

# Cardiomyopathy Australia



Has Cardiomyopathy  
Touched Your Life?

Supporting people with  
cardiomyopathy and their  
families.

**Newsletter Number 83 — Winter 2015**  
*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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## **E**ditorial

The Cardiomyopathy Association in the UK has changed to become Cardiomyopathy UK. Their newsletter, parts of which appear in our newsletter, has changed too and is now named "My Life". The content has changed a lot and it's shorter but published every two months instead of quarterly.

Why the changes? I guess they realized that what had worked in the past was not working in the present. They changed which is the only way to deal with what is not effective.

Some things do not change. The deep human emotions do not change which is why the Ancient Greeks had long wars and we are commemorating a World War battle this year and witnessing battles in the Middle East. We are aggressive creatures. Some politicians, and there have been superb ones, tried something new so that nations now have a forum for nations to meet, talk and share tasks. We accept that nations will co-operate to bring about improvement. And improvement is change. If it does not work, it has to be changed. We evaluate things so that they can be improved.

Vaccination has conquered smallpox . (We hope the virus is very secure in American and Russian laboratories.) When first introduced, vaccination was spurned but the results confirmed the claims for it. Elimination of the disease in the world came about because some people accepted that, as small pox was a foul disease, it had to be eradicated. Vaccination was a necessary change. Teams would have to educate people to accept vaccination and then rich nations would have to change some of their spending habits and fund teams to vaccinate throughout the lands where smallpox lurked. Change brought improvement.

We human beings do not easily accept changes. Some we have no control over. Really nasty ones like disasters bring change. Chronic illness brings change whether we like it or not. If we don't deal with either of those changes, the resulting situation will be catastrophic.

Change will come to this newsletter because the content from the UK has changed and information can be found all over the net for us to bring to your attention, if it is from a reputable source. Your editors wonder if now is the time to ask if people want a place to state opinions, ask questions that are non-medical and generally have a say. It won't exist without your contributions. Send us the material and we can get it ready for publication.

**Anne and David Abbott**

Newsletter editors

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

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

I hope you are managing your cardiomyopathy well and remain positive with new treatments and procedures continuously being developed. If you are a carer or health professional you will be buoyed by the new information continually provided through our newsletter.

It is in that context I trust those who pay annually will renew their membership for 2015-16. We have kept the household fee at \$30 despite increased operational costs but will always appreciate donations from all members including those where renewal does not apply.

We welcome our new Membership Secretary, Peter Smith to the team. He will be pleased to assist you keep up to date with personal details, payments and access to our website.

Please write to him by email to [membershipsecretary@cmaa.org.au](mailto:membershipsecretary@cmaa.org.au) or letter to P.O.Box 273, Hurstbridge Vic 3099.

You will note in this newsletter and under Events on the website that our Annual General Meeting will be held in Adelaide on 29 August. Positions on the National Executive become vacant at that meeting. We welcome enquiries and nominations from members. Our meetings are held by teleconference so where you reside is not a problem.

If there are any matters you would like the National Executive to consider please contact our Secretary by email to [info@cmaa.org.au](mailto:info@cmaa.org.au) or by letter to the above address.

Best wishes to you all.

Alistair Kerr  
President  
On behalf of the National Executive