

06 JUN 2011



## Heart Support – Australia

Perth Metropolitan Branch

PO Box 3239, Broadway Nedlands WA 6009

# NEWSLETTER

June 2011

### Coming meetings:

#### **Monday 6<sup>th</sup> June:**

The monthly meeting is on, even though it will be a public holiday.

The Meeting will be in "The Guild Room", a basement-level meeting room adjoining Wesley Church, corner of William and Hay Streets, in Perth Central Business District. The meeting starts at 12 noon; bring your lunch to eat during the meeting.

Tea and coffee will be available from 11 am.

#### **Monday 4<sup>th</sup> July:**

Monthly meeting at 12 noon, in "The Guild Room" (see above).

#### **Monday 1<sup>st</sup> August:**

Annual General Meeting at 12 noon, in "The Guild Room" (see above). The AGM will be followed by the normal business of a monthly meeting.

## Health warning about common pain-killers

An overseas medical study, reported on the ABC *Health Report*, shows that some commonly-used pain-killer drugs pose a much higher risk of heart attack than was previously realised. Some of these medications are available without prescription.



The drugs of concern are in the category known as non-steroidal anti-inflammatory drugs (NSAIDs). There has been concern for some time that they are a risk to heart patients, but the Danish study raised concern about the risks from even short-term use of these drugs.

84,000 people who had survived a "heart attack" (MI, or myocardial infarction) were included in the study. The level of increased risk varied according to which NSAID the patient used. Diclofenac tripled the risk of another heart attack, and the increased risk happened as soon as treatment with diclofenac started. This drug is sold in Australia with brand names including Voltaren and Diclohexal.

Ibuprofen (sold as Nurofen, Panafen and other brand names) increased the risk of heart attack by 50%, and the increased risk came when it was used for more than a week.

Celecoxib (sold as Celebrex) had a greater risk increase than ibuprofen, but the increased risk came after being used for 14 days or more.

### **Recommendations for heart patients:**

- If you need to use pain-killers, take a drug which is not a NSAID. Your pharmacist could advise you which pain-killers are not NSAIDs. One in common use is paracetamol (marketed as Panadol, Dymadon and Tylenol, among other brand names).
- Otherwise, it's best to talk with your doctor before taking pain-killers.

### **For more information:**

<http://www.abc.net.au/rn/healthreport/stories/2011/3222300.htm>

## **Annual General Meeting, Monday 1<sup>st</sup> August**

The Annual General Meeting of Perth Metropolitan Branch of Heart Support Australia will be held on Monday 1st August, 2011, starting at 12-00 noon. It will be held in the Guild Room, in the basement adjoining Wesley Church, corner of William and Hay streets, Perth.

Business for the meeting will include the presentation of annual reports, and the election of office-bearers.

It is proposed that the minutes of the Annual General Meeting will be put to the September monthly meeting for confirmation.

## **Membership renewals due by 1<sup>st</sup> July**

Renewal of membership is due by the 1st of July.

The annual membership fee has increased to \$13-00 for Ordinary Members, and \$6-50 for Associate Members; this decision was made last year at the national Annual General Meeting.

A green Membership Renewal form is included in this *Newsletter*. The membership fee can be paid at a monthly meeting, or posted to:

Treasurer  
Heart Support Australia  
PO Box 3239  
Broadway Nedlands WA 6009

Members who joined after 1st April this year are considered to already be financial members for the 2011-12 financial year.

## **Medication List cards**

If any members would like a new Medication List card, they are available at our monthly meetings. If you need a new card and can't get to the meeting, phone David McAndrew (9343 2947).

## National Self-Help and Support Groups Awareness Day

Once again a National Awareness Day for Self-Help and Support Groups is being held. This year's event will be in Forrest Place, Perth on Thursday 8th September, from 8 am to 2 pm. The event will include an "expo", with groups setting up stalls. We have applied to have a stall at this year's event.

### Something to laugh about:

A pipe burst in a doctor's house. He called a plumber. The plumber arrived, unpacked his tools, did mysterious plumber-type things for a while, and handed the doctor a bill for \$600.

The doctor exclaimed, "This is ridiculous! I don't even make that much as a doctor!"

The plumber quietly answered, "Neither did I when I was a doctor."



### To contact us:

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For heart health support: phone **1300 661 351**

The cost is a local call charge from anywhere in WA. The number is switched between several of our members, and may take a while to be answered.

Postal address:

Heart Support – Australia  
PO Box 3239  
Broadway Nedlands WA 6009