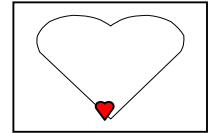


MacHeart



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

Newsletter for the month of APRIL 2011, No.130 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 3rd MAY, 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,

Welcome to all the new members especially our youngest one, Ruby. She has joined the walking group and has been doing laps of the park in her pram since she was 10 days old. Congratulations to Tegan and Brenton Hackett, I think she is going to be daddy's girl.

Fely we hope to see you at the park after your unexpected operation, you need plenty of fresh air.

Hal it was good to see you on the town hall trip, I'm glad you settled into your new abode at Carrington.

Everything is on track for the blood warmer for the emergency department, Sylvia is still selling raffle tickets

If you like to take a book as some of the members have already done, please ask Sylvia.

Last month we had a talk on Tai chi. Afterwards I spoke to the speaker about swollen feet, which is caused in my case by medication, he told me that acupuncture may help. I had some treatment, it does not cure, but has helped me, I actually walked around the park 3 times with no pain afterwards.

Heart week 2011 – Sunday 1st. May to Saturday 7th. May, we are planing to have a display (like last year) at the Narellan shopping centre volunteers needed.

Until next month "HAPPY EASTER EVERYONE" regards,

Lea



Patients with pacemakers and ICDs needn't fear Wi-Fi or iPods

Pacemakers The Health Industry Manufacturers Association recommends that persons with pacemakers should always keep a minimum separation of 15cm (6 inches) between a handheld wireless phone or an iPod and a pacemaker to avoid potential interference with the pacemaker. However, researchers at the Children's Hospital Boston, after launching a study into the matter, said that concerns over iPods causing cardiac pacemakers to malfunction, appear to be unfounded.

The average age of people in the study ranged from six to 60. Their pacemakers were tested against four different digital music players. Each digital player was placed directly over the pacemaker. The study found no change in patients' EKG recordings (which records the electricity activity of the heart) in any of the 255 separate tests, and no patients had symptoms indicating a problem.

HSA celebrating 25 years of support, encouragement and information for cardiac patients and their families

“This provides reassuring evidence that should allay the fears of people using iPods and other digital music players,” said Dr Charles Berul, director of the pacemaker service at the hospital and the study’s senior investigator.

“We can’t conclude that it’s completely safe to have an iPod right on top of the device for hours at a time,” Dr Berul said. “That’s why we suggest the precaution of keeping it at least six inches away.”

The doctors did caution that in 41 percent of patients, the music players interfered with communications between the programmer and the pacemaker which is a good reason to leave your digital devices at home when you visit the doctor for an appointment to check or recalibrate the pacemaker.

If you have any concerns at all talk to your cardiologist.

Extract from HSA NATIONAL OFFICE MONTHLY REPORT – FEBRUARY 2011

Dates for your Diary



Date	Activity
Thursday 7 th . April	Campbelltown Mini Golf and lunch at West’s Tennis Club
Monday 18 th . April	Committee Meeting
Thursday 3 rd . May	General Meeting – guest speaker – Michelle Wills – Police Force
Thursday 12 th May	Lunch Camden Hotel – meet at 12 noon.
Sunday 15 th . May	Penrith Nepean Belle Paddle-wheeler Lunch. Note this is a Sunday trip to allow workers to attend. \$15 deposit due NOW
Saturday 28 th . And Sunday 29 th . May	Overnight trip to Batemans Bay – refer to last months newsletter for details
Monday 30 th . May	Committee Meeting.
Tuesday 7 th . June	General Meeting – guest speaker – Michelle English – Liverpool Public Trustee.



Your editor went on a visit to the “Fairfield Living Museum” situated on the Cnr. of The Horsley Drive and Oxford Street Smithfield. It has permanent exhibitions, firstly “The Village” where you step into history and discover the delightful vintage village as it was in Fairfield 100 years ago and learn about the areas rich and captivating history. See real demonstrations at the blacksmiths, reminisce in Wheatley’s general store, the 1930s schoolhouse, the BIZ newspaper printery and the historic slab hut. This hut was originally in the street I lived in as a child, used as a clubhouse for our model aeroplane flying club and when you visit the museum you will see WFC painted on the door. The hut was donated by one of my friends and moved piece by piece to the museum. Secondly, the permanent exhibition in the 1913 council chambers tells the storey of Fairfield and its growth from aboriginal settlement, scattered farming communities to multicultural city. Also “Stein Gallery Exhibitions” which change periodically. Best of all it is FREE. May be we could visit as a group. They would put on morning tea for a small fee, plus a pizza oven, also has onsite parking.



According to my list we have twelve birthdays to mention this month.
Happy Birthday in April to: Lynn Wylie, Jean Mottershead, Sylvia Gillian, Audrey Duplock, Jeffrey Lucre, Graham Lucre, Teresa Garzaniti, Rollo Doust, Sally Doust, Carol Gardiner, Madeline Bucknell and Henry Afeltro.



HEART SUPPORT AUSTRALIA DISCLAIMER:

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



14 LITTLE HEARTS TO FIND this month