

H·E·A·R·T UK

The Cholesterol Charity

“Nursing the heart 2008”

Keynote speech by Michael Livingston
Director of H·E·A·R·T UK - The Cholesterol
Charity

Saturday 23rd Feb



Teamredlaces
keeping young hearts running



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History & role of H·E·A·R·T UK

- ◆ Promote healthy hearts and better lives
- ◆ Passionate about preventing premature deaths caused by high cholesterol
- ◆ Work with research scientists, doctors, nurses & dietitians from across the UK

History & role of H·E·A·R·T UK

- ◆ Formed in 2002 through merger of British Hyperlipidaemia Association and The Family Heart Association
- ◆ Strive to support all healthcare professionals involved in the field
- ◆ Develop better methods of prevention, detection & treatment



History & role of H·E·A·R·T UK

- ◆ Privileged to work with a number of dedicated cardiovascular nurses
- ◆ Professional membership open nationally
- ◆ Host annual conference & discussion workshops. Support specialty training, research awards and research and guideline development.

Importance of risk assessment and healthy hearts programmes

- ◆ Assessing at-risk groups & recognising risk factors
- ◆ Improved access to cardiovascular screening – national risk assessment programme with ‘cascade testing’
- ◆ 80% of people with inherited high cholesterol undiagnosed
- ◆ Treatment & care will determine future of heart health

What is FH and how does it affect people?

- 1 in 500 in heterozygous form – about 110,000 in UK
- 1 in 2 children (coin toss!)
- 80% NOT diagnosed
- Where diagnosed under-treated and not cascaded
- 20 homozygote FH patients in UK

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FH on the Global Stage and how are others affected?

What is FH and how does it affect people?



Dawn Davies

- Compound heterozygote FH
- Diagnosed at 22, urgent bypass surgery at 34
- Former nurse, forced to give up work
- Undergoes LDL-apheresis treatment

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...is a horrible man, he shouts at the nearest person. So strict he makes you shake and spits in your face.

- Rubbish! She only ever helps her favourites and ignores everyone else, apart from to have a go at them! She is very unprofessional and personally I feel she is also very immature.
- He spends the whole time shouting at people and never teaches, worst teacher I have ever had.

...statements who appear to expect to be allowed to listen to music during lessons.

One youngster said: "Knows his stuff but does not let u use iPods in class which is mean."

The American-run website has come under fire in other parts of the world and teachers in Cornwall and Scotland say it is merely a way of allowing pupils to bully teachers.

A North Somerset Council spokesman said: "If people have complaints we would rather they address us than put them on a website."

Mum sent home to die - nine years ago

Report by **CHARLOTTE RICHARDSON**
charlotte.richardson@archant.co.uk

A MOTHER-OF-THREE who says she was put on morphine and sent home to die nine years ago is now studying for a degree and planning to open her own restaurant.

Dawn Davies, who lives in Milton Road, Weston, was diagnosed as having hereditary condition familial hypercholesterolaemia (FH) at the age of 22, which means the cholesterol in her body cannot be filtered properly.

At the age of 34, doctors found that all three arteries leading to Dawn's heart were 99 per cent blocked and the Weston Athletics Club member was told she had to undergo emergency surgery for a triple bypass.

Dawn, who is now 44 and studying at Bath Spa University, survived the operation back in April 1989 but then became so ill she was sent home to spend her final days with her husband Neil and daughters, 21-year-old Almee, Tara, aged 20, and 17-year-old Zoe.

The former nurse said: "At the age of 35 doctors told me there was nothing more they could do for me and sent me home to die.

"I began spending one week a month in intensive care in Bristol to give my family a rest.

"Then I contacted the charity Heart UK and it discussed my case with other doctors who suggested I go to London for treatment.

"I went to St Thomas' Hospital and doctors put me on a form of treatment which means I have to go to Cardiff every two weeks and have more than two litres of my blood filtered through a machine.

"Seven years on I am still having the treatment and my condition has improved enough to enjoy the things we take for granted.

"Before I couldn't even go shopping but now I am a full-time student and am also a trustee for Heart UK.

"My science degree is based around health and diet and I plan to open my own restaurant.

"Now I can look to the future whereas before I had no future."

Heart UK is a charity which provides nursing and support for people with inherited high cholesterol. For more details log onto www.heartuk.org.uk

Dawn Davies with her family.



Important role of nurses in prevention & treatment of CVD

- ◆ Central to prevention & treatment
- ◆ Essential to proper management and treatment of patients
- ◆ Patients' primary point of contact
- ◆ Key to helping patients to effectively control condition

Lipid clinical nurse specialists

- ◆ Detection, investigation & treatment of patients with FH
- ◆ Provide comprehensive service for patients of all ages & causes
- ◆ Support patients & their families, screening other family members where appropriate
- ◆ Essential to smooth running of lipid clinics
- ◆ Educate & inform

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How H·E·A·R·T UK can help you

- ◆ Provide up-to-date clinical developments & information
- ◆ H·E·A·R·T UK website www.heartuk.org.uk
- ◆ Annual conference 2008 – “Beyond risk assessment: non-invasive assessment of atherosclerosis”
- ◆ Symposia & meetings
- ◆ Research & travel grants

- ◆ **We benefit from your involvement**

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Helpline: 0845 450 5988

Website: www.heartuk.org.uk

The logo for Teamredlaces features the word 'Team' in a blue, cursive font, 'red' in a red, sans-serif font, and 'laces' in a blue, sans-serif font. Below the text, the tagline 'keeping young hearts running' is written in a smaller, blue, sans-serif font.

Teamredlaces
keeping young hearts running

Hotline: 0845 873 9597

Website: www.teamredlaces.org.uk

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Conclusion

Thank you!