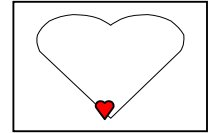


MacHeart



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

Newsletter for the month of MAY 2011, No.131 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 Presidents:** 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 7th JUNE, 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,

Not much to report this month, the putt-putt golf was fun, Cathy won, Easter egg raffle lots of winners, Don again! Heart week day at Narellan was well attended, Blood warming device for emergency is under way believe they (EM) would like to have us to morning tea for presentation! Unfortunately Sylvia not really well in hospital at present.

Until next month "HAPPY MOTHERS DAY LADIES" regards,

Lea



The Normal Heart and how it Works:

The normal heart is a strong, hard-working pump made of muscle tissue. It's about the size of a person's fist. The heart has four chambers. The upper two chambers are the atria, and the lower two are the ventricles. Blood is pumped through the chambers, aided by four heart valves. The valves open and close to let blood flow in one direction. The four heart valves are:

- (1) the tricuspid valve, located between the right atrium and left ventricle;
- (2) the pulmonary (pulmonic) valve, between the right ventricle and the pulmonary artery;
- (3) the mitral valve, between the left atrium and the left ventricle; and
- (4) the aortic valve, between the left ventricle and the aorta.

Each valve has a set of "flaps" (also called leaflets or cusps). The mitral valve normally has two flaps; the others have three.

Dark bluish blood, low in oxygen, flows back to the heart after circulating through the body. It returns to the heart through veins and enters the right atrium. This chamber empties blood through the tricuspid valve into the right ventricle.

The right ventricle pumps the blood under low pressure through the pulmonary valve into the pulmonary artery. From there the blood goes to the lungs where it gets fresh oxygen. After blood is refreshed with oxygen, it's bright red. Then it returns by the pulmonary veins to the left atrium. From there it passes through the mitral valve and enters the left ventricle.

The left ventricle pumps the red oxygen-rich blood out through the aortic valve into the aorta. The aorta takes blood to the body's general circulation. The blood pressure in the left ventricle is the same as the pressure measured in the arm.

DATES FOR YOUR DIARY



Date	Activity
Saturday 28 th . And Sunday 29 th . May	Overnight trip to Batemans Bay – at this stage the bus is fully booked.
Monday 30 th . May	Committee Meeting
Tuesday 7 th June	General Meeting- guest speaker- Michelle English – Liverpool Public trustee.



TRIP ON THE NEPEAN BELLE

A group of 18 members joined for a lunch time cruise on the Nepean Belle on Sunday 15 May. It was a great day out. Firstly, the weather was very kind to us. After a few days of blustery wind it turned out sunny and warm without a breath of wind. All those scarves and jackets which people brought were discarded very early in the day. Lea almost missed out on lunch after doing a very good job of making sure everyone had a lunch ticket but failed to count herself. We were surprised at how popular the cruise was – totally booked out. Ada and Gordon were lucky to get the last two seats. Unfortunately Sylvia was unable to join us as she is still having daily treatment for her bad leg.

Women’s favourite E-mail of the year!

A man was sick and tired of going to work every day while his wife stayed home. He wanted her to see what he went through so he prayed: Dear Lord: I go to work every day and put in 8 hours while my wife merely stays at home. I want her to know what I go through. So, please allow her body to switch with mine for a day. Amen! God, in his infinite wisdom, granted the man’s wish. The next morning, sure enough, the man awoke as women! He arose, cooked breakfast for his mate, awakened the kids, set out their school clothes, fed them breakfast, packed their lunches, drove them to school, came home and picked up the dry cleaning, took it to the cleaners, went grocery shopping, then he drove home to put away the groceries, he cleaned the cat’s litter box and bathed the dog....Then, it was already 1:00 P.M. and he hurried to make the beds, do the laundry, vacuum, dust, sweep and mop the kitchen floor. Ran to the school to pick up the kids and got into an argument with them on the way home. Set out the milk and cookies and got the kids organized to do their homework. Then, set up the ironing board and watched TV while he did the ironing. At 4:30 he began peeling potatoes and washing vegetables for salad, breaded the pork chops and snapped fresh beans for supper. After supper, he cleaned the kitchen, ran the dishwasher, folded laundry, bathed the kids and put them to bed. At 9:00 he was exhausted and though his daily chores weren’t finished, he went to bed where he was expected to make love, which he managed to get through without complaint. The next morning he awoke and immediately knelt by the bed and said: “Lord I don’t know what I was thinking, I was so wrong to envy my wife’s being home all day. Please, oh! Oh! Please, let us trade back. Amen!” The lord in his wisdom replied: “My son, I feel you have learned your lesson and I will be happy to change things back to the way they were. You’ll just have to wait nine months, though. You got pregnant last night!”

**According to my list we have three birthday to mention this month.
Happy Birthday in May to: Pat Gamble, Hana Jelinek and Geoff Olley.**



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

