

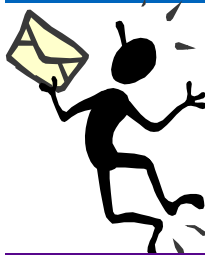
**THE
ARRHYTHMIA
SERVICE
NEWSLETTER**

DEFIB NEWS!

ISSUE NO. 4

FEBRUARY 2009

Good News



We have managed to secure £500 in funding from Medtronic (one of the ICD manufacturing companies.) The money will be used to hire a more suitable venue and to provide refreshments. Further funding from other companies is being actively sought.

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Dates for 2009

The following dates have been agreed for future meetings:

- ♥ Thursday 12th March 10.00 – 11.30am
- ♥ Monday 8th June 6.00 – 7.30 pm
- ♥ Saturday 26th September 2.00 – 3.30 pm
- ♥ Christmas Party – date to be confirmed



A varied programme of speakers is being organised, and we will continue to provide time for more general questions and answers.

We hope that many of you will be able to attend.

NEXT MEETING

Sarah Woolgar the Cardiology Pharmacist will be giving a talk on Cardiac Drugs.

The next ICD Support Group Meeting will be:

Date: Thursday 12th March 2009 **Venue:** Mendip Meeting Room
Compass Disability Services
Unit 11-12
Belvedere Trading Estate
Taunton
TA1 1BH

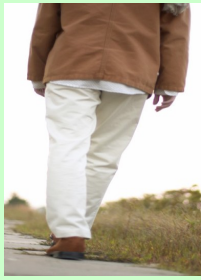


Time: 10.00 – 11.30am

We have included a map and directions of how to find the venue, there is a car park a short walk away. We have also included public transport information. Please do not hesitate to contact us if you have any further queries.

Please RSVP to the Arrhythmia Nurses at Musgrove Park Hospital by Friday 6th March (01823 343595)

Janice Bailey and Jacqui Kemp
BHF Arrhythmia Nurse Specialists
Level 2 Duchess Building
Musgrove Park Hospital TAUNTON



Now that Christmas is over we are all looking forward to spring. What better time to dust off those new year resolutions (and walking shoes!) and get out in the fresh air.

Many people have concerns about exercising with their ICD or think that you need lots of fancy equipment or a gym membership. For most people with an ICD it is safe to exercise, if you are in any doubt please discuss with your Doctor or contact us for advice. It is not the ICD upon which our advice may be based but on your underlying heart condition or arrhythmia. It is important to note that during exercise any symptoms of shortness of breath, fatigue or chest pain should not be ignored and you should stop exercising straight away.

Exercise is well known to be good for our hearts and research has demonstrated that this applies to people with ICD's too. If you have had your ICD for longer than one month you should be able to include exercise involving your arms, however lifting weights or static exercise should be avoided.

So what is good? Walking, cycling, dancing and classes such as Thai chi are all good. For most people in the first instance we would advise taking a walk, it's free and most of us don't need to travel anywhere to take part. It is important that your walk includes a warm up (such as walking around the house) at the beginning for you to gradually build up and similarly slow down your pace at the end. This allows the heart to adjust to the increased demands of exercise. Make sure that you are warm by wrapping up on a cold day, on a hot day don't forget to drink plenty of water.

We know that exercise is most beneficial when it is incorporated into our daily lives so think about how you can build this into your daily activity. For example: walking to the next bus stop or to get the paper. If you walk the dog be careful not to allow them to dictate the pace.

But most of all enjoy it!

More information about exercise can be found on the Arrhythmia Alliance website (see below) or leaflets can be requested via your arrhythmia nurse.

Contacts:

Musgrove Park Hospital—(MPH)

Janice Bailey and Jacqui Kemp

Tel: 01823 343595

BHFarrhythmianurses@tst.nhs.uk

Yeovil District Hospital NHS Foundation Trust (YDH)

Sandy Jackson

Tel: 01935 384884

sandra.jackson@ydh.nhs.uk

Other Useful Contacts

♥ Pacing Sister (MPH)
Tel: 01823 333444 (bleep 2352)

♥ Cardiac technicians (MPH)
Tel: 01823 342953

♥ NHS Direct (24 hours/day)
Tel: 08454647

♥ British Heart Foundation

The British Heart Foundation is a National Charity dedicated to improving understanding of Heart Disease. "This is achieved through pioneering research, vital prevention activity and ensuring quality care and support for everyone living with heart disease."

They provide booklets, videos audio tapes and DVD's on many heart problems. They can be contacted by post, telephone or via their comprehensive website:

14 Fitzhardinge Street
London
W1H 6DH
Tel. 020 7486 5820
www.bhf.org.uk

Confidential heart information line (for information and support on anything heart related)

Tel: 08450 70 80 70

♥ Arrhythmia Alliance

The Arrhythmia Alliance is a National Charity "committed to promoting a better understanding, diagnosis, treatment and quality of life for individuals with Cardiac Arrhythmias."

They provide information booklets on many problems related to cardiac arrhythmias. They can be contacted by post, telephone or via their comprehensive website:

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Warwickshire
CV37 8YL
Tel: 01789 450787
www.arrhythmiaalliance.org.uk

Moderated ICD message board
<http://groups.yahoo.com/group/icdsupport>

Group email
icdsupport@yahoogroups.com