

THE HEART SUPPORT NEWSLETTER



Irish Heart
Foundation

from the Irish Heart Foundation and it's members

January 2021

Welcome to our January issue

While we have all been looking forward to the end of 2020, 2021 thus far doesn't look too different, but we are hoping for better days ahead. The arrival of the COVID-19 vaccine means that we are all getting closer to a time of being able to physically meet up with our family and friends again, and of course with other heart patients at our Irish Heart Foundation support groups around Ireland.

Until then, please remember that the Irish Heart Foundation continues to run many **online support services** including monthly educational get togethers on Zoom, the Heart Support Network on Facebook, and you can also get support through the Nurse Support Line and peer to peer service over the phone. A full list of support services and contact details are listed to the right.

The Irish Heart Foundation website has seen a new addition in January, the launch of a new **Heart Failure Support** page, containing information and a seven-part podcast series on heart failure and how to live well with the condition.

For those of you not online, as ever we aim to keep you up to date with heart support offerings via this newsletter. You'll find a summary of our last Zoom education session on **healthy eating**, as well as a gorgeous recipe from heart patient and chef, Martin Treacy to keep the winter chills at bay. We also feature **Martin's patient story** and how he is doing now.

We would also like to invite you to register and take part in the **Love Run**, our virtual 5km walk or run on Valentine's Day (see below for further details).

Finally, we have some humour and wisdom for you to enjoy in this issue too, so sit back, relax and enjoy and remember to stay safe this January.

See you all next month.. **from the Irish Heart Foundation and it's contributing members!**

Get support

The Irish Heart Foundation continues to support heart and stroke patients across Ireland.

Online: www.irishheart.ie

Facebook: Search for 'Heart Support Network'

Zoom: Request the link by emailing: heartfailure@irishheart.ie

Print: The Heart Support Newsletter

Phone: Our nurses are available to answer your queries. Call 01 6685001

Email:
support@irishheart.ie

Peer to peer support:
Call 087 7781561

Over the page

Martin's 'Spicy lentil and tomato' soup

Dietary advice



The patient experience - Martin's story

Some fun and wisdom!



Show Some Heart this Valentine's Day



Join people across Ireland as they take part in the Love Run - a virtual 5km walk or run on Valentine's Day, in support of the Irish Heart Foundation and those living with a heart condition.

Run for your mum, your dad, your partner, your grandparents, your kids, your friends - or even for yourself.

Sign up for the Love Run on www.irishheart.ie and receive an Irish Heart Foundation neck warmer.

If you can't take part in the Love Run, we would really appreciate if you could make a donation online of whatever you can afford. Every donation helps, no matter how big or small, it will make a real difference to people living with a heart condition. Because every heart matters.



A LITTLE BIT OF WISDOM



“Anger, resentment and jealousy doesn’t change the heart of others - it only changes yours”

Martin’s Spicy lentil and tomato soup



Ingredients

5 oz red split lentils
1 tbsp sunflower oil
1 medium onion
1 clove of garlic
2 large fresh tomatoes or 1 tin of chopped tomatoes
2 sticks of celery
2 carrots
1 leek
1/4 tsp chilli powder or 1 red chilli (deseed)
1 homemade stock cube dissolved in 1 ½ pints water
Fresh parsley or herb of choice

METHOD:

1. Wash, peel and chop onion, celery, carrot, leeks and tomato, and crush garlic
2. Heat oil and add onion and garlic
3. Add chopped vegetables, stir in tomatoes and cook until soft
4. Add chillies and lentils
5. Pour over stock and simmer for 15-20mins until lentils are soft. Add parsley
6. Season with black pepper
7. Blend to a smooth consistency as desired

Serve with brown bread
(for a delicious home made brown bread recipe, see next issue!)

How to eat healthier this January



Eat fish twice a week for a healthy heart - Fish, especially oily (salmon, trout, mackerel & sardines) is a great source of omega 3, which helps to protect your heart.

Eat 5-7 portions of fruit and vegetables - Fruit, vegetables and salad add vitamins, minerals and fibre to your meals, and eating a healthy diet can help protect your heart from further problems by helping you to control cholesterol and blood pressure levels as well as manage your weight.

Swap bad fats for the good ones - Swap saturated fats which are found in animal products such as meat, full fat dairy and coconut oil, as well as trans fats found in processed foods, for monounsaturated and polyunsaturated fats.

Eat more fibre - Fibre is found in carbohydrates such as wholemeal flour, bread, oats and in plant foods such as fruits, vegetables, beans and lentils. Fibre is extremely important, not only because it helps keep our digestive systems and bowels in good working order, but an increased amount of soluble fibre found in oats, some fruit and vegetables can also help lower your cholesterol and protect your heart.

Eat less salt and sugar – Avoid high salt foods. 80% of our salt intake comes from food itself, not from adding salt... foods high in salt are sausages, rashers, ham, gravies, packet soup, ketchup, tinned sauces, crackers, nuts, cured meats. Instead of adding salt to foods, either in cooking or at the table, use herbs such as black pepper, paprika or flavourings such as balsamic vinegar.

THE HAPPY HEART SPACE because smiling is good for the heart

Doctor: Don't be nervous, David. It's just a simple heart surgery
Patient: My name is not David
Doctor: I know... I'm David



The patient experience - Martin's story

My name is Martin Treacy. I'm a professional chef of 48 years, now retired. I lost my wife to cancer in 2007 leaving me to be mother and father to my 7-year-old daughter. Then, in 2008 I had atrial fibrillation and in 2011 I had a double bypass and mechanical valve fitted, but while going through the surgery I had a heart attack which left me in a coma for a month. Thankfully my eldest daughter was able to look after my youngest daughter at the time.

As a chef I am very interested in healthy eating. After my heart issues, I completed a healthy eating program run by the HSE. One of the main lessons from it was to learn how to cook without salt, as salt is harmful to a heart failure patient, which I now am. With the support of the HSE and the Irish Heart Foundation I have since trained other heart patients on how to cook healthy meals.

My youngest daughter is now grown up and lives on her own but still cooks healthy meals and stays in contact me for tips. I hope after COVID-19 we can get back to teaching more heart failure patients how to eat healthy.

