

Cardiomyopathy Association of Australia Ltd.

CMAA Newsletter

Spring/Summer 2021/22- Edition 102



Supporting people with cardiomyopathy and their families.

Cardiomyopathy Association of Australia Ltd is a not-for-profit registered charity.

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www.cmaa.org.au

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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.

From the editors

Hello all. A warm welcome to 2022 and the 102nd edition of the Cardiomyopathy Association of Australia Ltd. newsletter

Well what a crazy world we've been living in with COVID-19 continuing to impact on our daily lives. Unfortunately the restrictions and lockdowns have meant limited ability to interact with other members of our CMAA community in person, however it was terrific to see some new and familiar faces at our Annual General Meeting held via Zoom in September.



We are eager to include some updated member's stories in future editions so if you'd like to have your story published in the next edition of the newsletter please email Carly on cbannan@outlook.com. Sharing your story is a terrific way to connect with other members and to create a sense of community within our Association. Given that cardiomyopathy is such a varied disease which impacts upon people's health and lives in so many different ways it's reassuring to read stories from members who can relate to what others may be experiencing within our community.

If you have any questions you'd like answered by Dr. Mark Ryan please forward these to Dannalee via email on poss633@hotmail.com. Dannalee has just welcomed her third child Sophie Jean at the beginning of the new year so she's going to be a little busy over the next few months as they settle into life as a family of five! However, she's more than happy to pass any member questions of Dr. Mark Ryan onto him to answer which we will publish in future editions of the newsletter.

Wishing all of the members of the CMAA good health and happiness.

Carly Bannan, Dannalee Marshall and Elise Woodall

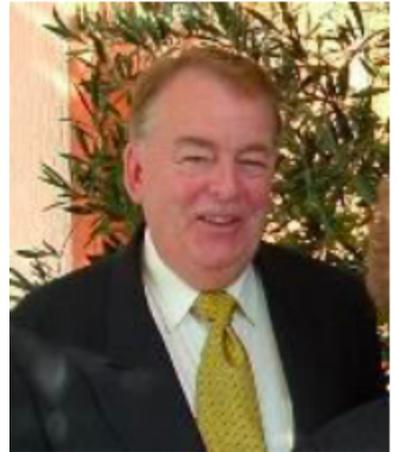
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President's report

Happy New Year everyone. I trust that everyone who has a chronic illness, especially cardiomyopathy in the current pandemic, is fully vaccinated, especially those of us with comorbidities. I don't understand the stand taken by some against vaccination except on medical grounds. Do they think smallpox, polio, yellow fever etc just disappeared of their own accord?

I am pleased to say that my wife Joan continues to fight her pancreatic cancer although diabetes 2 causes problems with her digestive system. It will be five years next August since first diagnosed. I mention this in the context of her dilated



cardiomyopathy which has remained stable throughout treatment. It should provide encouragement to others with Cardiomyopathy that it can be controlled. Joan continues to act as Victorian State Contact and also covers for some other States. If you belong to South Australia, West Australia or Tasmania and are happy to help please advise our Secretary.

Please contact me or our Secretary, Janet George at info@cmaa.org.au if you think you can make a personal or financial contribution to our Association.

Every best wish for good health in 2022 and beyond. As mentioned in my AGM report I trust you are taking every measure possible to avoid contracting Covid at the same time keeping any signs of depression at bay. Remember there is always someone you can call.

The National Executive continues to plan for the time when the current crisis is over and personal support is possible.

Again all best wishes,
Alistair Kerr OAM
President
Cardiomyopathy Australia