

Lothian Heart Failure News



Top Tips For Winter

Stay Warm

- * Keep curtains drawn and doors closed to block out draughts.
- * Have regular hot drinks and at least one hot meal a day. Eating a balanced diet helps your body stay warm.
- * Keep a thermos flasks ready so carers can leave a warm drink for you if the power is off.
- * Wear several light layers of warm clothes rather than one chunky layer.
- * Keep as active as possible. Move around at least once an hour, even very light exercise will help keep you warm.
- * Keep your main living room at around 18-21°C(64-70°F) and the rest of the house at least 16°C(61°F). If you can't heat all the rooms, heat the living room during the day and the bedroom just before you go to sleep.

Stock the Larder

Eat as much fresh food as you can, however, it's a good idea to stock up on long life foods in case you can't get supplies in. Salt is often used as a preservative so be aware of this when shopping for a low salt diet which is recommended for heart failure. Here are some useful things to have in the cupboards this winter:

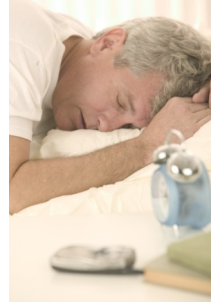
- Dried milk & long life fruit juice
- Breakfast cereal or porridge
- Tins of sardines, tuna, pilchards
- Tinned fruit (natural juice) & veg
- Baked beans or spaghetti
- Instant mash, rice and pasta
- Crackers, crispbreads, oatcakes
- Malted drink, cocoa or bovril
- Tinned or packet soup
- Gravy, honey, jam, pickles
- Nuts and dried fruit
- Peanut butter

Keep some bread, milk and fresh soup in your freezer in case you run out.



Sleep Tight

- * Sleep more! It's perfectly natural to adopt hibernating habits when the weather turns cold.
- * Keep a torch by your bed.
- * If you have an electric blanket check it to make sure there are no exposed elements or wires and no damp patches.
- * If you see this mark on your electric blanket it means it is more than 10 years old and should be replaced.
- * Never buy a 2nd hand electric blanket. Make sure your new one has the safety marks and an overheat protector
- * Never fold an electric blanket, roll or store flat.



Information: directgov.so.uk, nhs.uk, ehow.co.uk

Low Salt Winter Warmer Spiced Carrot & Lentil Soup

Ingredients

- 2 tsp cumin seeds
- pinch chilli flakes
- 2 tbsp olive oil
- 600g carrots, washed and grated
- 140g split red lentil
- 1L hot vegetable stock
- 125ml milk
- plain yogurt and naan bread, to serve



Method

- Heat a large saucepan and dry-fry the cumin seeds and chilli flakes for 1 min, or until they start to jump around the pan and release their aromas. Scoop out about half of the seeds with a spoon and set aside. Add the oil, carrot, lentils, stock and milk to the pan and bring to the boil. Simmer for 15 mins until the lentils have swollen and softened.
- Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer). Season to taste and finish with a dollop of yogurt and a sprinkling of the reserved toasted spices. Serve with warmed naan bread.



Protect Yourself - Get Vaccinated This Winter

FLU VACCINE

Anyone who suffers from heart or lung problems, who has other long term medical conditions, or who is aged 65 or over, should get the flu vaccine.

Flu is unpredictable, simply because the virus changes from one year to the next. There are many different flu strains and they're constantly changing, which is why you need a flu jab every year.

Getting the flu vaccine will more than halve your risk of flu, but it doesn't guarantee that you'll avoid getting it altogether. However, it does mean that if you do catch flu, you are more likely to have milder symptoms than you would have done otherwise.

Also it is important to realise that the flu vaccine does not contain a live virus. This means that the vaccine won't give you flu, but it can stop you catching it. Simply contact your



GP surgery to arrange an appointment.

PNEUMOCOCCAL VACCINE

Pneumococcal infection can manifest as meningitis, septicaemia, pneumonia or common conditions such as middle ear infection.

Pneumococcal vaccination works by triggering the body's immune system to develop antibodies to pneumococci, without having to suffer the diseases. This means when a vaccinated person encounters the pneumococci again their immune system is already primed to mount an immediate defence.

This vaccine is recommended for those living with chronic heart failure. It lasts 10 years and you should check if you have been vaccinated when you attend for your flu jab.



Remember, vaccination only takes a few seconds and could help YOU keep well over the winter.



Call the Advice Line Nurses 0845 077 6000

The Chest Heart & Stroke Scotland Advice Line has reached its' 16th birthday and the nurses have answered over 32,000 calls since we opened in 1995!

In response to demand the Advice Line is now open all day between **9.30am- 4pm Monday to Friday.**

Some of the services the Advice Line provides:

- information about chest, heart and stroke conditions
- referral to CHSS support groups and services
- information about CHSS Personal Support Grants
- advice about all aspects of living with heart failure (including medications, tests and procedures)
- emotional support
- free booklets and factsheets
- holiday and insurance information

The Advice Line has produced bookmarks which are enclosed with your newsletter. Our nurses Laura, Becky, Edie and Susan look forward to hearing from you. So get in touch today.

Phone: 0845 077 6000

email at: advice@chss.org.uk

Facebook: www.facebook.com/CHSSAdviceLine

Twitter: twitter.com/CHSSAdviceLine

facebook



You are invited to.....



Edinburgh Forum

The Edinburgh forum has been so successful that we have now booked out a bigger room! Please note that the meeting is held in the Chancellor's Building which has its own separate entrance next to the main hospital entrance.

Next Forum

Monday 5th December
1:30 - 3:30pm
Seminar Room 7
The Chancellor's Building
Edinburgh Royal Infirmary

A talk on self management strategies for heart failure patients by Maureen O'Donnell -Heart Failure Specialist Nurse and Christmas music quiz. Plus tea and mince pies!

West Lothian Forum

The West Lothian Forum is on the move. After consultation with those attending the forum it was decided to move the location to Carmondean Community Centre. A map is included with your newsletter if you live in West Lothian.

Next Forum

Wednesday 7th December
1:30 - 3:30pm
Carmondean Community Centre
Nether Dechmont Farm, Fells Rigg,
Livingston, EH54 8AX

A talk on foot care by a member of NHS Lothian's podiatry team and a Christmas music quiz. Plus tea and mince pies!

Diary Dates 2012
Edinburgh Forum
12th March
11th June
10th September
10th December

Transport

If you require transport to either of the forums this can be arranged. Please call (0131) 225 6963 and ask for Gemma Craigie-Sharland or Jenny Lettice (Chest Heart & Stroke Scotland Administrator). Please make sure you inform us of any special requirements or mobility issues that you have.

Diary Dates 2012
West Lothian Forum
14th March
3th June
12th September
12th December

Focus on Heart Failure Drugs Diuretics (water tablets)



Diuretics are prescribed for almost all patients who have fluid build up in the body. This can be in the lungs, ankles, legs or stomach. Diuretics allows the kidneys to remove excess salt and water from the body and increases the amount of urine you produce. This helps to relieve the heart's workload, since there is less fluid to pump around the body. This will make you feel less breathless and reduce ankle swelling.

Diuretics commonly used are known as:
FUROSEMIDE (FRUSEMIDE), BUMETANIDE,
BENDROFLUMETHIAZIDE (BENDROFLUAZIDE),
TORASEMIDE, AMILORIDE AND
SPIRONOLACTONE.

Most common side effects -

Kidney complications, thirst, low blood pressure, gout, painful or swollen breasts/nipples in men, gastric upset. Please discuss with your GP or Heart Failure Nurse if experiencing any of these effects.

Handy Tips:



Not all your diuretics need to be taken in the morning. Some can be taken later in the afternoon if you are going out earlier in the day and finding a toilet may be difficult. (please discuss this with your nurse/doctor)



Never miss out your diuretics. If you do you will begin to retain fluid.



If your diuretic is increased ask your doctor/nurse for a kidney function test (blood test) within 2 weeks of the change.



The effect of water tablets lasts about 4-6 hours and are usually not the cause of passing urine overnight unless taken too close to bedtime.

New Feature



The useful numbers box will now appear in every edition of Lothian Heart Failure News. Beside some of the organisation names there is a short description, in brackets, to let you know which specific issues they deal with. You can also find out more about CHSS advice line on page 2.

The numbers listed were chosen after consultation with a team of nurses who work with heart failure patients. However, if you have received information or advice from another organisation, and you feel it would be of benefit to others, we would love to hear from you. Editorial contact details are below.

Useful Numbers

- **Chest Heart & Stroke Scotland Advice Line** 0845 077 6000
- **NHS 24** 08454 24 24 24
- **Breathing Space** 0800 83 85 87
(for depression or anxiety)
- **No Panic** (for anxiety) 0808 808 0545
- **Benefits Enquiry Line** 0800 88 22 00
- **Disabled Living Foundation** 0845 130 9177
(for equipment)
- **Bladder & Bowel Foundation** 0845 3450165
(for continence issues)
- **Carers Scotland** 0808 808 7777
- **VOCAL** (voices of carers across Lothian) 0131 622 6666
- **Handicabs** (transport for those with mobility problems) 0131 447 9953
- **Dial a bus** (transport for those with mobility problems) 0131 447 1718

Seasons greetings from all the team at NHS Lothian Specialist Heart Failure Nurse Service and everyone at Chest Heart & Stroke Scotland. We wish you all the best of health for 2012. See you next year!

Chest Heart & Stroke Scotland Christmas Collection 2011



This year CHSS has produced a selection of cards, calendars and diaries. All money raised from the sale of these will stay in Scotland and help improve the lives of people in Scotland affected by chest, heart and stroke illness. The design above is just one of many designs available.

The collection is available in all our charity shops and online at www.shopchss.org.uk

Contact Us

We are always looking for submissions from readers. If you have a story, comment, handy tip, poem, recipe or anything else you would like to submit it would be greatly appreciated. If you would like to receive this newsletter electronically by email please get in touch.

Please send your submissions to your local Heart Failure Support Service Coordinator

**Gemma Craigie-Sharland,
Chest Heart & Stroke Scotland,
3rd Floor, Rosebery House,
9 Haymarket Tce.,
Edinburgh, EH12 5EZ**

Submissions by email to:
gemma.craigie-sharland@chss.org.uk

You can contact Gemma by phone on:
(0131) 225 696/ 07918 723 787

We look forward to hearing from you