

Sheffield Coronary Society

Newsletter

Sheffield Canal tour Tuesday 21st June

Around 23 members and their family and friends attended our summer social cruising the beautiful backwaters of Sheffield! The tour took around 3 hours beginning at Victoria Keys to Tinsley basin before returning. We were entertained with a brief history of the canals and passed through 2 locks (despite the best efforts of the local fly tippers!). There was also small raffle and how could we forget the HUGE pie and pea supper, which was a definite hit! (Good effort to Ken and Bob for attempting a second helping!) . We were also lucky to have fine weather and the longest day of the year ensured we could stretch our legs off the boat and admire the wildlife throughout the journey.

Thanks again to all those who attended and for Ken for making the arrangements. I hope a good night was had by all and that we can continue to keep numbers high for future social events.

Kim











Health Topic: Medication

Medication, and adopting a healthy lifestyle, play an important role in the management of a heart conditions. Unfortunately some patients can feel left in the dark about their medication and what it actually does. So this edition aims to give you a basic overview of some common types of medication, and some do's and don'ts that you may or may not be aware of!

Drug type	(some) Brand names	Used for	Action	Precautions
ACE Inhibitors	Ramipril, Captopril, Enalapril, Lisinopril,	High blood pressure, but sometimes for heart failure, heart attack and diabetes	Act to widen the arteries and decrease the amount of work your heart has to do.	Adverse reactions can occur with high salt and potassium diets, some aspirins and over the counter anti- inflammatory medications.
Angiotensin II receptor blockers (ARBs)	Losartan, Valsartan, Irbesartan	For similar reasons as ACE Inhibitors but act as an alternative approach for some conditions	Prevent the constriction of the arteries and decrease some chemicals which lead to salt and fluid build up	High salt and potassium diets. Digoxin and Warfarin may interact with some types of ARB's
Aspirin	N/A	Pain relief and inhibits the formation of blood clots	Inhibits chemicals in the blood which cause the platelets to join together causing a clot	Aspirin can increase the risk of stomach ulcers and abdominal bleeding.
Beta blockers	Acebutolol Bisoprolol esmolol propranolol	Heart failure, high blood pressure, angina, abnormal heart rhythmns and heart attack	Slow the heart rate and reduce the harmful chemicals produced after heart attack	Do not use if you have a low blood pressure, consult your GP if you feel dizzy/faint. Record your pulse when beginning medication or if medication level is changed.
Calcium channel blockers	Amlodipine Felodipine	Coronary artery disease, coronary	relaxes blood vessels and	Avoid grapefruit and reduce

	Diltiazem Verapamil	spasm, angina and abnormal heart rhythms.	increase the supply of blood and oxygen to the heart -- while also reducing the heart's workload.	alcohol.
Digioxin	Lanoxin Lanoxicaps	Heart failure, arterial fibrillation	Strengthens the force of heart contractions, slows the heart rate and improves circulation	Record your pulse when beginning medication or if medication level is changed.
Diuretics (water pills)	Furosemide Bumetanide Torsemide	High blood pressure, heart failure, kidney and liver problems	help your body get rid of unneeded water and salt through the urine. Getting rid of excess fluid makes it easier for your heart to pump and controls blood pressure	Record your weight if weight increases rapidly (for unknown reasons!) speak to your GP If you take more than one tablet per day, take the last dose before 4pm to reduce the need to urinate during the night
Warfarin	Coumadin	Atrial fibrillation pulmonary embolism, after heart valve surgery or after other surgery	Reduces clotting and thins the blood	Do not take a double dose to make up for a missed dose

Step away from the grapefruit?!

The avoidance of grapefruit was a topic of discussion at a recent committee meeting. So with a little research, it would appear that indeed individuals taking some cholesterol, blood pressure and angina medications should avoid consuming grapefruit! The reasons being, the compounds in the grapefruit, called furanocoumarins, block the enzymes in the intestines that normally break down many drugs, and prevents the drug being absorbed into the body. These effects can last up to 24 hours so there is never a preferred time to eat or drink grapefruit juice when you take regular daily medication. Please check the medication leaflet to see if grapefruit should be avoided, but is also dependent on your dosage of medication and the type of medication, as some are less reactive than others.



General advice

Please remember to take it! ☺ Or create a routine or way to help you remember if this is something you struggle with.

Read the information leaflet before starting medication

Don't be afraid to ask what your medication does or why they may want to change the dosage

Go back to the GP if you feel unwell in anyway and think it may be due to medication

Don't stop taking it or change the dosage without speaking to your GP

Always attend check ups, even if your medication has been consistent

Ask the pharmacist or GP when taking addition medications such as painkillers and even herbal remedies.

Particularly over the summer

- ❖ Pack your medication for your holidays (and a little extra, incase of delays or spontaneous holiday extensions!)
- ❖ Pack it in your hand luggage if you may need it over the journey, or in the unfortunate event that your luggage goes missing- maybe in the box with the prescription to not arouse suspicion from customs!
- ❖ For those who are travelling long haul- plan how to manage the changes in time zone if it particularly important that you take it at the same time every day.
- ❖ Finally swap the grapefruit based cocktail for an orange based cocktail 😊

Over to you.....???

If you have questions about a health related subject please let us know, and we can aim to write a relevant article or answer questions in our next newsletter. Please speak to a member of the committee or email Kim (KimberleyH123@aol.com) with your ideas. (All suggestions will be anonymous if used in the newsletter).





“An aspirin a day will help prevent a heart attack if you have it for lunch instead of a cheeseburger.”



