

Rotherham News
June 2010
Heart Failure Awareness Day
Down

LOOK AFTER YOUR HEART

An event was held last month to help raise awareness of the support available for people affected by heart disease in Rotherham.

The event, which took place in All Saints Square on May 7, was staged by the NHS Rotherham Community Health Services Heart Failure Team as part of European Heart Failure Awareness Day.

The team was in Rotherham town centre to raise awareness of the condition and give advice about the help available.

They manage the treatment of a growing population who have heart failure and also palliative care.

Heart Failure is a condition where the heart's ability to pump blood around the body is reduced.

Heart failure can be caused by damage to the muscle, untreated high blood pressure, heart valve disease, alcohol or viral infection, or in some cases it can be passed on genetically.

One of the first main signs of heart failure could be fluid retention, shortness of breath, fatigue or ankle swelling and a simple, painless heart scan can confirm or exclude heart failure.

The disease predominantly affects those over the age of 75 and 2,081 people in Rotherham are known to be affected by it.

"The event went really well and was a huge success," said Sarah Briggs, Heart Failure Specialist Nurse with NHS Rotherham.

"We generated lots of interest and support and we hope that we succeeded in helping Rotherham residents to be more aware of heart failure.

"We had a Tai Chi demonstration tailored to heart failure patients to show the benefits of a healthy lifestyle and exercise and talked to residents who had concerns about possible symptoms."

260 words

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