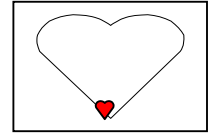


MacHeart



Patron: Doctor K. S. E. Chow. M.B. B.S. (Hons). FRACP D.D.U. Consultant Physician and Cardiologist.

Newsletter for the month of FEBRUARY 2011, No.128 Your News & Views on Matters that interest you & others. Do you read me?

All Correspondence to: Heart Support Australia Macarthur Branch, P.O. Box 999 Campbelltown NSW, 2560.

President: Lea Laidler, 9820 1161. **Vice President:** Hal Buik, 4626 6357

Secretary: Judy Russell, 4647 2692. **Asst Secretary:** Julia Bismire, 46770857. **Treasurer** Sylvia Gillian, 9820 7159.

Asst Treasurer: Janice Auchterlonie, 4625 3433. **Social Co-ordinator:** Lea Laidler, 9820 1161.

Committee members: Don Auchterlonie, Keith Russell, Cathy Hobson, Pat Rutter, James McLaughlin and Ismay McLaughlin. Newsletter editor: Don Auchterlonie dona@bigpond.com.au

Our next meeting of HEART SUPPORT AUSTRALIA, MACARTHUR, will be held on Tuesday 1st. March, 2011 at CAMPBELLTOWN RSL CLUB, commencing at 7PM.

You are welcome to join us socially and purchase a meal in the Bistro for dinner at 6 PM.

♥ PRESIDENT'S REPORT ♥

Hi everyone,

Well it's hard to believe that New Year Eve's come and gone and we are now into February 2011.

What a good time we had at the movies at Wedderburn. We had morning tea to start with then to the movies. First up was Lucille Ball followed by "Easter Parade" with Judy Garland. Lunch was set up when we came out with Bon Bons, party hats, streamers and even Santa. We played a guessing game naming Christmas carols from pictures and everybody had a great time, value for money and no cleaning up afterwards. All in all it was a great Christmas Party.

Sylvia has been concerned that the final figure for the Christmas raffle has not been finalised so here it is. A nice sum of \$700 was raised. Thank you all for your efforts.

Until next month regards, ♥

Lea

On Wednesday 19th January a group of us went to Cobbitty, firstly to the winery that did very well out of our visit. Then it was on to the Cobbitty Patisserie. It was pleasing to see such a large number, 26 in all turned up. The owner found difficulty accommodating all of us but somehow managed to keep plucking extra chairs and tables out of the air. The weather was pleasant so we sat outside underneath the beautiful shade trees. In the shade trees were very friendly Rainbow Lorikeets. One Lorikeet wished Diane "good luck" all down her back. Diane, I am happy to say, has a good sense of humour. Everyone enjoyed the food and a good time was had by all. Well done Lea for selecting the venue.

Last week we returned to one of our favourite lunch spots, West's Tennis Club. As usual the food was good and we all had a good time with approximately 14 people in all.

Report by Keith Russell. ♥

HAL, WHERE ARE YOU?

Despite the fact Hal has phoned a few of us to pass on his new telephone number at Carrington, we have been unable to make contact with him in spite of numerous attempts. If anyone sees Hal, ask him to make contact with Keith or Lea. We really miss his face at the Park.

WE WOULD LIKE TO KNOW IF YOU ARE INTERESTED in a weekend bus trip to Bateman's Bay with a visit to Mogo Zoo leaving on a Saturday morning and returning Sunday evening. Rough costs would be \$30.00 for bus (depending how many go), approx \$100.00 motel (depending where we stay), and \$17.00 entry to the Zoo. You would need to pay for dinner on Saturday night and meals on Sunday. Please let Lea know if you are interested so we can determine numbers and confirm prices.

ATRIAL SEPTAL DEFECT (ASD) is a defect in the septum between the heart's two upper chambers (atrial). The septum is a wall that separates the heart's left and right sides. Septal defects are commonly referred to as a "hole" in the heart.

Everyone is born with an opening between the upper heart chambers called the foramen ovale. It's a normal opening that exists in the fetus (baby) before it is born that allows blood to detour away from the lungs before birth. After birth, the opening is no longer needed and usually closes or becomes very small within several weeks or months. Sometimes this opening is larger than normal and doesn't close after birth. As many as one in five healthy adults still have a small leftover opening in the wall between the atria, sometimes called a Patent Foramen Ovale (PFO).

WHAT CAUSES IT?



The cause is usually unknown. Genetic factors can sometimes play a role.

HOW DOES IT AFFECT THE HEART?

If the hole is small, it may have minimal effect on heart function. When a large defect exists between the atria, a large amount of oxygen-rich (red) blood leaks from the heart's left side back to the right side. Then this blood is pumped back to the lungs, despite already been refreshed with oxygen. Unfortunately this creates more work for the right side of the heart. This extra amount of blood flow in the lung arteries can also cause gradual damage.

THE SCIENCE OF LAUGHTER

We've always known laughter is good for you. New research suggests it may do a whole lot more than just putting you in a good mood. Much like a jog around the park, "mirthful laughter" has been described as "internal jogging" because it can lower your blood pressure, reduce stress and boost the immune system. Given the high incidence of heart disease and diabetes in western society, it would appear regular laughter is important for good health, especially in older people who might find it difficult to exercise.

"There ain't much fun in medicine, but there's a heck of lot of medicine in fun."
(Josh Billings)

Dates for your Diary



Date	Activity
Monday 21 st February	Committee Meeting
Friday 25 th February	Train trip to Sydney with a tour of Sydney Town Hall – Meet at Campbelltown Railway at 8am.
Tuesday 1 st March	General Meeting – Public Trustee Guest Speaker
Thursday 17 March	Bus Trip to Australia Reptile Park – Central Coast – meet at 8.00am at Koshigaya Park. Cost \$43.00 for bus and park entry. Lunch extra (\$13.50 buffet at Gosford RSL Club)
Monday 28 March	Committee Meeting
Tuesday 5 April	General Meeting – Guest Speaker to be confirmed.
April – date to be confirmed	Paddle Steamer Penrith - \$39.00 for Buffet lunch and 2 hour cruise – travel by cars to Penrith. Further details in next newsletter.

According to my list we have one birthday to mention this month.

Happy Birthday in February to: Julie Kirk



HEART SUPPORT AUSTRALIA DISCLAIMER:

The information and views expressed in this newsletter are not necessarily those of Heart Support Australia.

13 LITTLE HEARTS TO FIND this month