

# Cardiomyopathy Australia



Has Cardiomyopathy  
Touched Your Life?

Supporting people with  
cardiomyopathy and their  
families.

**Newsletter Number 82 — Autumn 2015**  
*Includes selected articles from CMA UK Newsletter*

## Contents

Contents and Disclaimer.....	2
Editorial.....	3
President's Message.....	4
News from Victoria.....	5
News from Tasmania.....	6
News from South Australia and NT.....	7
News from Queensland.....	8
Young Members' Group.....	9
Dr Ian Fitzpatrick; CMAA's thank you.....	9
News from New South Wales .....	10
News from New Zealand.....	10
In the Media.....	11
Compassion.....	12
Dear Doctor.....	13
Heart Foundation Recipe.....	14
The Best of British ( articles from CMA UK).....	15-26
Library details & Newsletter order form.....	27
Back page contact details.....	28

### ***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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## **E**ditorial

Australia has taken a battering recently. I'm writing this while we hope that a cyclone nearing the coast turns away and moves out to sea. There's been enough damage done by the rain it brought which can spread a potentially horrendous banana disease. Another cyclone is approaching the north of WA and there's another in waiting out to sea off the coast of Queensland. Fires and cyclones destroy people's homes and wreck their lives.

But we carry on in this country, don't we? We do not ask for help from other countries, except to hire from the USA those huge helicopters that drop water on fires. We don't need help as we can organize, share our resources around and apart from some grumbling about insurance companies, we just get on with it. Of course, I'm aware that some communities and people are really suffering. They have had a severe battering one way or another and are still suffering. My point, though, is that Australia helps its own, organises and plans that help and the necessary resources so that we are not left to suffer like the people of New Orleans after Hurricane Katrina.

Self-help groups like ours resemble Australia in some ways. People come together to help each other because they are aware that, just as a rope is far stronger than its component strands, so is an organised group more capable than separated individuals. But the group does rely on individuals to take part in the group's activities.

It's interesting to read in an article written in Canada (see page 25) that a patient found the UK self-help group so helpful and from thousands of miles away!

While mentioning the UK CMA, this issue provides details of 2 online videos produced by CMA UK aimed at GPs (see page 16). Access to both videos is at [http://www.cardiomyopathy.org/info\\_videos.html](http://www.cardiomyopathy.org/info_videos.html)

We, the editors, are going to have to organize the next newsletter before we go away in early May for two months. Please bear this in mind when we call for material earlier than usual.

**Anne and David Abbott**

Newsletter editors

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## **P**resident 's & National Executive Report

### ***Dear Members and Readers***

It seems that many people are experiencing an uneventful, slow start to 2015 although Easter is almost upon us. The good news is more research developments regarding improved medical techniques and equipment continue to be reported. These include bionic hearts, non-invasive diagnoses and benefits from taking CO-Q10. Many of these will potentially be of benefit to people with cardiomyopathy.

We recognise that time to develop and prove them will be the enemy for some of us however hope is immeasurable for people with chronic diseases.

Presentations at coming Victorian meetings will ensure our members are kept well informed and these will be reported in our newsletters.

Our website continues to be the best source of referral regarding new members however we would appreciate current members making better use of this facility which includes information of coming meetings. The Executive is advised that many emails produced through the website remain unopened so please assist us to keep you informed.

We continue to provide mail advice to members without computers although rising costs and potential delayed mail services may cause us some problems in the future.

Some of our members are encountering more serious than usual health problems at the moment so we wish them well for a speedy recovery.

Best wishes to you all.

Alistair Kerr  
President  
On behalf of the National Executive