



TAKE HEART



What is Entresto®



Low Salt Recipe



Hot weather top tips

Up, Up and Away!

It's that time of year again, when we start to think of sun, sea and sand. Holidays are a good way to spend time with friends and family, as well as unwind and relax. Having heart failure shouldn't necessarily stop you from going on holiday. Planning ahead and letting your travel operators know about any special needs can overcome most issues. Here are a few tips to make sure your trip is a success!

What's the best way to travel?

Have a chat with your GP, specialist or heart failure nurse before you book a holiday. Chat to them about which travel options are best for you. For example, flying can make some breathing symptoms worse, but there may be a solution.

What about medicines?

Make sure that you take enough of your medicines to last the whole trip. A doctor's letter describing your condition and medication is useful if you become unwell, and for airport security. Carry this letter with your medication in your hand luggage, and keep your medication in its original packaging. If you need to take liquid medication of more than 100ml in your hand luggage, let your airline and departure airport know.

Do you need insurance?

Travel insurance protects you against having to pay huge medical bills. Try to arrange this as early as possible, as it could help if you become unwell before you go. Shop around to get the best deal and check that the policy **covers all of your medical conditions**. Carry your insurance documents in your hand luggage and keep them in a safe place once you get to your destination.



Where to go?

As well as looking for all the things you enjoy doing, think about the terrain and climate of a destination, and whether you will feel comfortable there. Make sure your accommodation will have all the facilities you need to relax and enjoy your stay.

How to make the journey a bit easier

Transport providers can often help to make your journey easier by reserving accessible seating and offering assistance. Airports and railway stations will usually have 'special assistance' provision. Call their customer services to ask about this, or ask your travel agent to book it for you.

If you are going on a **Ferry or a Cruise**, find out if you can book a disabled parking space and think about what kind of seating or cabin you will need.

Call the CHSS Advice Line Nurses free on 0808 801 0899 for advice and factsheets (including travel tips if you have an implanted cardiac device).

But most importantly, a holiday can be great for your quality of life, whether staying in Scotland or going further afield. So.....**Bon Voyage!**

WHAT IS ENTRESTO®?

Eve Shannon, Advanced Heart Nurse Practitioner – Heart Failure from NHS Greater Glasgow and Clyde answers some questions about the recently approved heart failure drug, Entresto®

Q: What is Entresto®?

A: Entresto® is a new class of medicine for the treatment of heart failure called an angiotensin receptor neprilysin inhibitor (ARNI). It contains two active ingredients (Valsartan and Sacubitril) that work in different ways to counteract the effects of heart failure.

Q: How does it work?

A: Entresto® works in two ways:

1. Valsartan blocks the effects of a substance called angiotensin II in your body. Angiotensin II causes your blood vessels to narrow and increases the amount of fluid in your blood. By blocking angiotensin II, valsartan lowers your blood pressure and reduces fluid retention.
2. Sacubitril increases the levels of certain peptides (a type of hormone) in your blood. These peptides cause your blood vessels to widen and increase the amount of fluid that you pass out of your body (as urine).

Both of these ingredients therefore work together to reduce your blood pressure, reduce the amount of work your heart has to do, and improve the pumping action of your heart.

Q: Who could benefit from the ARNI?

A: Those heart failure patients who are already taking an ACE inhibitor (medicine ending in pril) or ARB (medicine ending in sartan) whose symptoms are not improving. This medicine will be given to patients by their cardiologist if it is suitable for them.

Point to be aware of: if you are already taking an ACE inhibitor then this will need to be stopped for two days before starting Entresto®.

Q: How soon will the ARNI be available?

A: This medicine was only approved for use in Scotland



recently and will gradually be used within the heart failure service. You should be seen by a heart failure specialist before starting treatment with Entresto®.

Q: How is Entresto® taken?

A: Entresto is taken as a tablet, usually twice a day. The dose will be increased gradually depending on how you respond, until the best dose for you is found.

Q: What about side effects?

A: As with any medicines you may experience some side effects. If you notice any swelling of the face, lips, tongue or throat, seek immediate medical attention; these may be signs of angioedema (affects up to 1 in 100 people). Other side effects that are very common (affect up to 1 in 10 people) are low blood pressure (you may feel dizzy or light-headed), high potassium levels, and decreased kidney function (you will need blood tests to monitor these).

Q: What do you think of this new development?

A: Modern medicine is changing and it is positive that some of our patients took part in the drug trial, PARADIGM-HF, which led to Entresto® coming onto the market, and now others will be started on it.

This is a new experience not just for patients but doctors and heart failure nurses too.

Low Salt Recipe

TOMATO SALSA

A ZINGY DIP, WHICH IS SIMPLE TO MAKE.
TRY IT WITH TOASTED PITTA BREAD.

SERVES: 1 - PREP TIME: 10 MINUTES

Energy 50kJ 12kcal <1%	Fat 0.2g <1%	Saturates Trace <1%	Sugars 1.9g 2%	Salt Trace <1%
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INGREDIENTS

- 3 medium ripe tomatoes
- 1 tablespoon fresh coriander leaves, chopped
- 1 garlic clove, crushed
- Juice of half a lemon
- Freshly ground black pepper
- 1 small red onion, peeled

METHOD

1. Wash the tomatoes and cut into quarters.
2. Place all the ingredients in a food processor and blend to make a slightly chunky salsa.
3. Serve at once, or cover with cling film and keep it in the fridge until you need it.

See more at: www.actiononsalt.org.uk

People with heart failure often have to take extra care when it's hot. Here are some 'top tips' to help:

Heat & humidity reduce the amount of water in the body and we all tend to sweat a wee bit more, which can lead to dehydration. However, drinking too much fluid can cause problems too. Most people can drink 2 litres per day. This can be hard in the summer, when the temptation is to drink more. Check with your heart failure nurse or doctor whether you can drink a bit more if it's hot. Why not try:

- Avoid activity and journeys in the hottest parts of the day
- Keep a good fan close by
- Be extra vigilant with your weight, as losing too much weight can be a sign of dehydration and your diuretic tablets may need adjusted. If that happens contact your doctor or heart failure nurse for advice
- Flavouring ice cubes or sooking on an ice pole can quench your thirst and help you stick within your fluid intake limits.
- Keep your fruit in the fridge (except for bananas!)
- **Sign up for the free CHSS Advice Line Weather Alert service to check when it's going to be really hot (call free on 0808 801 0899).**



AVOIDING 'HIDDEN' SALT

It is important for people living with heart failure to reduce the amount of salt they eat. This can be difficult, as salt can be 'hidden' in everyday foods that don't taste that salty. Watch out for these foods that can have salt lurking inside:

ALMOST ALWAYS HIGH IN SALT

These foods are always high in salt because of the way that they are produced. Try to eat them less often or have smaller amounts:

- bacon, ham and smoked meats
- cheese
- pickles
- salami
- salted and dry roasted nuts
- salt fish and smoked fish
- soy sauce
- gravy granules, stock cubes and yeast extract

FOODS THAT CAN BE HIGH IN SALT

The salt in these foods can vary between different brands or varieties. Check the food label to help you choose ones that are lower in salt:

- bread, bread products like wraps, crumpets, scones and sandwiches
- pasta sauces
- savoury snacks like crisps and salted nuts
- pizza
- ready meals
- soup
- sausages
- tomato ketchup, mayonnaise and other sauces
- breakfast cereals

You'll find lots more about salt at the CHSS Live Better Blog:
www.chss.org.uk/livebetterblog

LANARKSHIRE PATIENT & CARERS MEETING

SPRING 2016

Our spring meeting this year took place at Wishaw General Hospital Lecture Theatre. It was a beautiful day and although cold, the sun was shining. We had a great afternoon.

Our first speaker was Rona Honnet, Deputy Head of Pharmacy at Wishaw General. Rona gave a super talk about cardiac & respiratory medication, both what's currently available as well as some new treatments just around the corner. So watch this space!! After her talk, Rona took questions from the audience, answering a number of queries.

Next up was PC Gary Cook. Gary showed us a very thought-provoking DVD about doorstep crime and bogus callers. He talked about various scams we should be aware of, giving many examples of situations where people have been taken advantage of. Gary answered plenty of questions and gave some very good advice for us all. He also left us with some door stickers, purse bells, security pens and advice leaflets.

Please join us at our next meeting at Monklands Hospital from 1.00 pm on 10th June. Contact Alison for further details.

PATIENT & CARER MEETINGS – WHY YOU SHOULD COME ALONG?

If you haven't been to one of our Patient & Carer meetings before and you're not sure what they are all about, then let us tell you a bit more about them – you'd be most welcome to join us.

The meetings are especially for those who are living with a heart or chest condition. Carers, family or friends are welcome to come along too. It's a chance to get together with others, have a blether, have a cuppa and of course some very nice biscuits. After a chance to chat, there will be a speaker (or perhaps two) who will be there to give a short talk about subjects that are important and interesting to YOU. And then, if you want, you will have the opportunity to ask any questions.

Meetings normally last no longer than 2 hours, so you don't have to be out for too long.

If transport is an issue for you, then call the co-ordinator for your area (their details are on the invitation and the newsletter). Although we don't have organised transport to the meetings, the co-ordinator will do their best to assist.

Look out for the invitation sent out with Take Heart.

GLASGOW PATIENT AND CARER MEETING – SPRING 16

We had a new venue for this meeting, in the New Victoria Infirmary. There was a good turnout of more than 30 people and we will return here in September.

Our main speaker was Jill Adams, Respiratory Co-ordinator at CHSS, who gave an informative and varied presentation on managing breathlessness. This included practical strategies for coping with everyday activities. Jill then replied to questions from the audience. Eve Shannon, Advanced Nurse Practitioner – heart failure then brought everyone up-to-date with developments in heart failure treatments and responded to a variety of questions. A most informative and useful session!

Our first patient and carer meeting in Bearden/Milngavie will take place at 1.30 pm on 8th June in Milngavie Town Hall. You would be most welcome to join us then. Contact Joanne for more information.

LOOK OUT FOR A REPORT ON EUROPEAN HEART FAILURE AWARENESS DAY (FRIDAY 6TH MAY) ACTIVITY IN SCOTLAND IN THE NEXT ISSUE OF TAKE HEART.

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We try to be as up-to-date as possible with our newsletter, but sometimes we are unable to withdraw copies if a bereavement has happened close to mailing or we are unaware of it. We would like to offer our apologies if this has happened to you. Please let us know and we will amend our records.