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HELLO,

Lovely to be back in this cold climate after Brisbane (and I mean it) I hear you have all survived the icy weather as we've reached another winter. We need to put our thinking caps on to dream up a way to celebrate our tenth birthday. We were founded in July 2001.as many of us well remember. About half our membership has belonged from the start and half have joined us on the way. It's been a good journey together I believe despite the ups and downs that each of us has met along personal road. Well keep warm. GEOFF

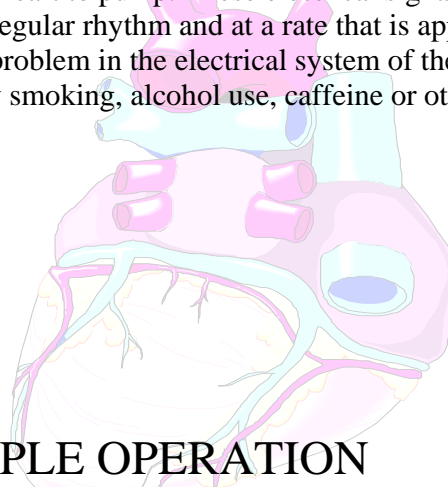
BIRTHDAYS. Seems like I've given up on them this year. For myself I'm thinking of counting backwards when it comes to birthdays from here on.

Anyway HAPPY BIRTHDAY TO ALL THE JAN TO JUNE BABIES The roll call:
Glad, Bruce, Ina, Arthur, Robyn, Jack, Lorna, Billie, Muriel, Anita, Lois Y.

STOP PRESS: Frank is home again after a bout in hospital. You can't keep a good man down!

ABNORMAL HEARTBEAT (ARRHYTHMIA)

An abnormal heartbeat is any variation in the normal heartbeat and occurs when the heart has an irregular heart rhythm, beats too fast (tachycardia), or beats too slow (bradycardia). The electrical system of the heart creates signals that trigger the heart to pump. These electrical signals control the heart rate and rhythm, normally, the heart beats in a regular rhythm and at a rate that is appropriate for the work the body is doing. An arrhythmia results from a problem in the electrical system of the heart. Things that can cause the heart to beat abnormally include heavy smoking, alcohol use, caffeine or other stimulants, stress, thyroid disease, and fever.



IT'S A VERY SIMPLE OPERATION

A man was wheeling himself frantically down the hall of the hospital in his wheelchair, just before his operation, a nurse stopped him and asked, "what's the matter?" He said, "I heard the nurse say, "it's a very simple operation, don't worry, I'm sure it will be alright." The nurse said, "She was just trying to comfort you, what's so frightening about that?"

"She wasn't talking to me. She was talking to the doctor!"

JOIN US.

*For a mere **\$13 a year you will get :*

- * **SUPPORT ENCOURAGEMENT & INFORMATION** * **NEWSLETTERS - 5 to 6 annually.**
- * **WED. WALK 9:30am** Wang Club Car park followed by * **WED CHAT 10:15 – 11:15** Cuppa, friends & laughter.
- * **MONTHLY FREE TALKS** by health experts or **SHORT OUTINGS.** **Partners \$6.50.

THINKING OF YOU NOLA !
Nola Barker, has been in hospital, with left sided weakness and very irregular heart beat. She is going to Albury for tests. Hope things soon get better.



Take Heart

Active Healthy Heart
Heart Support
Wangaratta Branch.

President Geoff Galbraith 5728 1317
Secretary. Bill McCormack 5727 0340
Treasurer. (We still need one!)

How is it going? Daily medication, exercise, watching what you eat and drink. For most of us it's a bit of a shock to realize that this is what life includes from now on. But then I for one thank God I'm still around. Those who have been able to make it to the MONDAY MORNING 9am support sessions have found that sharing our successes and our concerns does help. We all experience things differently whether its sleeplessness, memory loss, chest pains or just bad days. With the support of others and the backup of professionals (Thank you Lois & Anita) life can be pretty good.

Patience is enjoying the journey. It's not climbing the mountain to get to the top; it's climbing the mountain to enjoy the climb. Enjoy the process of your own life.

John
Roger

One Monday **George** brought us delicious **PUMPKIN BREAD**. Here's the recipe. (See the good news on bread over the page.)
3 cups of sugar. 1 cup of corn oil. 4 eggs (beaten). 1 lb cooked pumpkin
2 thirds of a cup of water. 3 1/2 cups of flour. 1 cup chopped pecans (op)
2 teaspoons of soda. 1 teaspoon of each of the following
salt, baking powder, nutmeg, allspice, cinnamon and half a teaspn of cloves
*Cream sugar & oil. Add eggs & pumpkin. Mix well. Sift dry ingredients & add alt with water. Pour into 2 well greased 9 X 5 loaf tins.
Bake in a moderate oven for 1 1/2 hours. Cool 10 mins. & remove from tins.
It freezes good and eats better. Enjoy!*





Have you been breathing lately?
Hopefully! But there is breathing and there is **BREATHING!** We are planning a special Monday session on breathing. Something to get those lungs really active and that blood really brimming with good fresh oxygen. Hopefully it will be deep and meaningful stuff. Date:

Who says our walks aren't exciting. Ask Mary about that car which appeared out of nowhere. Geoff nearly had kittens!



Maurice baked us two delicious Zucchini Loaves to celebrate his birthday. Look for this special healthy heart recipe next newsletter Thanks M.

I recently overheard two blood corpuscles discussing traffic. 
B1. Either there's more congestion or these roads are getting narrower!
B2 Tried the new bypass?

HAPPY AUGUST BIRTHDAY!

Peter Stewart.
Maurice Ludeman.
Hubert Flannigan.

Overweight Older People Live Longer

Health News. Reviewer Louise Chang,

A Few Extra kilos May Be a Plus in Old Age, Researchers Say

Jan. 28, 2010 -- People who carry a few extra pounds after age 70 tend to live longer than people who don't, new research finds.

Overweight older adults who took part in the Australian study had a clear survival advantage over those who were normal weight, underweight, or obese.

The findings suggest that the widely accepted body mass index (BMI) weight guidelines may not be particularly useful after age 70, lead researcher Leon Flicker, PhD, of the University of Western Australia tells WebMD.

He says elderly people who don't have health conditions like diabetes or osteoarthritis, which are caused or exacerbated by carrying extra pounds, may be better off being overweight.

"Unless they have these conditions, there is not much reason to tell people in their 70s and beyond to lose weight if they are not obese," he says.

Elderly Benefit From Extra Weight

The study is not the first to suggest that carrying some, but not too much, extra weight may increase longevity. Last summer, researchers in Canada reported the same findings after analyzing data from more than 11,000 adults followed for more than a decade. In that study, people who met the criteria for being overweight were 17% less likely to die compared to people of normal weight.

In the newly reported research, overweight study participants in their 70s followed for up to 10 years had a 13% lower risk of death than participants classified as normal weight.

BMI is calculated by dividing a person's weight (in kilograms) by the square of their height (in meters). A body mass index of 18.5-24.9 is considered normal, a BMI of 25 to 29.9 is considered overweight, and a BMI of 30 or more is considered obese.

Based on BMI scores, a 5-foot, 7-inch adult would be considered:

- Underweight at less than 118 pounds (BMI <18.5),
- Normal weight at 118 to 159 pounds (BMI = 18.5-24.9)
- Overweight at 160 to 191 pounds (BMI = 25-29.9)
- Obese at 192 pounds or more (BMI = 30+)

Obese and normal-weight study participants had a similar risk of death over the 10 years of follow-up. Underweight study participants had the highest risk of death, even after the researchers adjusted for the wasting effects of disease.

Exercise Lowered Death Risk

Women who were sedentary were twice as likely to die as women who got regular exercise, regardless of BMI.

The effect was seen in men, but to a lesser degree. A sedentary lifestyle was associated with a 28% increase in death among men.

The study appears in the February issue of the *Journal of the American Geriatrics Society*. "There is a lot we can't really explain in our findings, and the fact that a sedentary lifestyle seemed to be more risky for women than men is one of them," Flicker says.

He says it may be time for the World Health Organization to change the guidelines to reflect the findings from his and other studies. "From a hard science point of view it may be a bit premature, but my own personal belief is this is something we should carefully consider," says geriatric medicine specialist Thomas Yoshikawa, MD UCLA's D Geffen School of Medicine

Yoshikawa says as many as two dozen observational studies suggest that carrying a few extra pounds is beneficial for people in their 80s and older. Although extra pounds clearly add to the risk for chronic diseases like heart disease and diabetes earlier in life, they may actually give older people extra reserves to recover from stresses like surgery or pneumonia, he says.

"I would rather have an elderly patient who is in relatively good health and is close to normal weight gain five or 10 pounds than lose five or 10 pounds," he says.

Heart Attack

I think I'm almost ready
for another heart attack.
For my heart is breaking open
I can feel the hardness crack.

There's a child wandering naked
through the tunnels for my mind
There's a baby laying listless
Her sightless eyes are blind
A youngster crawls around me
playing with my shoes
As he played once with a landmine
when he still had feet to lose.
There's another sitting lonely
midst stench drenched filth and dirt
that is plucking at my heart strings
'Til my chest is filled with hurt.

I think I'm almost ready
for another heart attack.
For my heart is breaking open
I can feel the hardness crack.

With another dose of shopping
Plus another TV show
Perhaps they'll wander else where
And the pain will start to go.

If I feed myself on chocolate
and a giant burger meal
will my stomach steal the action
and my heart forget to feel?
Still I'm troubled by the baby
with her skeleton like frame
For above the screaming advert
I can hear it lisp my name

I think I'm almost ready
for another heart attack.
For my heart is breaking open
I can feel the hardness crack.

But you cannot blame me really
For I've got to earn my bread
Those children are not my ones
when all is done and said
We each have loads of problems,
Though we may not be that poor.
I sure there's none among us
doesn't need a little more.
My heart is feeling fine now
Just wanted toughening up a bit
I was just a mite soft hearted ...
Aah! The pain. Oh help! Oh!

I think I'm almost ready
for another heart attack.
For my heart is breaking open
I can feel the hardness crack.