

Cardiomyopathy Australia



Has Cardiomyopathy
Touched Your Life?

Supporting people with
cardiomyopathy and their
families.

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Includes selected articles from Cardiomyopathy UK Newsletter

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Aims of the Association:

- ◆ To provide the opportunity for individuals and their families to share their experiences and to support one another.
- ◆ To provide accurate and up-to-date information about Cardiomyopathy, when it is available, to members, their families and those in the medical profession.
- ◆ To increase public awareness of Cardiomyopathy.
- ◆ To foster medical research in this area.

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Requests may be made to the editors (*contact details are on page 3*).

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From the editor

Hello to you all and welcome to this autumn/winter edition of our newsletter.

What a year this has been... and continues to be!

First, the devastating bushfires with their tragic and ongoing consequences, followed immediately by the COVID-19 pandemic and its far-reaching effects. The lockdown, the isolation and the travel restrictions have made life especially difficult for those of us who rely on family and friends for support and companionship. Adapting to the new rules has certainly been far from easy.

We'd like to hear how you're coping with the situation. On the brighter side, have any unexpected positives emerged? Maybe you've found time to read more, or to begin writing your memoirs, or (at last!) to organise all those family photos.

If you've come up with any interesting or innovative ideas, do share them with us — our contact details are below. We could all use a few good tips.

Most importantly, stay well and stay safe!

Kindest regards to you all,

Flora



Flora Bloomfield
Newsletter editor

*Email: florabloomfield@bigpond.com
Phone: 02 9969 5774*

Contact us

Details of your nearest Contact Person are provided on pages 6 and 7.

They are also available on:

- *our website at — cmaa.org.au*
- *our 24 hour message bank service — 1300 552 622*
- *HEARTLINE — 13 11 12*

Our postal address is:

PO Box 43, Doncaster Heights, VIC, 3109

Our email address is:

info@cmaa.org.au



President's message



Dear members and readers,

It has been a difficult time for all of us with COVID-19 totally consuming all of our attention in such a short period. I hope none of you has been directly affected and that the light at the end of the tunnel is not a mirage. Support for people with chronic diseases such as ours has had to be provided remotely by phone, Facebook and our newsletter.

We still do not have a membership secretary but hope to appoint someone in the near future. In the meantime if you have registered on-line and have not received a welcoming new member pack please send me an email to jakerr@primus.com.au and I will arrange one immediately.

On a sadder note, I advise you of the recent passing of Judge Chester Keon-Cohen who was a Past-President (1998-2000) and an honorary life member of CMAA. Chester led the formation of the Association as a company limited by guarantee from that of incorporation status. His cheery support and attendance at Victorian meetings with his blueberry (grown on his farm) muffins are fondly remembered.

Best wishes to you all,

Alistair

Alistair Kerr

President

On behalf of the National Executive

Please note:

***The proposed date of the next AGM is Sunday, 27 September, 2020, at 2pm.
Subject to the prevailing conditions, this meeting may be held electronically,
using ZOOM. More details to follow.***

Your Contacts in Australia and New Zealand

Victoria

Hello Victoria and all Members

Due to COVID-19 there is not a lot to report. Staying home without seeing family and friends is not easy but better than contracting the virus. This is especially the case for our members who may also have comorbidities.

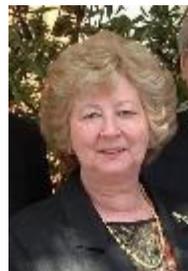
Our February BBQ scheduled before COVID-19 hit us had to be cancelled due to a poor response. This was very disappointing and it may be sometime before another support get together can be arranged – perhaps just prior to Christmas.

If you feel isolated or if any member wishes to chat to a live person about your cardiomyopathy rather than Facebook please feel free to give me a call.

Kindest regards

Joan

Joan Kerr
Acting State Contact
T: (03) 9894 8840
E: jakerr@primus.com.au



New South Wales and ACT

Greetings to all NSW and ACT members.

It's hard to believe the change that's come over our lives in the last months. Our community and our bush had just been devastated by fire, and we were getting back to a semblance of normal when COVID-19 struck. As a GP anaesthetist on immunosuppressants, I've had to change to doing just Tele-health for the foreseeable future.

I hope that all our members are staying safe and following the tenets of hygiene and social distancing, the latter being the most challenging for many of us. It will make the return to some normality be all the more precious.

Feel free to contact me at any time. Above all, stay well!

Steve



Steve Ellwood MBBS.
NSW Contact
Tel: (02) 4471 6362 (please leave a message if calling during office hours)
E: stevan.ellwood@bigpond.com

... continued

Queensland

There have been very few phone and email contacts lately. People have probably been pre-occupied with COVID-19 lockdown issues. We sincerely hope that our members, their families and friends have been virus free.

Fortunately, it appears that the lockdown measures have been largely successful and some relaxations have already started. This is welcome news, particularly for people in rural Queensland where many regions have not recorded a single case of the virus. However, we should not become too complacent but remind ourselves that people with any form of CM, regardless of age, are considered to be highly vulnerable and will need to continue precautions for some time yet.

Please also remember that the lead up to winter is the time we should be having an annual 'flu vaccination as a precaution. If you have not already done so, you can arrange it through your GP.

If you have any questions or issues regarding CM, please do not hesitate to contact us. Meanwhile we wish you all well.

Anne and David

David and Anne Abbott
Queensland Contacts
Tel: 07 3202 8138
E: abbottdm@gil.com.au



South Australia, Western Australia, Tasmania and Northern Territory

We're still hoping to find Contacts for the above regions, and would love to talk with you if you feel you may be able to help.

The State Contact is very often the first point of call for people with cardiomyopathy, so it's our role to provide as much support and information as we can.

It is not a difficult position, and your fellow State Contacts will be only too happy to lend a hand if you need it. All our Contacts agree that the role is more rewarding than they could have imagined.

Why not give it some thought? For more details on what's involved, please phone our Contact Coordinator, Mary Smith, on **(02) 9484 0372** or email Mary on mary@thesmithsplace.net

Until we find volunteers to fill the above roles, **Joan Kerr** will be standing in as Phone Contact for these regions, so if you have any issues with your cardiomyopathy you'd like to discuss, please phone Joan on this number — **(03) 9894 8840**