

A Patient and Carer's Guide to Understanding Planned Angioplasty



This booklet is for people waiting for a planned coronary angioplasty and stent insertion for coronary heart disease. It aims to give you, and the people who care for you, information about your treatment, hospital stay and recovery.

Aches and Pains

After angioplasty people are often more aware than normal of any little aches or pains that they might get. It is important to remember that flickering pains in your chest lasting a few seconds are quite common after coronary angioplasty and nothing to worry about.

If you get pain that lasts longer than a few minutes you will need to follow the **15 minute rule**.

'The 15-Minute Rule'

- 1** Sit down, rest and try to relax
- 2** If pain is present and you have been prescribed GTN (glyceryl trinitrate), take one spray or tablet under the tongue and wait 5 minutes
- 3** If pain is still present take another spray (or tablet) under your tongue and wait 5 minutes
- 4** If pain is still present take one more spray (or tablet) under your tongue and wait 5 minutes

If pain is still present dial 999 to call for emergency services.

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Introduction

This booklet is written for people waiting for a planned coronary angioplasty and stent insertion for coronary heart disease. It aims to give you, and the people who care for you, information about your treatment, hospital stay and recovery.

At different stages of your recovery, you and your family will want to know about different things. Some people find it difficult to remember information given to them while in hospital. Often people do not know what to ask during their hospital stay and find that when they get home they have questions, but nobody to ask.

Because of this, we have provided a list of contacts, self-help groups, advice lines and other sources of information in the back of the booklet. You will also find an explanation of some medical words that you may have heard used during your stay.

Please feel free to ask questions during your hospital visit. We understand that we cannot cover all of the information that you might want in this booklet.

If you speak a language other than English and you need an interpreter, please ring the ward to let them know. If you could do this 3-4 days before you are admitted this will give us an opportunity to arrange an interpreter for you.

If you have any questions about your treatment please contact:
Cardiology Admission Office: 0113 3923960 (9.30am-3.30pm)
Ward 19: 0113 3927419
Ward 11: 0113 3927414

Key Take Home Messages

- Angioplasty is a treatment done under local anaesthetic to widen narrowed coronary arteries.
- Angioplasty relieves angina symptoms for most people, but is not a cure for coronary heart disease.
- You are the key to keeping your coronary arteries in good condition! You can do this by making healthy lifestyle choices and taking your medications.
- A week or so before you come to hospital for angioplasty you may need to change the way you take your medications (See page 11).
- The night before you come to hospital you will need to shave your groin area. (See page 11).
- Most people are in hospital for 24 hours after angioplasty.
- If you get pain or discomfort in your chest that lasts longer than a few minutes you will need to know how to manage it. (Information on inside front cover explains how).
- When you go home, you and your family can get advise about living a heart healthy lifestyle (See page 18).
- The British Heart Foundation has a help line that you can ring for advice about heart health - 0300 330 3311.

Contents

1) You and your treatment:

What has happened to me?

What are coronary arteries?

Why have my coronary arteries become narrowed?

How do I know I have narrowed coronary arteries?

What is coronary angioplasty and how does it work?

What are the risks and benefits of angioplasty treatment?

2) A journey through the hospital system:

Map of your journey

Letter

Clinic visit before Angioplasty

The week before treatment

On the day of treatment

3) Going home and your recovery:

'Dos and Don'ts'

Feeling emotional

Feeling worried or down

Aches and pains

Making lifestyle changes

Cardiac rehabilitation

Medicines

4) Additional information

5) Contacts and sources of information

6) Medical terms explained

1) YOU AND YOUR TREATMENT

What has happened to me?

You have received a letter inviting you to Leeds General Infirmary to have a treatment called coronary angioplasty. This treatment is done under local anaesthetic in a specially equipped room (shown in the picture below) called the Cardiac Catheter Suite or 'Cath Lab'. You can see the table which you will lie on. The staff will be with you to reassure you and explain what is happening step by step.



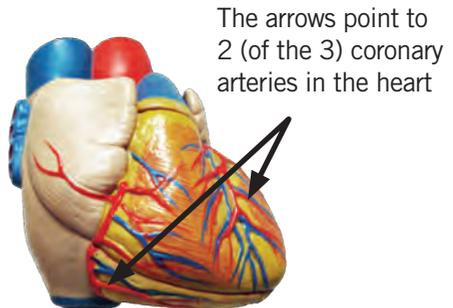
Picture of Cardiac Catheter Suite

Coronary angioplasty is a treatment that widens coronary arteries that have become narrowed with fatty deposits. Coronary angioplasty is also called PCI (Percutaneous Coronary Intervention) for short.

What Are Coronary Arteries?

Your heart is a hollow pump which 'pushes' blood around your body. It can do this because its walls are made of powerful muscle. To stay healthy and work properly your heart muscle needs its own supply of food and oxygen.

The picture below shows the pipes or blood vessels that carry blood containing food and oxygen to your heart muscle. These pipes are called coronary arteries.



Model of the Heart

Why Have My Coronary Arteries Become Narrowed?

Coronary arteries supplying the heart can become diseased. This process is part of a condition known as coronary heart disease. The exact cause of coronary heart

disease is unknown but there are factors that increase your risk of it developing e.g. high blood pressure and cigarette smoking. Coronary heart disease builds up over many years. Fatty deposits can collect inside the coronary artery making it narrow.

The good news is that you can reduce the risk of the narrowing getting any worse by living a healthy lifestyle. This is something that is in your control. Remember that you are not alone. Coronary heart disease is a common condition affecting about one in every fifty people. In time, you can get back to living your normal day-to-day life.

How Do I Know I Have Narrowed Coronary Arteries?

People often get physical signs when their coronary arteries narrow. This is usually what makes people visit their doctor for advice. No two people have exactly the same type of physical signs. People may feel discomfort, pain, an ache or a feeling of heaviness in their chest when they exercise e.g. walking up a slope. They may also feel slightly out of breath. When you exercise, your heart muscle has to work harder to

pump blood containing oxygen around your body. To do this work, your heart muscle needs extra oxygen-rich blood. Because your coronary artery is narrowed the flow of extra oxygen-rich blood is less than is needed. This is why you may experience physical signs.

Angina is the name of the condition linked with these physical signs. Angina is a sign of coronary heart disease. Angina is not a mini heart attack. The chest discomfort that comes with angina is reversible. In other words when you rest, the chest discomfort or out of breath feeling will go away.

In the meantime it is important to let your nurse know if you get any feelings like these during your hospital stay. You can be given medicine to relieve these feelings, should they occur.

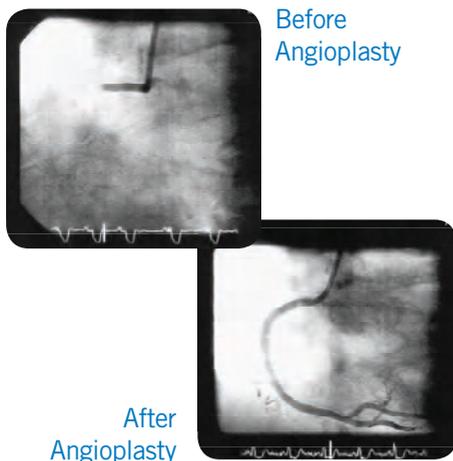
What is Coronary Angioplasty and How Does It Work?

Angioplasty is a treatment that widens (opens) a narrowing or blockage in your coronary artery. This means that blood flow to your heart muscle is improved. This treatment relieves the physical signs of angina for most people.

Angioplasty is not a cure for coronary heart disease. The two most powerful things you can do to improve your heart health are to live a healthy lifestyle and take your medicines as recommended.

To widen your coronary artery a specialist doctor guides a small tube, through a blood vessel in your groin or arm, which leads to your heart. By using X-ray, the passing of the tube into narrowed or blocked coronary artery can be seen on a TV screen.

Once the blockage has been found, a tiny balloon at the end of the tube is blown up. This squashes the fatty blockage and widens the coronary artery. The picture below shows the difference between a coronary artery before and after angioplasty treatment.



In most angioplasty procedures a coronary stent is put into the widened part of your coronary artery. This helps to stop the coronary artery narrowing again in future.

A coronary stent acts like a scaffold to hold the coronary artery open after it has been widened. The picture below shows a stent which looks like a short, tiny wire-mesh tube or the spring of a pen.



Picture of a Coronary Stent

Once the stent has been put into your coronary artery it cannot move. In time a skin grows over it and it becomes part of the wall of your coronary artery.

In some cases, a stent coated with a drug will be used (drug-eluting stent). The drug is released very slowly and helps to prevent narrowing inside the stent in the future.

Your cardiologist will decide whether to use one with, or without, a drug coating (bare-metal stent). The type of narrowing you have and the size of your coronary artery affect this decision.

What are the risks and benefits of angioplasty treatment?

Angioplasty is a safe and effective treatment for angina. Feelings of chest discomfort and shortness of breath are relieved for most people with this treatment. However, no hospital treatment can be done without a small risk of complications.

The risk of serious problems, such as damage to the arteries, internal bleeding, heart attack, stroke or not surviving the procedure is very small. Fewer than 2 in every 1000 people die in hospital after having a coronary angioplasty. Bruising at the site of tube insertion is quite common, and occasionally people can develop allergic reactions to the dye. If you agree to go ahead with the angioplasty, you will be asked to sign a consent form to confirm that you are aware of the reasons for treatment and the possible risks.

Possible risks will be discussed with you before the angioplasty procedure and you will have the opportunity to ask questions. Angioplasty is an excellent treatment for angina, but, does not reduce your lifetime risk of suffering a heart attack or dying

from heart disease.

You can reduce these risks yourself by making healthy lifestyle changes and sticking to them. This is the most powerful way for you to reduce the risk of having heart problems in the future.

Summary

- Angioplasty is an effective treatment used to relieve the physical signs due to angina.
- The risk linked to this treatment is small.
- Angina is not a mini heart attack but is part of a condition called coronary heart disease.
- Angina is a common condition and many people manage their condition alongside living a full and active life.
- It takes time for you to learn to manage your health in a way that improves your quality of life.
- Living a healthy lifestyle and taking your medicines are the most powerful ways of keeping your arteries healthy. This is down to you!

2) A JOURNEY THROUGH THE HEALTH SYSTEM

You experience symptoms of chest discomfort or shortness of breath. You seek advice from your family doctor (GP)



You are referred to a specialist doctor (Cardiologist) for other tests.



Your Cardiologist recommends that you have a planned angioplasty to widen narrowed vessels in your heart



You receive a letter that invites you to attend a Pre-Angioplasty clinic and sets a date for your Planned Angioplasty about 2 weeks later.



You attend the Pre-Angioplasty clinic to help prepare you for your treatment.



You are likely to have a short hospital stay(24-48hrs) for Angioplasty treatment and then go home.



Visit your GP/Practice Nurse for advice about cardiac rehabilitation services in your area and for advice about your medications and the best way to make healthy lifestyle changes. You will be sent an outpatient appointment for 6-8 weeks later.

Letter

First, you will have received a letter from the hospital telling you about the date for your planned angioplasty. You will also have been invited to attend a clinic called a Pre-Angioplasty Clinic, 14-21 days before you come to hospital for your angioplasty treatment.

Clinic Visit before Angioplasty

The Pre-Angioplasty clinic is run by nurses with the aim of preparing you for your planned angioplasty.

During your visit some blood will be taken for routine tests, as well as a tracing of your heart and measurement of blood pressure, pulse, height and weight. **Please bring a copy of an up to date repeat prescription slip with you.** That way we can see what medications you take.

At the clinic you may be started on an anti-platelet medication such as Clopidogrel. This medication makes your blood thinner.

A nurse will also ask you some questions about your health and talk to you about your angioplasty procedure. You may like to bring a

family member or friend with you. You will be given the opportunity to ask questions. So it may also be useful to jot down any questions that you have before you come to clinic.

The clinic is held at Leeds General Infirmary and will last approximately 1 hour. Please come to Cardiac Therapy Services which is on F Floor of the Jubilee Wing.

We would appreciate it if you could telephone us if you cannot attend this appointment. The telephone number is 0113 392 5639 or 0113 392 8110. This may help to allocate the clinic place to another person.

The Week before Treatment

When you come into hospital please bring your medicines, night wear and slippers with you. We advise you not to bring valuables as we cannot guarantee their security.

There are 3 things that you need to do before you come into hospital:

- Manage your medicines
- Do a groin shave
- Eat easily digested food

1) Managing Your Medicines

If you are on Diuretics (water tablets), Warfarin (blood thinner) or Metformin (tablets for diabetes) you will need to change the way you take these medicines in preparation for your treatment.

Diuretic (Water tablet): Please do not take it the morning you are admitted to hospital. This will prevent too many toilet stops!

Warfarin (Blood thinner): Please **stop** taking these two days before your admission except if you have a metal heart valve or have been advised by your cardiologist to continue. Contact the ward if you take Warfarin because you have a metal heart valve or you have had clot in your lungs or leg. They can then advise you about whether you should stop taking your Warfarin.

Aspirin (Blood thinner): If you take aspirin please carry on taking it. If there is any reason why you cannot take aspirin please let a doctor or nurse know as you will be given aspirin after your angioplasty treatment.

Metformin (Glucophage/Diabetic tablet): Please continue this tablet as usual until you come in to hospital unless you have any

problems with your kidneys, when you will be asked to **stop** taking this two days before you are admitted. Metformin is usually stopped two days after angioplasty in all patients.

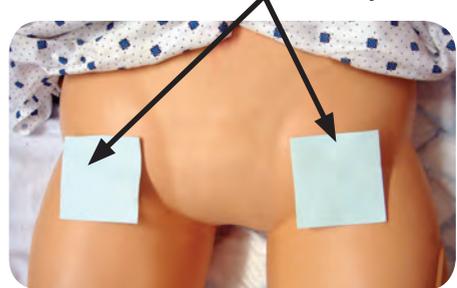
Take all your other medicines as normal.

2) Do a Groin Shave

To reduce any risk of infection we ask you to shave a small area in your groin, the night before you come into hospital, using an electric or disposable razor. You should still shave your groin area even if your angioplasty is planned from the wrist.

Remember to use soap or shaving foam and warm water as this will stop you grazing your skin. The picture below shows you two blue square areas which indicate where you need to shave in your groin area

Shave here! Each square about 7cms by 7cms.



Picture of Groin Area

3) Eat easily digested food

You may continue to eat and drink as normal before your angioplasty treatment. It is best to eat something light before your admission. The ward will provide you with refreshments after the procedure.

On The Day of Treatment

Where do I come to?

You will either be admitted to ward 19 (Floor F) or ward 11 (Floor E) of the Jubilee Wing at Leeds General Infirmary. Your stay will last 24 hours. For your information some wards are mixed sex.

The visiting times are 2-4pm and 6-8pm with a maximum of 2 visitors per person. A relative or friend is welcome to accompany you to the ward but will be asked to leave after 20 minutes for three reasons. We have a lack of space, we want to reduce any cross infection risk and patients have told us that the ward is sometimes too noisy. You will be able to use your mobile phone if you wish to talk to your relative or friend.

Car parking is available in the hospital multi-storey car park but is expensive. It may be easier to

arrange for a friend or relative to drop you off and collect you.

When will I have my angioplasty treatment?

Unfortunately we are unable to give you a specific time for your procedure as we have to accept unplanned emergency cases from across West Yorkshire. Depending on how many people need coronary angioplasty, you may have yours done in the morning or afternoon.

People having their angioplasty done in the morning session (8.30am to 12.30pm) are asked to come to the ward between 7.30-8am.

People having their angioplasty done in the afternoon session (1pm to 4.30 pm) are asked to come to the ward at 11am.

Before your procedure you will be asked by a doctor to complete a consent form.

What happens if I cannot attend on the day?

If for any reason you are unable to attend **please let the ward know immediately**. Also if you are pregnant, or think that you could be please contact the Cardiology

Admissions Office for further advice. Page 1 has the contact details.

What will happen next?

We have shown you a picture of the Catheter Lab (page 4) and explained to you how coronary angioplasty works (pages 5 and 6).

On the day you may either walk from the ward with a nurse to the Catheter Lab or a porter will take you there on a trolley. You will lie on an X-ray table during your treatment.

You will be awake during the procedure. You will need to lie as still as you can. You may also be asked to take deep breaths and hold these for a few seconds while X-rays are being taken. The doctors watch what they are doing on a screen. You may also be able to see the screen.

During the procedure, dye will be passed into your coronary arteries so that the doctors are able to see where the narrowing is. At this time you may feel hot and flushed. This is normal and will pass.

Let the staff know if you have any chest discomfort during the treatment so that they can give

you pain relief. The procedure usually takes between twenty minutes to an hour but can be longer.

After Treatment

After your angioplasty treatment you will be taken back to your bed on the ward. The length of time that you need to lie still in bed depends on whether you had your angioplasty treatment done through a blood vessel in your groin or your wrist.

Your nurse will look at your wrist or groin for any signs of bleeding or swelling. Your blood pressure and pulse will also be monitored. This is routine for anybody treated with angioplasty. Some people may come back to the ward with a drip containing a medicine that thins your blood. This will be stopped after 2-12 hours.

If you experience any pain, aches or discomfort in your chest, leg or arm it is important to let your doctor or nurse know immediately.

Pain relief can then be given. To get attention you will find a buzzer by your bed. It is common for people to be aware of a bruised feeling in the chest for a few hours or days after angioplasty.

Groin

When the angioplasty treatment is done through a blood vessel in your groin you will be asked to lie still in bed for several hours.

A guide tube will be left in your groin for about two hours and then it will be removed. It is important that you stay in bed at this time to reduce the chance of bleeding or bruising occurring around the cut in your groin. You can normally lie slightly, but not completely, upright. You can eat and drink as normal.

When the nurse removes the guide tube he/she will either press on the site or place a pressure device on it to stop any bleeding. This can be slightly uncomfortable.

Once the nurse is confident that the bleeding has stopped you will be sat up in bed for another hour or so. After this time you will be able to get up and out of bed. The nurse will let you know when this is.

In some cases your doctor may remove the guide tube and close your artery with a plug called a closure device. This plug is made from collagen which is like glue.

If this happens you are able to get out of bed earlier, usually 4 hours after angioplasty treatment. The plug in your groin will dissolve within ninety days. You will be given an information card about the plug which will answer any questions you may have.

Wrist

When the angioplasty treatment is done via a blood vessel in your wrist a pressure device will be applied and removed once any bleeding has stopped. No stitches are used.

Summary

- You will be sent a letter giving you the date of your planned angioplasty treatment.
- You will be invited to a Pre-Angioplasty clinic 2 weeks before your planned angioplasty.
- The night before you are admitted you need to shave your groin.
- Your hospital stay is likely to be short (24-48hrs)
- Please bring the medicines you take with you.
- You can eat and drink normally before you come in for your treatment.
- You may have your treatment done through a blood vessel in your wrist or groin. Whichever way it is done, you will be on bed rest for about 4 hours afterwards.
- You will need to arrange for somebody to take you home after your treatment.

3) GOING HOME AND YOUR RECOVERY

Your hospital stay is short and before you know it you will be back at home. Many people want to know about what they can or cannot do during early recovery. During the first week:

Do's and Don'ts

Do:

- Take a week off work.
- Contact the ward if you have concerns about how the cut in your groin or wrist is healing e.g if it is weeping, very painful or swollen.
- If the cut in your wrist or groin starts to bleed press on it firmly with a clean tea towel. Call 999 for an ambulance.
- If comfortable you may start having sex again 2-3 days after you arrive home.
- Take your medications. Get a repeat prescription from your GP so that you don't run out.
- Visit your GP or Practice nurse to get advice about how you can keep your heart healthy by living a healthier lifestyle.

During the first week do not:

- Do anything strenuous such as lifting heavy shopping. It is fine to go for a walk. It is important to keep active.
- Do not drive for the first seven days after angioplasty. You can after one week provided you are not experiencing any pain or other problems. PCV or LGV license holders cannot drive for 6 weeks and will need to contact the DVLA.
- Travel by plane.
- Go swimming.

This advice is given because your wound site needs time to heal, not because your heart is weak.

Feeling Emotional

Being told that you have coronary heart disease can come as a shock to people and their families.

The important thing to remember is that this condition is very common and you can go on to live a full and active life. By making healthy lifestyle changes and taking your medicines you can take control of things and reduce your risk of heart problems in the future.

In the first few days you may feel quite different from day to day. Up one day and down the next. There is no right or wrong way to feel. It is totally individual. It may take time for you and your family to come to terms with what has happened. You need to allow yourself time for this.

Feeling Worried or Down

It is quite common for people to feel worried and nervous about having problems with their heart. You may notice that you have a short fuse or feel down and cry at the slightest thing. This is a perfectly normal response and will usually lessen as time goes on. If the feelings don't reduce it may help to talk to your GP and see if they can recommend some help for you. We have put details of some useful contacts in the back of this booklet.

Family members and friends are usually concerned about their loved one and this can lead to them being over protective. Sometimes this can be difficult as you want to get back to normal and they may try to wrap you in cotton wool. It will take time to get your confidence back.

Sometimes people have problems

sleeping. This means that you may feel tired in the day time which means you have a nap. This will make it more difficult to sleep that night and can build into a pattern. Avoiding day time naps may help you sleep better at night Physical exercise such as walking can help you relax. Relaxation exercises may also be useful.

Aches and Pains

After angioplasty people are often more aware than normal of any little aches or pains that they might get. It is important to remember that flickering pains in your chest lasting a few seconds are quite common after coronary angioplasty and nothing to worry about.

If you get pain that lasts longer than a few minutes you will need to follow the **15 minute rule**.

We have included this information because many people worry about what to do if they get chest discomfort or chest pains. This information provides you with a plan of action. We have not included this because we think you will have a heart attack.'

It is important to remember that if your pain is caused by angina it

'The 15-Minute Rule'



- 1** Sit down, rest and try to relax
- 2** If pain is present and you have been prescribed GTN (glyceryl trinitrate), take one spray or tablet under the tongue and wait 5 minutes
- 3** If pain is still present take another spray (or tablet) under your tongue and wait 5 minutes
- 4** If pain is still present take one more spray (or tablet) under your tongue and wait 5 minutes

If pain is still present dial 999 to call for emergency services.

will go away with rest and/or your nitrate spray or tablets. It is not a mini heart attack. Angina does not mean your heart muscle is weak.

People who have a heart attack have pain that stays whatever is done. There are treatments that can be given to people who have a heart attack. These are more effective if people who have chest pain or discomfort for longer than 15 minutes call an ambulance immediately.

Don't delay! If you have pain that lasts more than 15 minutes it is important that you do not drive yourself to hospital or get a family member to drive you. The earlier you get treatment the better.

Ambulance staff will be able to start your treatment there and then if needed.

Making Lifestyle Changes

Several things increase the risk of a person developing coronary heart disease. Some of these can be changed, others cannot. Let's focus on the ones that you can change.

Tobacco Smoking

If you smoke, quitting is the single most important thing you can do to improve your health. So, if you have lacked the motivation to stop smoking before, right now is the ideal time to make the commitment to quit – your future well-being depends on it.

Smokers know that their habit causes damage to their body. We know that it is an addiction and a difficult habit to break. Chemicals that are released from cigarettes when you smoke leak into your body and make your blood more likely to form a clot because it is stickier.

From the moment you stop smoking the risk of having heart problems begins to reduce. To find out more ask the ward staff, or phone Leeds Smoking Services on 0800 169 4219. You are more likely to be successful if you use a nicotine replacement therapy (NRT) such as patches or gum. There are advice lines available for people who speak languages other than English shown on page 33 of this booklet.

High Blood Pressure

High blood pressure also called 'hypertension' can increase your risk of heart problems. When your blood pressure is high, the walls of your blood vessels are affected. Over a long time the pressure can make the inside of them rough rather than smooth. This makes it easier for fatty deposits to stick to them. Your heart also has to work harder to pump blood through your body.

People with high blood pressure do not experience any physical signs to tell them they have high blood pressure. Without treatment high blood pressure can damage your body. The good news is that weight loss (if you are overweight) plus a healthy diet and regular physical activity can reduce your blood pressure. Medications can also be used as an effective treatment.

There are several things that you can do to look after your own blood pressure. Have your blood pressure checked regularly. Your doctor or practice nurse can advise you on this. If you smoke, stop. Take your medications as prescribed. Take regular exercise and eat a healthy, balanced diet.

Salt

Most of us consume more salt than we need. High salt intakes can contribute to high blood pressure and fluid retention. Gradually reduce the amount of salt you add to foods – in cooking and at the table to allow you to adapt to the change in taste. Use other means of seasoning such as pepper, herbs, spices and lemon juice to flavour foods. Pre-prepared foods, sauces and soups can contain lots of salt – check

the labels and try lower salt varieties, or prepare foods yourself without adding salt if possible.

Cholesterol and Fat

Cholesterol and triglycerides are fatty substances in the blood.

Your own liver produces cholesterol and everybody needs some of this substance to be healthy. Problems may occur when you have too much of it.

Too much cholesterol in your blood increases your risk of heart disease. This is because it sticks to the walls of your arteries. Many people with high cholesterol may only need advice to improve their diet and possibly blood cholesterol monitoring.

The good news is that you can play a key role in controlling your blood cholesterol levels. Regular exercise can increase your levels of the 'good' cholesterol. Eating a diet low in saturated (animal) fats and high in fibre can reduce your levels of 'bad' cholesterol.

Medications called statins can also be used to reduce your blood cholesterol. Statins also make sticky areas inside coronary arteries more stable.

Some fats – called monounsaturates can help reduce levels of bad cholesterol, and

increase levels of good cholesterol. Good sources of monounsaturates include olive oils and spreads, rapeseed oil and avocado. Aim to replace some saturated fats with these healthier sources. Remember though that all fats contain the same amount of calories – so, if you're trying to lose weight; aim to reduce your total fat intake.

General Advice About Diet

■ Breads, Cereals and Potatoes

These are starchy foods, and provide us with energy and important vitamins and minerals. Wholegrain varieties contain much more goodness, including fibre which can help to lower cholesterol levels – as well as keeping your bowel healthy.

■ Fruit and Vegetables

Aim to eat five portions of fruit and vegetables each day – a portion is about 80g (3oz). Fresh, frozen, tinned, dried and fresh juices all count. These foods also provide us with important vitamins and minerals – including antioxidants. Antioxidants mop up toxins which can damage blood vessels. Most fruit and vegetables contain no fat and are a low calorie option to include in meals, and as snacks. Aim to eat

a good variety of fruits and vegetables every day.

■ **Milk and Dairy Products**

These provide us with a good source of protein, calcium and some vitamins. Look out for reduced fat, “fat free”, or lighter options, which contain less saturated fat and provide the same amount of goodness. If you are vegan, or have intolerance to dairy foods – ensure that you choose calcium enriched alternatives.

■ **Meat and Poultry**

Provide us with an excellent source of protein, vitamins and minerals. To reduce your saturated fat intake try to choose lean cuts of meat and remove visible fat from meat, and skin from poultry. Avoid adding fat when cooking, and aim to grill rather than fry a food, which allows the fat from within the meat to drip away.

■ **Oily Fish and Omega-3 Fats**

Omega-3 fats can help make your blood less sticky and improve blood flow around your body. Aim to eat 1-2 portions of oily fish per week, or 2-4 portions if you’ve previously had a heart attack. A portion is 100-150g

(4-6oz). Examples of good sources are mackerel, kippers, pilchards, salmon. Generally fresh frozen or tinned varieties are all good sources.

If you don’t like oily fish, or you avoid fish for other reasons – other sources include rapeseed oil, nuts, green leafy vegetables, and some specially enriched foods. Fish oil capsules are available for those who have difficulty consuming enough omega-3 in their diets – choose a capsule to provide 1g of omega-3 per day, or discuss with your doctor.

■ **Alcohol**

Drinking alcohol in moderation (1-2 units per day) can be good for your heart. Too much alcohol can harm your heart. The key is monitoring the amount you drink. The recommendations for alcohol consumption are:

Men: 3-4 units per day

Women: 2-3 units per day

One unit of alcohol = half pint of (normal strength) beer, a pub measure of a spirit, or a small glass of wine (125ml).

■ **Heart Healthy Recipes added**

The British Heart Foundation has lots of heart healthy recipes

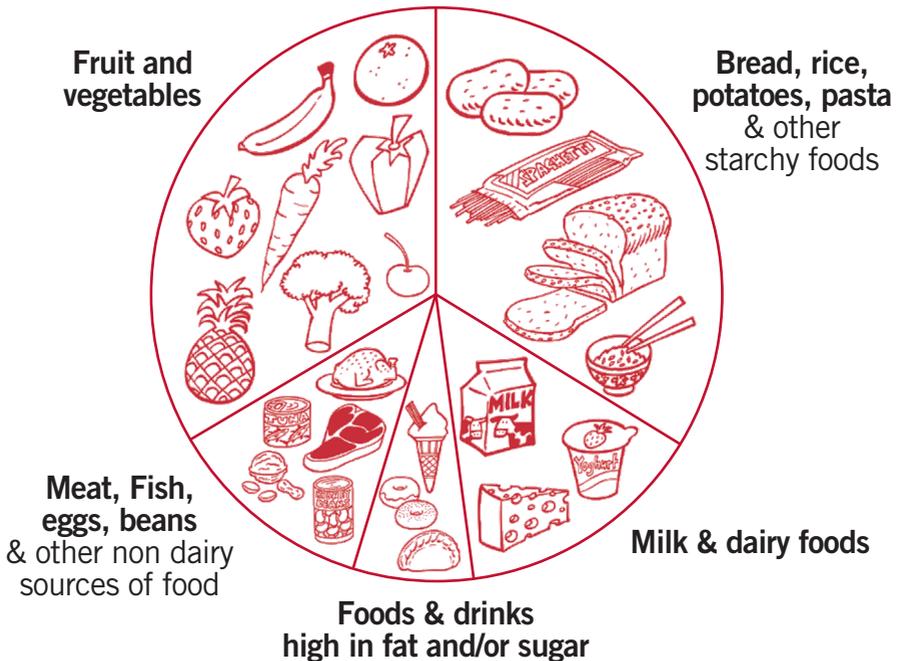
available on their website. These include 60 heart healthy Asian recipes e.g. Vegetable Biryani, Chicken Jalfrezi and Kheer (Milk Pudding). The portion plate shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks.

So, try to eat:

- plenty of fruit and vegetables
- plenty of bread, rice, potatoes, pasta and other starchy food –choose wholegrain varieties whenever you can
- some milk and dairy food
- some meat, fish, eggs, beans and other non-dairy sources of protein
- just a small amount of foods and drinks high in fat and/or sugar

The portion plate

Use the portion plate to help you get the balance right. It shows how much of what you eat should form each food group



Exercise and Physical Activity

Why is exercise good for you?

- Regular exercise helps to strengthen your heart muscle. A strengthened heart has more stamina and does not have to work so hard to get oxygen to your body when you exercise.
- Reduces your cholesterol levels
- Helps to prevent narrowing of coronary arteries in the future
- Improves the blood flow through your body
- Keeps your blood pressure within normal limits
- Helps with weight control

How much should I be doing?

You need to aim for 30 minutes every day. This may take a little time to build up to, depending on your previous level of fitness. Aim for exercise of a moderate intensity which makes you breathe more deeply and possibly sweat slightly. You should still be able to talk in full sentences and not be gasping for breath.

Aim to **gradually** increase the amount of physical activity you do week by week. Although 30 minutes a day may seem like a lot, you can break this down into 10 or 15 minute sessions at first.

Almost any increase in physical activity will benefit your health.

Exercising with your family or a friend will help you keep motivated. Remember to always warm up and cool down. It may help to keep a diary so that you can keep a note of the distance you walk each day. You can gradually increase the distance you cover week by week.

What sort of physical activity should I be doing?

You should be doing aerobic activity. Aerobic activity is exercise or activity that uses more oxygen than when you are resting, for example brisk or fast walking, swimming, jogging, dancing or cycling.

What about work?

Most people can continue with their work even after being diagnosed with angina. If you have a job that involves heavy physical activity (e.g. lifting heavy objects) it may be advisable to discuss this with your GP. It is important to focus upon living a normal life and being active.

Cardiac Rehabilitation

We mentioned earlier that there is professional help available to help you take control of your life again.

The name given to the structured program of education and support is Cardiac Rehabilitation.

There may be a local cardiac exercise group near to you that you can join. Doing this may help you to continue to take regular exercise.

You can get details of If you contact the **British Heart Foundation Helpline** on **0300 330 3311** or via their website at **www.cardiac-rehabilitation.net**

Medicines

After planned angioplasty you will need to take several medicines. Some of these will be taken for a period of months, others will be for life.

Blood Thinning Medicines

After your stent is in place you will need to take medicines to thin your blood. These drugs are called anti-platelet drugs.

After a few weeks the lining of your artery will grow over the stent and it will become part of your artery. Until then anti-platelet drugs such as Clopidogrel (Plavix™) and Aspirin help to reduce the risk of clots forming on the stent. (If you normally take

Warfarin this will be discussed with you on discharge.)

How should I take Clopidogrel and Aspirin?

- If you already take Clopidogrel and Aspirin continue with your normal dose before and after the procedure.
- If you do not take Clopidogrel you will be asked to start this before the procedure.

If you do not take Aspirin you may be asked to start taking it before the procedure and continue taking it afterwards. However if there is a reason you cannot take aspirin please inform the doctor or nurse.

Are there any side-effects?

Medicines that thin the blood can mean that you bruise more easily. Aspirin and Clopidogrel should be taken with food as it can cause indigestion. Tell your Dr if you get indigestion.

Beta-blockers

Beta-blockers slow your heart rate. Some people experience side effects with these medications such as cold hands and feet, nausea, diarrhoea, skin rashes, impotence and nightmares.

Statins

Cholesterol is a waxy substance produced by the liver. Statins reduce the production of cholesterol. They reduce levels of bad cholesterol and increase levels of good cholesterol. Statins also make any fatty deposits in your coronary arteries more stable. This means that they are less likely to cause a blockage in your coronary artery. Most statins are best taken at night as most cholesterol is produced by the liver at this time.

Statins can sometimes affect your digestive system. Inform your Dr if this does not get better after a few weeks. A rare side effect of statins is pain or weakness of your muscles. If you experience this please visit your GP. Some statins react with food containing grapefruit.

Ace inhibitors

ACE stands for angiotensin converting enzyme. Angiotensin is a chemical in the body that makes blood vessels narrower. ACE inhibitors act by improving the blood supply to the heart muscle. People usually start on a small dose of this medicine to see how it affects them. Depending on this the dose may be gradually increased. Your GP will monitor

this. Sometimes people get a dry irritating cough with this medicine.

What if I forget a dose of my medicine?

Take it as soon as you remember. If it is nearly time for your next dose, miss out the one you forgot. Do not double up.

How long will I need to take medicines for?

The length of time you are on Clopidogrel varies from person to person. It is usually between 3 and 12 months depending on the type of stent used. Your GP will be informed of this by letter.

It is very important not to stop taking aspirin or Clopidogrel before the recommended period as there is a risk of a clot forming within the stent which could result in a heart attack.

You will probably be taking aspirin, a statin, a beta blocker, and an ACE inhibitor for the rest of your life. **It is very important not to stop taking any medicine without discussing it with your doctor first.** You should always read the information sheet that comes with your medicine. If you have any questions you can talk to your doctor, nurse or pharmacist.

Summary

- To improve the health of your heart live a healthy lifestyle and take your medicines.
- Health professionals can advise you but you and your family/friends are the ones who will manage these changes from day-to-day!
- Do not stop any medicines without discussing this with your doctor.
- Once you leave hospital your care is shared by your cardiologist and your GP.

4) ADDITIONAL INFORMATION

The contents of this booklet were developed from some existing resources. More than 20 people from Leeds General Infirmary, The University of Leeds, Leeds Foundation Partnership Trust, Take Heart and Heart Care Partnership UK helped produce and develop this booklet. These included service users and charity representatives, multidisciplinary team members (Doctor, Nurses, Pharmacists, Physiotherapist, Dietician and Psychologist), academic staff (Educators and Researchers) and administrative staff. We would like to thank all those who gave of their time.

For any queries please contact:

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Sponsorship

Sanofi Aventis provided funding to support the collaboration between The University of Leeds and Leeds NHS Acute Trust which led to the booklet development. Take Heart provided funding and support for the ongoing production of this resource.

Publication date December 2009

Review date January 2011

The information in this booklet was informed by the following clinical guidelines and local research:

- JBS2 Joint British Societies Guidelines on Prevention of Cardiovascular Disease in Clinical Practice. Heart 2005; 91(Suppl V) v1-52 and 2)
- National Institute for Health and Clinical Excellence. Technology Appraisal 94: Statins for the prevention of cardiovascular events
- National Institute for Health and Clinical Excellence. Technology Appraisal 152: Drug-eluting stents for the treatment of coronary artery disease.
- Research asking service users' and carers' about their experiences of elective angioplasty provided a source of local information (Astin F. et al. (2009) Managing lifestyle change after coronary angioplasty: an interview study. European Journal of Cardiovascular Nursing, 8 (1);S26-S27.)

5) CONTACTS AND SOURCES OF INFORMATION

We have included a list of different organisations that may be able to help you. From talking to people we have learned that they often have more than one health condition to manage. This is why we have included information about a range of organisations, not just those supporting people with heart conditions.

ADVICE ABOUT ALCOHOL AND DRUG PROBLEMS.

ACA UK (Adult Children of Alcoholics and Dysfunctional Families UK)

PO Box 1576, London SW3 2XB

tel: 07071 781899

email: info@adultchildrenofalcoholics.co.uk,

website: www.adultchildrenofalcoholics.co.uk

ACA UK runs local self-help groups across the UK. To find out availability in your area call or visit the website.

Adfam (Support and information for families affected by drugs & alcohol)

25 Corsham Street, London N1 6DR

tel: 020 7553 7640, fax: 020 7253 7991

email: admin@adfam.org.uk, website: www.adfam.org.uk

Alcoholics Anonymous

General Service Office PO Box1

10 Toft Green York

YO1 7NJ

Office tel: 01094 644026

Monday to Friday 9am to 5pm

Fax: 020 7837 0540

email: gso@btconnect.com

Contact the General Service Office number and they can give you details of daily meetings close to your area.

ADVICE ABOUT EMPLOYMENT & FINANCES

Acas (the Advisory, Conciliation and Arbitration Service)

Brandon House
180 Borough High Street
London SE1 1LW

tel: 020 7210 3613,
helpline: 0845 747 4747
textphone: 0845 606 1600
website: www.acas.org.uk

Acas provides free impartial information and guidance about employment issues and industrial relations.

Directgov Money Tax and Benefits

website: www.direct.gov.uk/en/moneytaxandbenefits

Directgov is the official online government information service. It provides information on a wide range of public services, and links directly to those services. The Money, Tax and Benefits section provides information and advice on your finances. This includes tax information and information on any benefits you may be entitled to (including details of how to make a claim). Other topics covered include pensions, mortgages, managing your finances and managing debt.

Citizens Advice Bureau (Leeds)

31 New York St
Leeds, LS2

tel: 0870 120 2450
website: www.leedscab.org.uk

ADVICE FOR OLDER PEOPLE

Age Concern Ageing Well UK

Ageing Well UK, Age Concern England, Astral House,
1268 London Road, London SW16 4ER

tel: 020 8765 7231

fax: 020 8765 7211

email: aau@ace.org.uk

website: www.ageconcern.org.uk

Age Concern's Ageing Well UK programme runs projects to help older people improve and maintain their health. Visit the website or telephone for details of projects in your area.

ADVICE ABOUT ANXIETY,DEPRESSION

Anxiety UK

Zion CRC, 339 Stretford Road, Hulme, Manchester M15 4ZY

helpline: 0844 477 5774

fax: 0161 226 7727

email: support@anxietyuk.org.uk,

website: www.anxietyuk.org.uk

Anxiety UK supports anyone affected by anxiety, panic attacks, obsessive compulsive disorders, tranquilliser problems or any kind of phobia. There is also a website specifically for people in the Asian community with anxiety disorders: **www.destigmatize.org.uk**. A wide range of information sheets are available in a range of languages (Hindi, Punjabi, Urdu and Gujarati)

Beat

103 Prince of Wales Road, Norwich NR1 1DW

tel: 0870 770 3256

textphone: 01603 753322

text messaging: 07786 201820

fax: 01603 664915

email: info@b-eat.co.uk,

website: www.b-eat.co.uk

Beat provides information and support for people with an eating disorder, their families, friends and professionals who work with them. It can give details of specialist treatment. Beat runs a network of self-help and support groups and has two helplines: the Adult Helpline for people over 18 - 0845 634 1414 and Youthline for people up to and including 18 - 0845 634 7650.

Depression Alliance

212 Spitfire Studios, 63-71 Collier Street, London N1 9BE

tel: 0845 123 2320

email: information@depressionalliance.org

website: www.depressionalliance.org

Depression Alliance provides information and support services for anyone affected by depression. It has a range of publications which cover various aspects of depression. These can be downloaded for free from the website. You can also receive publications by post or by email. It also operates a pen-friend service and supports a national network of self help groups across England. Details of local groups can be found on the website. Call or email to request an information pack with details of all Depression Alliances services.

Samaritans

Chris, PO Box 9090, Stirling FK8 2SA

helpline: 0845 790 9090

textphone: 0845 790 9192

text messaging: 07725 909090

email: jo@samaritans.org

website: www.samaritans.org

The Samaritans provides support to anyone in crisis. You can phone the national number, or use the textphone service, wherever you are in the UK. You can also write, email or send a text message. There are roughly 200 branches in the UK. Phone numbers and addresses of local branches are in telephone directories or on the website.

HELP TO QUIT CIGARETTE SMOKING

NHS Smoking Helpline

helpline: 0800 169 0169

website: www.gosmokefree.co.uk

Call the NHS Smoking Helpline for details of local support groups and NHS Stop-smoking centres. The NHS Giving Up Smoking website provides information for anyone wanting to give up smoking.

Quit

4th Floor, 211 Old Street, London EC1V 9NR

tel: 020 7251 1551

helpline: 0800 002 200

fax: 020 7251 1661

email: stopsmoking@quit.org.uk

website: www.quit.org.uk

Quit provides a freephone helpline for advice and information on giving up smoking. It also produces factsheets including advice for women on smoking and pregnancy and advice for young smokers. It runs helplines for Turkish and Kurdish speakers. And there is a specific helpline for pregnant women on **0800 169 9169**.

NHS Asian Tobacco Helpline

website: www.gosmokefree.co.uk

Urdu: 0800 169 0881

Punjabi: 0800 169 0882

Hindi: 0800 169 0883

Gujarati: 0800 169 0884

Bengali: 0800 169 0885

The NHS Asian Tobacco Helpline provides information and advice on giving up smoking. It can also give details of local NHS Stop-smoking centres.

ADVICE ABOUT MANAGING YOUR CARDIOVASCULAR CONDITION

Blood Pressure Association

Blood Pressure Association
60 Cranmer Terrace, London SW17 0QS

tel: 020 8772 4994

helpline: 0845 241 0989

fax: 020 8772 4999

website: www.bpassoc.org.uk

The Blood Pressure Association provides practical information for people with high blood pressure, including booklets, leaflets and factsheets on all aspects of management and treatment. Information and a free blood pressure information pack are also available on the Association's website.

British Cardiac Patients Association

British Cardiac Patients Association
2 Station Road, Swavesey, Cambridge CB4 5QJ

tel: 01954 202022

helpline: 01223 846845

email: enquiries@bcpa.co.uk

website: www.bcpa.co.uk

The British Cardiac Patients Association (BCPA) provides help, reassurance and advice to cardiac patients and their families. Support groups meet throughout the country on a regular basis and offer emotional and practical support. Information is also available via the helpline and email, and through the bi-monthly members' magazine 'BCPA Journal'.

British Heart Foundation

Greater London House, 180 Hampstead House, London NW1 7AW

tel: 020 7935 0185

helpline: 0300 330 3311

email: internet@bhf.org.uk

website: www.bhf.org.uk

The British Heart Foundation produces a wide range of leaflets, booklets, books and audio-visual materials. These cover specific conditions and treatments as well as general information about looking after your heart. The Heart Helpline provides heart information to the public, patients and their families. The BHF can also provide contact details of local heart support groups throughout England and Wales. These groups provide a variety of activities and support to anyone affected by heart disease.

The British Dietetics Association

British Dietetic Association,
5th Floor, Charles House, 148/9 Great Charles Street Queensway,
Birmingham, B3 3HT.

Tel: 0121 200 8080

Fax: 0121 200 8081

The British Dietetic Association is the professional association for dietitians. It has links to lots of useful fact sheets on its website about healthy eating that you can freely access.

<http://www.bda.uk.com/foodfacts/index.html>

British Nutrition Foundation

High Holborn House, 52-54 High Holborn, London WC1V 6RQ

email: postbox@nutrition.org.uk

website: www.nutrition.org.uk

The British Nutrition Foundation produces a range of publications giving basic facts and information on nutrition, including balanced diets for people of all ages.

Eatwell

website: www.eatwell.gov.uk

eatwell is run by the Food Standards Agency and provides advice and information on healthy diets. It also has information about understanding food labels, health issues like obesity and food allergies and how to keep food safe. It can help you find a registered dietitian or nutritionist.

Weight Concern

Brook House, 2-16 Torrington Place, London WC1E 7HN

tel: 020 7679 6636

fax: 020 7813 2848

email: enquiries@weightconcern.org.uk

website: www.weightconcern.org.uk

Weight Concern provides information about the risks of obesity, and works to help people to control their weight and improve their health through a healthy diet and exercise. It publishes several information resources targeted at children and adults, which includes a self-help treatment programme called 'Shape-Up'. There is also the opportunity to sign up for a free electronic newsletter. Weight Concern is unable to give advice on an individual basis: the telephone number is not a helpline.

Heart UK

7 North Road, Maidenhead SL6 1PE

tel: 01628 777046

helpline: 0845 450 5988

email: ask@heartuk.org.uk

website: www.heartuk.org.uk

Heart UK, the Cholesterol Charity, provides information on the risks of high cholesterol and cardiovascular disease. Services include telephone information on high cholesterol and the importance of lifestyle, and a range of factsheets covering topics such as risk factors, dietary advice, stress and exercise.

ADVICE FOR CARER'S

Carers UK

20 Great Dover Street, London SE1 4LX

tel: 020 7490 8818

helpline: 0808 808 7777

fax: 020 7490 8824

email: info@carersuk.org

website: www.carersuk.org

Carers UK provides information and advice for carers. Its CarersLine helpline offers advice and information on all aspects of caring, such as benefits, carers employment rights and carers assessments. The helpline is open on Wednesdays and Thursdays, from 10am to 12pm and 2pm to 4pm. It operates a network of branches and support groups which gives carers the opportunity to meet other carers and share experiences. It also produces leaflets, factsheets and a carers' magazine.

Healthtalkonline

website: www.healthtalkonline.org/

If you think that you or your loved one would benefit from hearing about other peoples experiences of living with long term conditions Healthtalkonline is the web site for you. Healthtalkonline lets you share in other people's experiences of health and illness. You can watch or listen to videos of the interviews, read about people's experiences and find reliable information about conditions, treatment choices and support.

GENERAL INFORMATION ABOUT HEALTH SERVICES

Directgov Health and Wellbeing

website: www.direct.gov.uk/en/healthandwellbeing
(Opens a new window or new tab.)

Directgov is the official online government information service. It provides information on a wide range of public services, and links directly to those services. The Health and Wellbeing section has information and advice on topics such as NHS health services, health equipment, mental health, caring for someone, having a baby and healthy living.

ADVICE ABOUT DRIVING, FLYING & TRAVEL INSURANCE

Driving and Vehicle Licensing Association (DVLA)

Our drivers medical information can now be found under the Motoring section in Directgov. Directgov was created to provide all UK citizens easy access to public services in one place

1st Floor, 42 Eastgate, Leeds, LS2 7DQ

website: <http://www.dvla.gov.uk>

Chest Heart & Stroke Scotland (CHSS)

Head Office, 65 North Castle Street, Edinburgh, EH2 3LT

tel: 0131 225 6963

fax: 0131 220 6313

email: admin@chss.org.uk

The CHSS is a good source of information. They have an advice line 0845 077 6000 and also a selection of fact sheets about Holiday Information, Air Travel and finding Health Insurance. Their website is <http://www.chss.org.uk>

HOW TO MAKE A COMPLAINT

Patient Advice & Liaison Service

NHS Leeds, 1st floor rear, North West House, West Park Ring Road, Leeds, West Yorkshire, ENGLAND, LS16 6QG

Manager: Christopher Moran

tel: 0800 0525270 0800 0525270

email: pals@leedsptct.nhs.uk

A PALS officer can give you advice about what services might be available in your area. Advice can also be given about how to lodge a complaint.

Patients Association

PO Box 935, Harrow HA1 3YJ

tel: 020 8423 9111

helpline: 0845 608 4455

fax: 020 8423 9119

email: helpline@patients-association.com

website: www.patients-association.org.uk

The Patients Association provides information and support to help patients speak up for themselves and make decisions about their healthcare. The Association has a helpline offering advice on health and healthcare issues, including patients' rights, complaints procedures and access to health services. It also has a range of publications, including information leaflets and a magazine.

FINDING A CARDIAC REHABILITATION CLASS

British Heart Foundation

helpline: 0300 330 3311

website: www.cardiac-rehabilitation.net

To search for local groups, call the helpline or visit the website.

Leeds City Council's Heart Watch programme

tel: 0113 2143552

email: steve.lawton@leeds.gov.uk

A Cardiac Exercise Programme run at several venues across Leeds

Pulsations

R. Shepherd, 129 Kelmscott Lane, Manston, Leeds, LS15 8JT

tel: 0113 2607380

email: contact@pulsations.org.uk

website: www.pulsations.org.uk

A friendly and fun cardiac support and exercise group, run by its members, for its members, meeting twice a week at Seacroft Hospital, Leeds

ADVICE ABOUT YOUR HEALTH

NHS Choices

helpline: 0845 4647

website: www.nhs.uk

NHS Choices is an online health information service. It has a self-help guide, a list of common health questions and a health A-Z. It contains over 700 topics covering illnesses and conditions, tests and treatments. You can also search for your nearest doctor, pharmacist, dentist or support group online. The helpline is run by NHS Direct and offers 24-hour confidential advice and information on particular health conditions and what to do if you or your family are feeling ill. It can also provide details of local health care services. A confidential translation service is available.

NHS Direct

tel: 08454647

website: <http://www.nhsdirect.nhs.uk/>

NHS direct can offer you information 24 hours a day, 365 days a year. You can get advice about your health, information about local services and NHS treatments.

Men's Health Helpline

helpline: 020 8995 4448

The Men's Health Helpline offers information and advice on men's health issues. It can advise on conditions including male genetic disorders, prostate, cardiac and genito-urinary problems, cancers, sexually transmitted infections, male menopause, sports injuries and impotence.

Pain Concern

Pain Concern, PO Box 13256, Haddington EH41 4YD

helpline: 01620 822572

fax: 01620 829138

email: info@painconcern.org.uk

website: www.painconcern.org.uk

Pain Concern provides information and support for people who live with persistent pain, and those who care for them. It has free factsheets and leaflets, and a helpline. Information is also available on the website. The helpline is open Monday to Friday from 9am to 5pm, and on Friday evenings from 6.30 to 7.30pm.

6) Common Medical Terms Explained

Angina - Chest discomfort, ie chest heaviness or tightness which may radiate to either or both arms, neck, jaw, or back. This is caused when coronary arteries are narrowed.

Angiogram - X ray of the arteries indicating any narrowing.

Angioplasty - A procedure to widen narrowed arteries, improving the blood flow to the heart.

Angio seal - A device to close the puncture site in the groin. This will dissolve over a period of time.

Aorta - This is a large artery from the left side of the heart which supplies the body with blood.

Cardiac Catheter Laboratory - This is the place where your angiogram/angioplasty takes place.

Coronary Artery - The blood vessel that supplies blood to the heart muscle from the beginning of the aorta.

Coronary Stent - A wire mesh tube inserted into the coronary artery to widen the artery during the angioplasty.

ECG (electrocardiogram) - A test which records the rhythms and electrical activity of the heart.

Elective Angioplasty - This is when you receive a letter inviting you to come in for your angioplasty from home.

Occlusion - This is when there is a blockage in your artery preventing a good supply of blood to the rest of your heart.

PCI (percutaneous coronary intervention) - Another name for angioplasty.

Re- stenosis - When the artery becomes blocked again after having had an angioplasty.

Feedback From You

We would welcome your feedback about how we may improve this booklet to better meet your needs. If you wish please fill in this form and send it to:

Cardiac Therapy Services, Leeds General Infirmary, Great George Street, Leeds, West Yorkshire LS1 3EX.

Please circle answers as appropriate

1. How did you get this booklet?

- a) A nurse at the pre-angioplasty clinic gave it to me
- b) A nurse on the ward gave it to me
- c) A nurse on coronary care gave it to me
- d) Other (Please give details) _____

2. Did you find this booklet easy to understand?

- a) Very easy
- b) Easy
- c) Neither easy nor difficult
- d) Difficult
- e) Very difficult

3. Did your family and/or friends find this booklet easy to understand?

- a) Very easy
- b) Easy
- c) Neither easy nor difficult
- d) Difficult
- e) Very difficult
- f) Did not read it

4. Did you find this booklet helpful?

- a) Very helpful
- b) Helpful
- c) Neither helpful or unhelpful
- d) Unhelpful
- e) Very unhelpful
- f) Did not read it

5. Do you have any suggestions for how we might improve this booklet?

For example changing the way it looks? Adding extra information that is missing?
Removing information that is unhelpful?

Thanks you. Your feedback is very valuable.



The publication of this
booklet has been financed
by Take Heart

Raising funds exclusively for the

Yorkshire Heart Centre

at Leeds General Infirmary,

St James's Hospital

and its units within the

Leeds Teaching Hospitals NHS Trust

Take Heart

F Floor, Jubilee Building, The General Infirmary at Leeds, LEEDS, LS1 3EX

Telephone: 0113 392 2888 Fax: 0113 392 5222

Email: admin@takeheart.net Web: www.takeheart.net

Read about Take Heart on the inside back cover of this booklet



Membership Application

Membership of Take Heart is open to anyone for a once only fee of £1.50. In return you will receive a regular newsletter and the opportunity to participate in the club's activities.

Title:Surnames(s):

First Names: Member 1:

Member 2:

Address:

..... Postcode:

Telephone:

An attractive club badge is available at £1.00. Please indicate the quantity required in the box shown and add the cost to the Membership fee.

No of Badges required:

I enclose a cheque/postal order for £..... payable to TAKE HEART



Donation Form

Donations should be sent to: The Secretary, Take Heart, The Yorkshire Heart Centre, 'F' Floor, Jubilee Wing, The General Infirmary at Leeds, Leeds LS1 3EX.

I would like to make a donation of £..... to TAKE HEART

Name:

Address:

..... Postcode:

If you are a UK taxpayer, the Charity can benefit further from your donation.

If you would like further details, please tick this box:

PLEASE MAKE ALL CHEQUES PAYABLE TO TAKE HEART

Donations are always welcome and will be acknowledged, and published in our newsletter

*Please send completed Membership/Donation Forms to:
The Secretary, Take Heart, The Yorkshire Heart Centre, 'F' Floor, Jubilee Wing,
The General Infirmary at Leeds, LS1 3EX. Tel: 0113 392 2888. Fax: 0113 392 5222.*

Registered Charity No. 1002063



We Are Take Heart

Take Heart is a small, but professional charity, run on a completely voluntary basis, raising funds exclusively for the Yorkshire Heart Centre at Leeds General Infirmary, St James's hospital and its units within The Leeds Teaching Hospitals NHS Trust. We were founded in 1989 by a small number of heart patients wishing to return something for the excellent care received.

From a small beginning, we have raised nearly three million pounds and this has been used to provide comfort and enhance the surroundings for the many thousands who visit the centre every year. We have also made significant progress in supporting staff in their work and improve their working environment.

Some of the major achievements of the charity are the provision of a suite of relatives rooms available free of charge when required, a roof garden providing a peaceful area for patients and relatives, and an internal garden. We provide free bedside television, free telephone calls and free internet for all patients on the heart wards and we have recently provided changing rooms for an additional MRI scanner. Take Heart have refurbished most waiting areas and made sure that patients enjoy comfort of the highest standard. We also fund information booklets (such as the one you are now reading) which are available in all the Heart Centre wards.

Look around and you will see that all the bedside furniture in the heart wards was provided by Take Heart. We also provide equipment to help bring the latest technology into the centre which, in some cases, helps to reduce waiting times. Our latest major projects include two new portable echo machines and an Intracoronary Optical Coherence Tomography Scanner, (catheter-based invasive imaging systems using light rather than ultrasound for detailed examination of stents), costing in excess of £165,000 and complete refurbishment of the Roof Garden and major refurbishment of the relocated Surgical Ward L16.

Take Heart funds are raised in many ways - through donations - events - sponsorship, and bequests, mainly through its thousands of members and supporters.

We would love you to become a member of Take Heart. As a member, you will receive our newsletter about five times a year and if you wish to take part in anything, this is absolutely at your choice. Please note that you will never be bombarded with follow-up mail. You can join by going to our web site www.takeheart.net or picking up a form from any ward reception area.

Use your SmartPhone to visit our website > > >



Colin Pullan, MBE
Chairman, Take Heart.

For more information contact:

Take Heart, 'F' Floor, Jubilee Building, Leeds General Infirmary, Leeds LS1 3EX.

Tel: 0113 392 2888. Fax: 0113 392 5222

Email: admin@takeheart.net Web: www.takeheart.net

Disclaimer

This booklet is for information purposes only and the Leeds Teaching Hospital NHS Trust cannot be held responsible for any action or inaction taken as a result of information contained in this booklet. It is not intended as an alternative to professional medical advice. Any questions or queries should be raised with your healthcare professional.



TAKE HEART
Registered Charity No.
1002063



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