

THE HEART SUPPORT NEWSLETTER



Irish Heart
Foundation

from the Irish Heart Foundation and it's members

MARCH 2021

Welcome to our March issue!

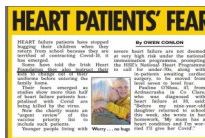
March has been a busy month for both the Irish Heart Foundation and its heart failure patient panel.

Firstly, we are delighted to see that the vaccine roll out has been reaching some heart failure patients in various parts of the country. But we are not there yet! Challenges in relation to supply, guidelines and re-stocking of the vaccine, have left many heart failure patients around Ireland frustrated and feeling lost and forgotten. We know it is still an emotionally tough time for those of you whose vaccination has been slower in arriving than anticipated. In recognition of this fact, we continue to provide a whole range of **supports for you**, both online and by phone. The full range of support services is listed in the column to right of this article. Please know we would be delighted to hear from you!

newstalk.com
106-108fm



There has been a lot of media interest in our under 70's campaign



Patient Supports for you...

The Irish Heart Foundation is now making tablet devices available to those who would like to avail of our online supports. If you would like to avail of this offer, please phone 087 3790798



We have encountered other frustrations too in relation to the vaccine roll out. While we knew that heart failure patients over 70 were being prioritised for the Covid 19 vaccine based on their age criteria (via cohorts 1, 2 and 3), we discovered that under 70 heart failure patients had not been included in the very high risk medically vulnerable cohort 4 group. It is estimated there are about 7,000 patients in Ireland who are under 70 and living with heart failure, many whom live with young, teenage or older, adult children in the same household and so, are at a higher risk of contracting the virus because of the return of these younger generations to school. We thus launched **a campaign to support under 70 heart failure patients being moved to cohort 4** this month, through both letters to TDs and through the media. We have had a lot of encouragement and support from both. As we go to press we are hoping that this campaign will be successful. We will update you all in the next issue!

from Lucinda and Katie, Patient Support services, Irish Heart Foundation

& Pauline, Martin, Tom, Esther, Dan, MJ and Annette, the Heart Failure Patient panel

Working together for you!

Supports available

Website:
www.irishheart.ie

On Facebook:
Heart Support Network

On Zoom: email
heart failure
@irishheart.ie

By email:
support@irishheart.ie

In print: The Heart
Support Newsletter

On the phone:
For advice and support
call our Nurse line on
01)6685001

Or to speak to another
heart patient call
087 3790798

THE HAPPY HEART SPACE...

because smiling is good for the heart!



"Resistance training is just as important as cardio. Train yourself to resist chocolate, pastries, fried foods, beer, pizza...."

Martin's Wild Garlic Carbonara Noodles...



Ingredients:

10oz noodles
7oz streaky bacon strips
2 eggs
Wild garlic
1/2 pint cream

Method:

Cook noodles in boiling water with a little bit of rapeseed oil until al dente
Dry fry bacon till crispy (drain excess fat)
Add hand full of wild garlic and noodles toss together
Add cream simmer down
Cool down slightly
Remove from heat stir in beaten eggs until creamy
Add chopped baby spinach.
Enjoy.

Tips for Improving Sleep...



Lifestyle: Limit caffeine and alcohol intake · Avoid big meals before bed · Go to bed and get up at the same time each night/morning · Exercise or sit outside during daylight hours on any day that is dry. Wrap up warmly.

Bedroom: Well ventilated, cool but not cold · Quiet and dark · Comfortable night wear and bedclothes.

Technology: Consider switching off TV and technology for one hour before bed · Keep technology out of bedroom.

Mindfulness: Bring your attention fully into the present moment · Practicing mindfulness during the day helps to improve calmness at night also.

Gratitude: Writing down three things each day for which we are grateful increases mental wellbeing.

Nature: Connect with nature even in small city gardens/spaces · Engage all of your senses.

Meditation: Practice a short meditation exercise before bed and if you awaken.

A LITTLE BIT OF WISDOM...

"We must be willing to let go of the life we planned so as to have the life that is waiting for us"

~ Joseph Campbell, American professor



THE PATIENT EXPERIENCE - Brendan's Story

My name is **Brendan Keegan** and I live in Dublin. In February 2015 I had a cardiac arrest in a busy shopping centre. I was 44 and had no previous heart issues. I had an ICD fitted within days, and a couple of weeks later I'd had two appropriate shocks. Numerous tests and medication changes meant I could start properly on my recovery.

After initially recuperating at home for about two months I started cardiac rehab in my local hospital. It involved a two month intensive programme of both exercise and information classes with other cardiac patients. My wife, Rose, also attended the information classes. Each session covered various topics including diet, exercise and medication. The exercise classes allowed each participant to be fully monitored throughout the programme, and took account of each person's individual conditions. The classes began at a relatively easy level, but increased in intensity as the programme progressed.

Looking back, cardiac rehab was by far the most important factor in my whole recovery from the cardiac arrest. It built up my strength and it improved my confidence. By the time the programme had finished I had got to a place where I knew I could get my life back. I would absolutely recommend anyone going through a cardiac event to participate in cardiac rehab if offered to them. To this day I've benefitted from it.

