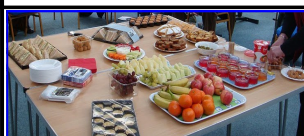


Milton Keynes ICD Support Group Newsletter

ISSUE 12 FEBRUARY 2011

Our thanks go to our spouses, family and healthcare professionals for their support



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Jan, Peter and
Jean-Pierre.

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Scattered within
this edition pho-
tographs taken by
Mike Tearle at
our last meeting.

OUR NEXT

MEETING will on
Tuesday 24th
May 2011.



The last meeting of 2010

This end of year meeting was held on 23rd November 2010 and very low key compared with previous ones. The September meeting had a full programme with interesting speakers. We have in previous years held our meetings at "The Carvery", where we were able to sit down for a meal afterwards.

This year, by popular demand of the members, we had a light buffet at the end of the meeting. Rosi & I carried out the preparation, supported by willing members.

I am finding it difficult to put this newsletter together.

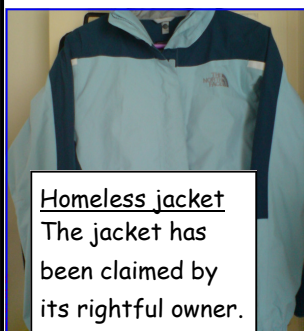
Despite the above comments, the attendance was high as usual and we also had the support from Health Professionals and volunteers from

Milton Keynes community cardiac group. We were very pleased to

welcome Alison Smith, Advanced Nurse Practitioner - Cardiac Rehabilitation

Cardiology Department of Milton Keynes Hospital.

**HAPPY prosperous
and healthy 2011**



Homeless jacket
The jacket has
been claimed by
its rightful owner.



I was hoping that there would be some discussion following the September meeting, but none were raised. There is a lot more work to come out from the "NHS WHITE PAPER" and as group we need to be aware in order to ensure that we do not lose any of

the vital services available locally.

There was a very lively discussion about the general practitioners. Some concerns were expressed about the amount of work already undertaken by GP's without spending more time in management in the new proposal of budget holder and purchaser of services.

GP's are working long hours in response to the demands from their patients, such as an "Early Bird" surgery for working people, telephone appointments and an emergency system of sit and wait.

There was some dissatisfaction expressed about the services offered by some practices. It is important to get in touch with the surgery 'Patient Participation Group' and raise these dissatisfactions, so that remedies can be found. This is one of the roles of the PPG. Official complaints can also be made and there is a procedure to follow in each surgery, please speak to the Practice Manager. Some members are also members of PPG. "No Decision about you without you"

Some members have made arrangements to make their wishes known, should they find themselves in a situation when end of life decisions have to be made.

We are now very knowledgeable about medicine for the heart and the importance of having regular reviews. One member has taken that on board and is reviewing his medication. He was strongly advised to do so with the support of his GP and dispensing pharmacists. If you collect your prescription regularly from the same chemist, you can request a review of your medications. The other advantage is advice when buying over the counter remedies.

Jim

The first ICD recipient in Bletchley has the latest model to help with his

heart failure symptoms. He is very pleased with his model, which has improved his breathing and general outlook on life. He is now looking after Rita, his partner who has a broken ankle. (Role reversal!!!). Jim's leg was swollen.

He has a remote monitoring device at home and was summoned to hospital to see the consultant cardiologist because his device has detected an excess fluid in his body. His medication has been adjusted and his condition managed at an early opportunity. (The importance of the latest Technology)

Jim contacted me a few days ago to let me know that he will not be at the next meeting as he will be celebrating his mothers 97th Birthday.

He also told me that he has changed his GP and is now being treated with levothyroxine.





Jan Jan had a pacemaker fitted at Northampton Hospital. She found herself without support until she joined our group. She was at the end of her tether the group was very supportive and was able to listen to her, and offer her positive advice. Since she has found the group beneficial and cannot praise the members enough for their invaluable support.

At the last meeting she was elated to inform us that she has paid for a second opinion. To her amazement during the assessment the

technician called the consultant to discuss her case. It appears that the device was not connected and hence she was not benefiting from the implant. (Watch the space for more feedback from Jan).

Peter

Peter had his device fitted recently. He found that his progress was very slow and had his medication reviewed regularly with some success. He was attending group on a Tuesday evening and because of his slow progress was advised to move to a morning group.

He visited his GP with a chest infection and he was sent for a routine chest x-ray. He was surprised to be told that the lead has moved and was not where it should be by the consultant cardiologist. He has to undergo another procedure to place the lead in the right place.



Merlin @Home.

Jean -Pierre was looking forward to collecting his remote monitoring equipment following his first check. He sent me an e-mail and says that the equipment is not compatible with his phone provider 'Talk Talk'. He has to wait for another part to connect to his phone line .



Donations

Carried forward from November 2010 £192-26p

Blue hat collection on 23rd November £70-00p, this includes £10 from Stephen & £5 from Ernest, both by post.

Total to date is £262-26p

Expenditure:

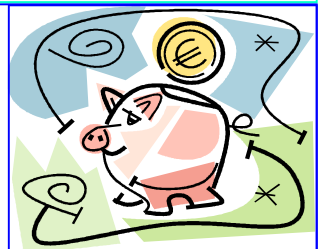
Food & beverages £62-57p

Stamps £3-84p

Total expenditure £66-41p

Balance as at 22nd February 2011 £195-85p

Thank you for your kind generosity



Travel Insurance

Holiday Travel and Medical Insurance

Tel 01773 769406 (747426)

www.askaboutinsurance.info

Able2Travel

Tel: 0845 839 9345

www.able2travel.com

AllClear Travel Insurance

Tel: 0845 250 5200

Bradford & Bingley Building Society

Tel 0800 169 4078

Brunsdon LLP

Tel: 01452 623623

Email: enquire@brunsdon.co.uk

www.brunsdon.co.uk

Bupa Travel Cover

Tel 0800 0010 22

Direct Travel

Tel 0190 381 2345

Free Spirit Travel Insurance

Tel 0845 230 5000

8am-6pm, Mon-Fri

www.free-spirit.com

Freedom Insurance Services Limited

Tel 01223 454 290

www.freedominsure.co.uk

Getmy.com

www.getmy.com/travel

Tel 0845 0262441

Global Travel Insurance

Tel 01903 203933

Go Travel Insurance

Tel 0870 1126442

Go Travel changed their underwriters in 2005. The cover they offer may now be different.

Heart Insurance Services

Tel: 01424 220110

<http://www.heartinsuranceservices.co.uk/>

Higos Insurance Services

Tel: 01458 270 374

Insuremore Travel Insurance

Tel 0870 054 0162

It's So Easy Travel Insurance

Tel 0845 222 4205

www.itssoeasytravelinsurance.com/

J.D. Travel Insurance Consultants

www.jdtravelinsurance.co.uk

Tel 01689 859102 (24-hour service)

Just Insurance

<http://www.justthecover.co.uk/>

Tel: 0800 2942969

Makesure Insurance services ltd

Tel 0845 309 4439

Manor Insurance

www.manorinsurance.co.uk

Tel: 01424718790 or

Tel: 0800 027 6171

www.travelinsured.co.uk

Marks and Spencer

Tel 0800 068 3918

M & S changed their underwriters in 2005 and now have medical screening to determine whether will cover patients.

Orbis Insurance Services

Tel 01424 220110

Ask to speak to Leane or Lauren

<http://www.orbisinsurance.co.uk/>

Rothwell & Towler

Tel 0845 90 80 171

www.world-first.co.uk

Travelbilty

Call: 0845 338 1638

www.travelbilty.co.uk

Unique

Tel: 01603 828246

Email: unique@heathlambert.com.

Flexicover Direct

Tel 0800 093 9495

www.flexicover.co.uk



The above list of insurance companies has been compiled from the feedback received from heart patients for

The British Heart Foundation. It is important to always read any small print on any policy you are offered.

More information can be found by visiting: www.bhf.org.uk/heart-health/recovery/insurance.aspx

