



# TAKE HEART



**Importance  
of the Flu  
jab**



**Low  
Salt  
Recipe**



**Winter  
Top Tips**



**Help to  
Eat  
Well**

## GROUP BEFRIENDING BENEFITS

**The CHSS Cardiac & Respiratory Support Service runs bi-monthly small befriending groups in Lanark and Cumbernauld for people living with a long-term heart or chest condition. The groups are small, normally between 6 – 10 people, and are very informal.**

The Lanark group (pictured above) started meeting in November 2012. We have a great venue for our meetings – the lounge area of a sheltered housing complex in the centre of the town.

Over the years we have been joined by a variety of guests, including local historians, the University of the Third Age (U3A) and benefits advisers. The group decided at the very beginning that they didn't want any speakers from the medical profession, or talks about their health condition.

Recently we discovered that some of our members have hidden talents and interests they are happy to share. One of our members recently gave a great talk,



with some marvelous slides, about the stars, planets and constellations we can see in the night sky.

A key aspect of both groups is the chance to blether, have a cuppa and a biscuit, relax and enjoy ourselves, with others who understand what it's like to live with a condition like heart failure.

## HEART FAILURE NURSE AND PROUD MUM!

Most of us enjoyed watching the Rio Paralympics but many of you not have been aware of the local connection. The first Scot to win a medal was 19 year old Andrew Mullen who is the son of Katriona Mullen, one of the Heart Failure nurses based at the Victoria Infirmary in Glasgow.

Andrew made his international debut at the age of 14 at the 2011 IPC Swimming European Championships in Berlin and has continued to rack up medals and success. In 2016 Andrew made his mark at the IPC Swimming European Championships by winning four individual gold medals, plus one silver. At Rio he won one silver and two bronze, including one for the 200m freestyle. A great achievement! Andrew is sure to continue his winning ways and his mum is rightly proud.



# WHY IT'S SO IMPORTANT FOR PEOPLE WITH HEART FAILURE TO GET THEIR FLU JAB....

**In this edition of Take Heart you are reminded to go and get this year's flu jab (if you haven't already). But why is it so important if you have heart failure?**

If you have a long-term heart condition (such as heart failure) and you catch flu, you are more likely to become very ill or get a serious complication such as pneumonia (a chest infection). Having the flu jab will help to stop you catching the flu. If you do get the flu, it is likely to be milder and shorter-lived than it would otherwise have been.

Almost a third of people admitted to hospital with flu in Scotland last winter had a heart condition. If you have heart failure, getting the flu jab means that you are less likely to be admitted to hospital with a heart-related disease.

Your carer might be eligible for a free flu jab too. Check with your GP surgery. **So don't put it off – go and get your flu jab now and help yourself stay well this winter!**



### Don't let flu catch you off guard.

If you have chronic heart disease, flu can hit you hard. Last winter, half of those admitted to hospital with flu, aged over 45, had a heart condition. Flu, don't risk it. Contact your GP practice today to arrange your free flu vaccination.

[immunisationscotland.org.uk/flu](http://immunisationscotland.org.uk/flu)  **NHS inform 0800 22 44 88**



## HELP TO EAT WELL

A number of our recent patient & carer meetings featured talks by a Dietitian, giving practical hints and tips about how our diet can help us 'live well with heart failure'. This co-incided with the release of a new healthy eating guide, as pictured to the left.

For more about the Eatwell Guide, check out the Live Better Blog on page 3.

# HERE ARE SOME TOP TIPS TO DEAL WITH THE ICY BLASTS...



- Sign up for the CHSS Advice Line Weather Alert Service. This will let you know about adverse weather in advance and allow you to plan ahead. Register by calling 0808 801 0899 (free from landlines & mobiles) or text WEATHER to 66777.
- Check when your GP surgery will be open over the holidays. Remember, you can call NHS 24 on 111 for non-emergency queries when your GP surgery is closed.
- Ensure you have enough medication to last until after the festivities.
- Have a stock of emergency supplies of things like food to tide you over if the weather is too bad to go out.
- Think about who might be a good contact to help if you need it and keep their number handy.
- If you are travelling or making visits, plan how you can keep your tablets on track.

## Live Better Blog – a blog about health, wellness and a healthier you

Did you know that CHSS produces a fortnightly health blog? The Live Better Blog was launched in February 2016 by our Health Promotion team and covers a range of topics to help reduce your risk of chest, heart and stroke illness.

Why not check out our recent post about the new 'Eatwell Guide' which replaced the 'eatwell plate' in March this year to find out what's new and what's off the plate! [www.chss.org.uk/supportus/hps/eatwell-guide/](http://www.chss.org.uk/supportus/hps/eatwell-guide/)

For more of our health blogs visit:  
[www.chss.org.uk/livebetterblog](http://www.chss.org.uk/livebetterblog)

## Low Salt Recipe

# MAC 'N' CHEESE

SERVES: 4 • PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

### INGREDIENTS

- 250g dried macaroni
- 40g low fat spread, unsalted
- 40g plain flour
- 600ml semi - skimmed milk
- 120g lighter cheddar cheese, grated
- 1 tsp wholegrain mustard (optional)
- 8 cherry tomatoes, cut in half
- 3 tbsp stale breadcrumbs, coated in 1 tsp of rapeseed oil
- 20g lighter cheddar cheese, for sprinkling on top
- Vegetables of your choice to serve, we suggest 300g fine green beans, topped and tailed



### METHOD

1. **Start with the pasta:** bring a saucepan of water to the boil and add the macaroni. Cook according to pack instructions. Once cooked, drain well and set aside.
2. Preheat the oven to 200°C / Fan 180°C / Gas Mark 6
3. **Next the cheesy sauce:** melt the spread in a saucepan over a medium heat. Add the plain flour, stirring continuously until combined. Cook for 2 minutes.
4. Add a little of the milk at a time, whisking continuously to ensure there are no lumps! Gradually add all of the milk and cook for 10 minutes until thickened. Add the grated cheddar and mustard, stirring until mixed.
5. Add the cooked macaroni to the sauce and mix. Pour into a large oven proof dish. Place the cherry tomatoes on top and scatter over the breadcrumbs and extra cheddar cheese. Transfer to the oven and bake for 20-25 minutes until golden.
6. Just before serving, add the green beans to a saucepan of boiling water and cook for 3 minutes, until tender. Serve with the macaroni cheese.

See more at: [www.actiononsalt.org.uk](http://www.actiononsalt.org.uk)

Energy 2004kJ 474kcal	Fat 10g	Saturates 3.9g	Sugars 1g	Salt 1.1g
24%	15%	20%	13%	18%

of an adult's Reference Intake

Typical values per 100g: Energy 537kJ/127kcal

## POLICE SCOTLAND TELL US HOW TO KEEP SAFE.....

Many of you have shared that bogus callers really concern you. We checked with Police Scotland, who shared some useful advice:

- Remember to use a chain or peephole on your door if you have them.
- Always check ID, keep a small magnifying glass handy near the door to help.
- Identify a contact nearby who can come to help you quickly if you phone.
- Don't hesitate to ask a caller to come back later and make sure you have someone with you.
- Never give out personal information to strangers, especially financial information.
- If you are seriously worried, call the police on 101 if it's non-urgent and 999 if it's an emergency.

Check out the new **Keep Safe** scheme, which aims to offer a network of safe places to encourage people to participate in daily community life free from the fear of harassment and abuse. It also offers a haven if people living with a long-term condition like heart failure feel unwell. Find out more at: [www.iamscotland.co.uk/keep-safe/about-keep-safe](http://www.iamscotland.co.uk/keep-safe/about-keep-safe)



### EDITORIAL CONTACT DETAILS

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9 Haymarket Terrace, Edinburgh EH12 5EZ**

## Flying tips if you have an implanted cardiac device

More and more of us are flying over the festive period, to visit friends or family, or to get some sun. Travelling by air shouldn't present a problem if you have been fitted with an implanted cardiac device (pacemakers, cardiac resynchronisation therapy (CRT) devices and implantable cardioverter defibrillators (ICD). Here are some key things to think about:

**Carry your personal device identification card with you at all times when travelling, as it contains essential information for security staff.**

When going through airport security screening:

- Tell one of the security staff that you have an implanted cardiac device and show them your identification card.
- Avoid touching metal surfaces around any screening equipment.
- If asked to do so, walk through the screening archway at a normal pace; it will not harm your device; do not stay near the archway any longer than necessary. The metal casing of your device may set off the security alarm.
- If possible, ask to be hand searched, rather than with a hand-held wand. If a hand-held wand is used, ask the security staff to avoid holding it over your device or the area surrounding it.
- If you have concerns about security screening, speak to a member of the security staff team who will help you negotiate the necessary security checks.
- Once on board the aircraft your device will not cause any interference to the aircraft's electronic systems.



# Do you have any questions about chest heart or stroke illness?

## ASK THE NURSE



For confidential help, support and advice,  
call our specialist nurses or visit

[www.chss.org.uk](http://www.chss.org.uk)



*Helping you to live well with cardiomyopathy*

# Cardiomyopathy information day

- Hear presentations from expert speakers
- Meet and share experiences with other people affected by cardiomyopathy
- Find out how we can support you

**Saturday 13 May 2017, 9.30am to 4.30pm**

**Edinburgh:** Edinburgh Training & Conference Venue, 16 St Mary's Street,  
Edinburgh EH1 1SU

£5 paid on booking, includes sandwich lunch

For more information contact [rona.eade@cardiomyopathy.org](mailto:rona.eade@cardiomyopathy.org),  
call 01494 791 224 or [www.cardiomyopathy.org/edinburgh2017](http://www.cardiomyopathy.org/edinburgh2017)

**Cardiomyopathy<sup>UK</sup>**  
the heart muscle charity

Registered charity no. 1164263

[www.cardiomyopathy.org/edinburgh2017](http://www.cardiomyopathy.org/edinburgh2017)