

Cardiomyopathy Australia



Has Cardiomyopathy
Touched Your Life?

Supporting people with
cardiomyopathy and their
families.

Newsletter Number 90 — Winter 2017
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 editors

Welcome to our Winter edition

Chronic illness brings problems that a dose of influenza does not. Both can make us depressed but influenza goes away and, after a couple of weeks, we feel fine again. A chronic, lasting condition can depress because it just does not go away.

It's there every morning, perhaps just sliding away in the background or sniping away at good humour and contentment. A private severe talking to can make oneself feel determined to make the best of all the good things in life only to have that black feeling creep back insidiously.

This feeling in both patient and carer is only to be expected. Life will not be the same; it's unfair; the cause of it will not go away because it is chronic.

There are some articles in the later newsletters from our sister British organization addressing this and they are reproduced in our newsletter.

There is a definite dislike in Australia about talking of mental health issues as if people could make themselves fit by just pulling themselves together. This is an unfair and wrong attitude. True, we can get out into fresh air, keep ourselves busy particularly with helping others in some form but often some further help is needed.

All self-help groups associated with chronic diseases recognize that fatigue, pain, frustration and anger can arise from those conditions and are very real despite being invisible to the eye. They can lead to depression and that is a condition that can be treated, should be acknowledged and is nothing to be ashamed of.

Seek help, tell your doctor, follow advice and take what the doctor offers.

The roll-call of people who fought depression is long and stuffed with individuals who overcame their condition by accepting they had it and taking steps to deal with it.

Churchill had a "black dog"; Rudyard Kipling fought his "cameelious hump": Lady Gaga says she 'faces depression every day': Abraham Lincoln and Gwyneth Paltrow have that in common. It is one of humankind's most common conditions.



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Contact us

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They are also available on:

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- our 24 hour message bank service — **1300 552 622**
- **HEARTLINE — 1300 362 787**

Our postal address is:

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President's message

Dear Members and Readers

It is nearly the end of another financial year with all of the associated tasks lined up. It is also renewal time for many of you so I trust you will wish to remain part of our cardiomyopathy family.

My wife, Joan, has mentioned in her Victoria report that we have moved house so things cardiomyopathy-wise have taken a back seat lately and unfortunately our membership secretary has resigned. The Association would love to hear from anyone willing to assist in this role. This will be greatly appreciated. Please contact our Secretary at info@cmaa.org.au to offer your services or for further information.

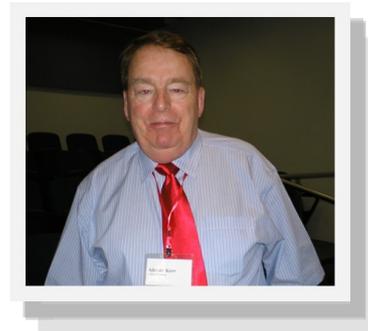
Please also give serious thought to nominating for a position on the National Executive using the form attached to this newsletter. Currently we have an excellent team with one member retiring at the upcoming AGM. More to be said then. Fresh ideas will always be encouraged.

Many of the initiatives commenced in 2016-17 will come to fruition in coming months so it promises to be an exciting year for our members and your Executive.

Best wishes to you and yours

Alistair Kerr, President

On behalf of the National Executive



Have you enrolled in the National Genetic Heart Disease Registry?

If you or a family member have an inherited cardiomyopathy you may be eligible to take part in this registry. We are aiming to enroll every family with an inherited heart disease in Australia, which will assist Australian research groups learn more about these conditions.

More information, including patient information sheets can be found at our website
www.registry.centenary.org.au

To get an enrolment pack please contact **Dr Jodie Ingles or Laura Yeates.**
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