia Alliance** to highlight this little known condition that affects up to one million otherwise healthy individuals. Throughout the week, the hospital’s cardiac teams will be spreading the word about the importance of recognising symptoms and offering City workers a free diagnostic test at its specialist outpatient centre at 31 Old Broad Street.

Light-headed?

Get a free heartbeat check!

June 11th - 19th
Telephone - 020 7234 2361
www.cityheartweek.co.uk

Arrhythmia Alliance
The Heart Rhythm Charity

CITYHEARTWEEK
Supported by LONDON BRIDGE HOSPITAL

Breathless?

Get a free heartbeat check!

June 11th - 19th
Telephone - 020 7234 2361
www.cityheartweek.co.uk

Arrhythmia Alliance
The Heart Rhythm Charity

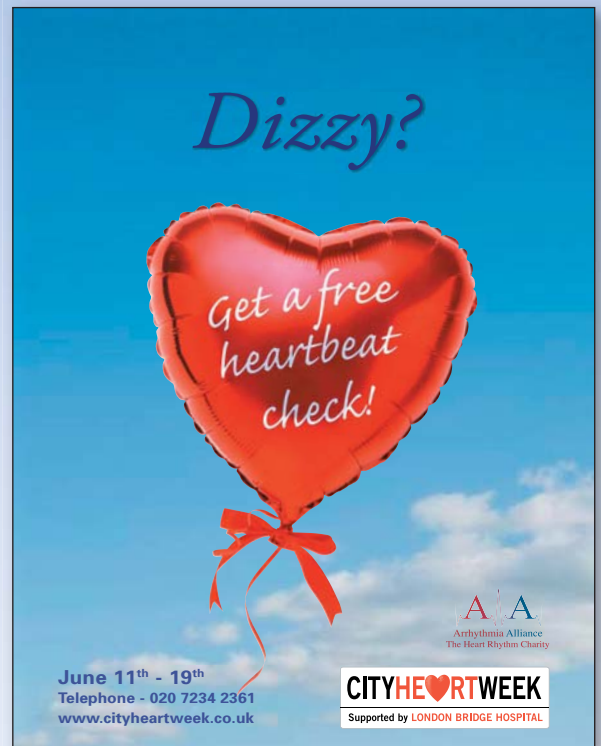
CITYHEARTWEEK
Supported by LONDON BRIDGE HOSPITAL

Dr Richard Schilling, Consultant Cardiologist at St Bartholomew’s & The Royal London Hospital, says “Although arrhythmia is one of the top 10 reasons for emergency admission to hospital, the symptoms can be very mild. For most patients heart rhythm problems are not very serious but a few can have a risk of life threatening problems which can be prevented. A simple 30 minute ‘echo’ test will easily identify those who are at risk and need treatment.”

The tests are being offered on a 'first come, first served' basis to anyone who has unexplained light-headedness, fainting or has a family history of heart disease. In the event that an arrhythmia is discovered, the hospital will be able to advise patients how to go on to seek medical help.

London Bridge CEO, John Reay, reports "The majority of our patients are working in the City and they are generally young, fit and well-educated about healthy lifestyles. They may not think they are at risk of heart disease. The purpose of **CITY HEART WEEK** is to build awareness of heart conditions that are more relevant to our City workers."

Throughout June, London Bridge will be supporting their FREE Heartbeat Check campaign through City GPs and a roadshow at mainline stations. Employers can also request an on-site visit.



www.cityheartweek.co.uk

www.hearrhythmcharity.org.uk

Members of Parliament Lend Their Support

David Amess
Adrian Bailey
John Baron
Richard Benyon
Tony Blair
David Borrow
Tim Boswell
Ben Bradshaw
Colin Breed
Kevin Brennan
James Brokenshire
Annette Brooke
Russell Brown
Andy Burnham
Simon Burns
Lorely Burt
David Cameron
Alistair Carmichael
Martin Caton
Paul Clark
Tom Clarke CBE
Kenneth Clarke
Geoffrey Clifton-Brown
Michael Connarty
Rosie Cooper
Jeremy Corbyn
Patrick Cormack
Geoffrey Cox
Jon Cruddas

Tony Cunningham
Janet Dean
Nigel Dodds
David Drew
Clive Efford
Bill Etherington
David Evennett
Michael Fallon
Michael Foster
Mark Francois
Roger Gale
Sandra Gidley
Linda Gilroy
Julia Goldsworthy
Chris Grayling
Peter Hain
Stephen Hammond
Mike Hancock CBE
David Hanson
Harriet Harman QC
Evan Harris
Nick Harvey
John Hayes
Sylvia Heal
Sylvia Hermon
Stephen Hesford
Douglas Hogg QC
John Horam
Michael Howard QC

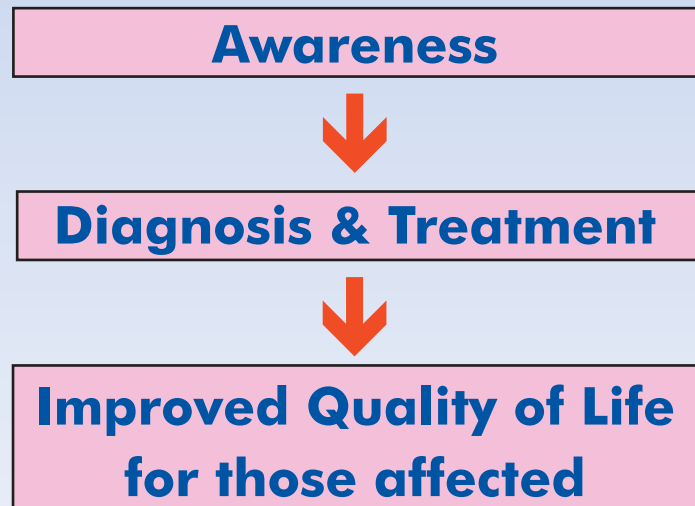
Helen Jones
Kevan Jones
Barbara Keeley
Fraser Kemp
Robert Key
David Kidney
Jim Knight
Susam Kramer
Norman Lamb
Mark Lancaster
Andrew Lansley
Bob Laxton
David Lepper
Michael Lord
Humphrey Malins
John Maples
Rob Marris
Bob Marshall-Andrews QC
Eddie McGrady
Anne McIntosh
Maria Miller
Andrew Mitchell
Madeleine Moon
Margaret Moran
Dan Norris
Mike O'Brien
George Osborne
Mike Penning
Eric Pickles

James Plaskitt
Gwyn Prosser
John Reid
John Robertson
David Ruffley
Bob Russell
Adrian Sanders
Claire Short
Alan Simpson
Marsha Singh
Dennis Skinner
Angela Smith
Gary Streeter
Ian Taylor
Richard Taylor
Keith Vaz
Rudi Vis
Robert Walter
Joan Walley
Angela Watkinson
Steve Webb
John Whittingdale OBE
Betty Williams
David Wilshire
Rosie Winterton
Phil Woolas
Richard Younger Ross

Arrhythmia Alliance Vision

Every person affected by an arrhythmia will receive information, support and rapid access to appropriate treatment.

We will achieve this through advancing....



Key Milestones for the Coming Year

- First rapid access blackout clinic
- Accredited patient information in all hospitals
- Educational materials to increase awareness and greater understanding
- Awareness campaign to promote placement of AEDs in public places

Our Goal in 5 Years

- Everyone will understand arrhythmia and sudden cardiac death as they do chest pains
- All those affected will be diagnosed accurately and have access to services as specified in the NSF
- All those affected by arrhythmia & sudden cardiac death will receive appropriate support & information

**WITH YOUR HELP
WE CAN ACHIEVE THIS**

Please contact us if you would like further information or would like to help us achieve these goals

Telephone: 01789 450787 Email: trudie@stars.org.uk

REMEMBER
CARDIAC ARRHYTHMIA CAN AFFECT PEOPLE OF ALL AGES
HELP US TO HELP OTHERS
HELP US TO KEEP HEARTS BEATING



We need your help. Please donate today to enable us to continue this vital life saving work. Thank you.



I would like to make a donation to A-A and enclose a cheque for £..... made payable to Arrhythmia Alliance.

I would like to make a donation by Credit Card:

Card Type Expiry Date:

Card Number:..... Amount of £:.....

Name on Card:.....

Address.....

..... Postcode

Contact Telephone Number:

I would like to donate on a regular basis and ask that you send a Standing Order authority.

Name

Address.....

..... Postcode

Gift Aid Declaration

If you are a UK Taxpayer, please allow us to claim an extra 28p for every £1 you donate by completing your details below. This declaration will remain in force for this and future donations unless you notify us otherwise.

Name of taxpayer:.....

Address.....

..... Postcode