



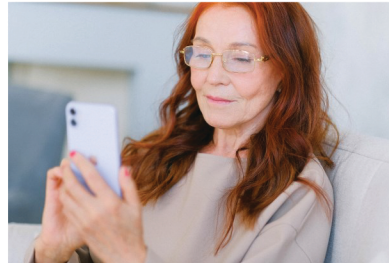
Welcome to our February issue!

While we are still baring the effects of Covid 19 in our communities, which we know for some of you, unfortunately means ongoing physical isolation, thankfully February has brought not only the beginnings of Spring and a stretch in the evening, but increased momentum in the vaccine roll out, all of which we hope are signs of better days to come.

Since our January issue, the Irish Heart Foundation and our Heart Failure patient panel, have been busy working on our online patient support initiatives, as well as thinking of other ways in which we might support our heart failure patients who are not online.

One such service we wish to highlight to you, in light of the challenges of isolation the pandemic has brought to mental health, is the availability of **a free one to one counselling service from the Irish Heart Foundation** with **a professional counsellor**, which is now available to all our heart failure patients, **by phone**, regardless of where in Ireland you live. Each person availing of the session, will have access to a number of sessions, as may be required. We welcome any of you who feel you may be suffering from poor mental health at this time, to avail of this service, by calling 087 7781561 for an initial chat.

For those of you who feel you would rather chat with a fellow heart patient, or to one of our nurses, please see phone numbers in panel on right.



The Irish Heart Foundation offers a number of phone supports for those not online

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 085 1215633



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 7781561

THE HAPPY HEART SPACE... because smiling is good for the heart!



"To prevent a heart attack, take one aspirin every day. Take it out for a run, then take it to the gym, then take it for a bike ride..."

Finally, February has seen our Love Run and a number of other fundraising events take place around Ireland, including our Dunnes Stores fundraising initiative. We thank all those who have fundraised for the Irish Heart Foundation and look forward to using it to deliver more support services for you, its patients.

See you next month!

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

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

Working together for you!

Martin's Brown bread



Ingredients

6oz plain flour · 12 oz whole-meal flour · 2 level tsp bread soda · 1 egg · 1 pint of buttermilk · 3oz porridge oats · 1dtsp of bran · oil to grease tin

METHOD:

1. Preheat oven to 200 °C 2. Oil tin 3. Sieve the plain flour and bread soda into a bowl 4. Mix all remaining dry ingredients 5. Beat egg and buttermilk and add to dry ingredients 6. Mix all together 7. Pour into tin and bake in pre hearted over for 50 mins. 8. Cool before slicing 9. Enjoy!

Exercising for cardiac health

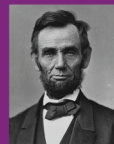
We know that a sedentary life is a major risk in cardiovascular disease. Physical activity improves exercise tolerance, helps manage weight, reduces blood pressure and reduces cholesterol. It also improves muscle function, strengthens the body and is a natural anti-inflammatory for our bodies and produces endorphins and helps lower stress and improve mood. So what tips does Irene Murphy, Cardiac Rehabilitation nurse at Cork's Mater Private Hospital have for us as regards getting into good physical cardiac health practices...



1. Exercise should be enjoyable and within your comfort zone. Do exercise that you enjoy and make it part of your routine. 2. Set realistic goals and small challenges for yourself each week. 3. Track your step count for a week. 4. Think about getting help, advice, support, encouragement, either from your cardiac rehab team, or, if you feel sure of your ability level, by doing a virtual class to suit your level. 5. Always keep hydrated. 6. Wear comfortable clothing. 7. Always warm up and cool down. 8. Listen to your body

A LITTLE BIT OF WISDOM

"We can complain because rose bushes have thorns, or can rejoice because thorn bushes have roses" ~ Abraham Lincoln



THE PATIENT EXPERIENCE - TOM'S STORY

My name is Tom Corr and in 2009 I was diagnosed with Cardiomyopathy. My cardiac echo showed an Ejection Fraction of 33% but I was still able to work and play sports.

Then in 2016 I was diagnosed with Atrial Fibrillation. I had two Cardioversions which unfortunately didn't work. I was still working, but very tired and out of breath a lot. In August 2017 I suffered a stroke. I lost my eyesight suddenly. Thankfully it came back. I spent 15 days in Beaumont Hospital. In October of the same year, I suffered another stroke. This time I lost power on my left side. Once again I spent time in Beaumont hospital and thankfully got power back in my arm.

Since then I have had an ICD and a Watchman device implanted and have had a number of Cardioversions. I'm on a cocktail of medication (I almost rattle when I walk!), but I have a bit more energy since the last procedure.

The toughest aspect of my heart issues for me, is living with the lack of energy to do the regular activities that I used to take for granted, but I try to stay active each day by walking or swimming when the weather is bad outside. I like taking on small projects, the achievement of which, definitely lifts my spirits. Last summer I built a raised flower bed and am looking forward to doing a few more projects this summer... I'm sure my wife will add to my list too.

Unfortunately in 2020, I contracted Covid 19. I was unwell for 10 days and it took me a few months to get my energy back to pre Covid levels. During Covid, I have found the Irish Heart Foundation online supports great, especially the monthly zoom meetings and facebook support page.

