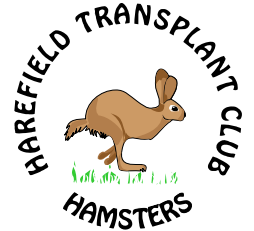


# Harefield Hamsters



## DIARY DATES 2007

### July 26-29

British Transplant Games -  
Edinburgh

Contact Team Manager

### August 25-3 September

World Transplant Games  
Bangkok – Thailand

Contact Lynn Holt  
lholt@home.3b.co.uk

### September 9<sup>th</sup>

Harefield Jog & Fete

Contact Desiree Zimmerman  
01895 828 820

### October 19-20

25<sup>th</sup> Annual Dinner - Derby

Contact Secretary

### November 10<sup>th</sup>

Volleyball tournament -  
Bristol

Contact Team Manager

## DIARY DATES 2008

### March 26 - 31

6<sup>th</sup> Winter World Transplant  
Games - Rovaniemi Finland

Contact Lynn Holt  
lholt@home.3b.co.uk

### June 21<sup>st</sup> – 25<sup>th</sup>

12<sup>th</sup> European Heart /Lung  
Transplant Games - Vichy  
France

Contact David Walker

## DIARY DATES 2010

### June 30<sup>th</sup> – July 4<sup>th</sup>

13<sup>th</sup> European Heart/Lung  
Transplant Games – Vexpo  
Sweden

Contact David Walker



Dear Hamsters.

Finally the summer has arrived so out comes the sun cream lotion barbeques and flip flops.

I am looking forward to the British Transplant Games in Edinburgh and meeting our three new members. We have decided to travel up by car so we can take the grandparents and to stay for a week to take in the sights. I wish our new team manager every success in her first games and I hope we can win back the Tesco cup.

I had a bit of a traumatic time back in April, I was driving over the Queen Elizabeth bridge in Dartford (this place seems to haunt me) when my brakes on my car failed, my foot went straight to the floor with no resistance so I quickly pulled on the handbrake and turned the wheel to try and avoid hitting the cars surrounding me but it was inevitable that I was going to hit either the car in front or the car to my right, so I chose the car in front. Luckily no-one was hurt and I was recovered by the RAC (thoroughly recommend them) and I was taken home safe and sound. It was Jocks 40<sup>th</sup> birthday in May so we went on a four night cruise with Fred Olsen cruise liners; we visited Guernsey and Amsterdam (that was an eye opener) we had a very nice break.

I am very busy helping to organise the 25<sup>th</sup> anniversary dinner in Derby, with the entertainment, table decorations, booking forms, menus, hotel correspondence and much more, So I would like to take this opportunity to say well done to Steve and Chris Syer for organising the past successful dinners, I certainly didn't appreciate what was involved you both have done an amazing job over the years and I promise you that I will do my best to make this years 25<sup>th</sup> anniversary dinner a truly memorable one also.

Charlee is now learning to drive (what a scary thought) she also has herself three jobs over the summer period, one is in a local hotel as banqueting staff, and the other two are at Bluewater shopping centre in Tootsies restaurant as a door host and Hawkins Bazaar shop opening on 29<sup>th</sup> June. So if you happen to be at Bluewater call in and say hello.

Editor - Lisa Innes Heart Lung Transplant 26.10.93

*Anyone wishing to cut down the cost of postage and receive your newsletters by email by please forward your email to your editor Lisa  
Innes lisajane5@msn.com*

## LETTERS

### SMITH FAMILY CHARITY BALL REPORT 2007

Held on 2<sup>nd</sup> March the Ball was another great success with 350 people attending raising the highest amount yet of £5,600 which has been donated to the following Charities.

Dorset & Somerset Air Ambulance, Dorset Renal Unit & Children's Kingfisher Ward both at Dorset County Hospital, West Dorset Diabetics, Harefield Hospital & Hamsters Transplant Club, Brainwave & Transplant & Beyond.

We would like to thank everyone who supported the Ball, which includes all who advertised in the feature in January, those who gave Prizes for the Raffle especially the Vouchers from Bath Travel, Bredy Agriculture, Colour Hair Studios & Poet Laureate also everyone who came to the Ball.

Our Special thanks go to our Sponsors who this year was A J Wakely & Sons, Humphries Kirk Solicitors, West Dorset Leisure Holidays Eype & John Bright Fencing.

Our next Ball will be on Friday 7<sup>th</sup> March 2008 with the same Bands and at Freshwater Holiday Centre, who's Manager and Staff we would like to thank for the wonderful help they give before and at the Ball.

Margaret & Henry Smith & Family



*"If you have an article you wish to include in future a newsletter or the website"*

*Please send NEWSLETTER articles to Lisa Innes.  
Address: 18 Abigail Crescent Walderslade Chatham Kent  
ME5 9DZ email: lisajane5@msn.com*

*Please send WEBSITE articles to Bob Cherry  
Address: 75 Slipshatch Road, Ryegate, Surrey RH2 8HA.  
email: bob.cherry@tesco.net*

### HOLIDAY IN PAPHOS – CYPRUS - Julian Barley Heart Transplant 19<sup>th</sup> June 1987

Recently my wife and I spent a week in Paphos in Cyprus at the Venus Beach Hotel. We'd been to Ayia Napa twenty - one years ago before it gained its reputation for nightlife etc!

So it was our second visit to the Cyprus which is so typical of Greek islands being a mixture of beautiful areas and slightly less savoury spots. There is a lot of building going on most of it giving the impression of being in a completely unplanned way. Flats, shops, apartments and hotels.

Many British seem to be either living there or looking for something. I wonder why that is!!!

The flight out from Gatwick with GB Airways an associate of BA was fairly uneventful apart but the return flight a week later at 11 pm from Paphos airport was somewhat fraught - three ladies fainting near to us and all the oxygen supplies being used up according to the stewardesses!

Airbus 320's with one hundred and fifty passengers really are too small for nearly five hour flights!

The weather was mostly fine but with a couple of cooler days we managed a fair amount of walking in and around Paphos and up the coast to Coral Bay. There are some nice open air restaurants in the town and many were opening up as the season gets under way. The temperature was certainly lower than that we experienced in May 1986 when we were attempting to play tennis at the Grecian Bay Hotel lathered in copious amounts of sun cream. We hired a car for the last two days - travelling up to Polis via the foothills of the Troodos Mountains and then using it to return to the airport on the last day.

## DALLAS TRIP 2007 – Steve and Chris Syer

At last years Annual General Meeting and Dinner Dance we had the great surprise of having my name pulled out of the drum for the Annual Trip to Dallas in March of this year. What excitement and anticipation, representing the Club at one of the meetings of the Dallas Newhearts & Lungs. , Bob and Jan Cherry were going to visit Marilyn and Doyle Reeves, so we said why don't you come with us. Our holiday started with planning our trip with Bob and Jan by deciding that we would go for a week in advance of the official visit and visit a few places in America. Jan had never traveled that far before so was a bit apprehensive. We decided that we would like to go down to Galveston and then back up to Houston to visit the Space Centre, then just visit other places as and when.

So on Sunday 25 February we traveled up to Jan and Bob to stay the night with them before flying to Dallas on Monday 26 February. The flight was uneventful, long and tiring. We picked up a hire car at Dallas airport and headed south (so we thought) but really we were going north. After a small detour we got back on track and really headed south. It was easy to find reasonably price accommodation along the way. On Tuesday we headed down towards Galveston passing Sam Houston on the way. He was twice President of Texas and helped make Texas a state, and his statue is 67 feet tall overlooking interstate 45 on the way to Huntsville. Later we found the Battleship Texas and had a look around it. Did you know that Texas could become a country in its own right?

Galveston was covered in a thick sea fog, so we were not able to see much but our hotel was right out over the ocean. On the Wednesday we visited an Oil Rig museum, very interesting, then we drove along Galveston Island, we have never seen such a long road with house numbers up to 25,500, some very beautiful houses all up on stilts incase of flooding. Now was the time to head for Houston to visit the Space Centre, this was one of the trips that we had planned for and it was worth every bit of the effort, what an exciting place to visit we stayed here until mid afternoon.

Thursday we went looking for a wildlife refuge over towards Orange where there was supposed to be Alligators but all we found was huge oil refineries. We did visit an Recreational vehicles sales lot, no we did not buy one, but they were about half the price but twice the size as here in England.

It was now time to head back up north; we visited lots of small interesting places on route including seeing the damage done by Hurricane Rita, two years ago. We spent the night in Lufkin, Jan visiting Wal-Mart for the first time; we could not drag her away from the Handicraft section. We also visited the Cowboy shop and Steve bought himself a cowboy hat!!!!!! . On our way back to Dallas we allowed time to visit with Helen and Curtis Bowen, who were the guests when we were at Eastbourne. She unfortunately was bitten by a Mosquito and contracted West Nile fever and has been very poorly indeed, but is now on the road to recovery.

On Monday morning we delivered Jan and Bob back to the airport for their flight to Abilene and a few days with Marilyn and Doyle Reeves. Tom and Ilene McAbee picked us up from the airport and took us to stay with them until Thursday. We stayed with them because we hosted them about five years ago and they wanted to repay the favor. In the afternoon we went to the Nut Shop (pecans, almonds etc not the loony bin), we then had a drive around and a walk around one of the malls.

Another trip we wanted to do was to visit the Fort Worth stockyards, well this was another brilliant trip, we were there nearly all day. The story of cowboys is very thrilling and we also went into Billy Bobs, club, casino, dance hall, where all the famous country singers have performed. On Wednesday we went to an exhibition called 'Bodyworks', this is an exhibition of peoples bodies which have been treated with some special wax and then they have been opened up so that you can see all their veins, organs, bones etc. Quite eerie but very fascinating, if this exhibition ever comes to England do go and see it, it really was something.

Thursday saw us being taken out by David and Diane who took us to one of the new hotel complexes, Gaylord Texan, what a place, full grown trees, canyons, rivers, theatres, about four restaurants and swimming pools. Whilst there we saw the Red Hat Club, ladies who wear red hats and meet up for a chin wag and raise money for charities. Apparently there is such a club here in England, we then visited Downtown Dallas and saw where J F Kennedy was shot and visited all the statues which are placed around the city (marvelous), they then took us out for supper, after bumping into Peter Alivizatos at Baylor Hospital (Peter the Greek or Dr A as he is known).

Friday saw us on a tour of the hospital, escorted by Chris Christ what a man, what a place, unfortunately makes our Harefield Hospital look very small. We were allowed to visit all sorts of places without any problems. In the evening we were taken out for supper to a fabulous Steak House (yummy).

Saturday saw us visiting Highland Park (we thought this was going to be a proper park) but it was a housing estate of very large and posh houses. Why this was being shown to us was that Bernie who was escorting us had actually built some of them. He then took us to the discount Mall, we were very good we did not spend too many dollars but were able to buy some birthday presents. Saturday evening was the Dinner of the New Hearts and Lungs, no dancing, no music, no wine, no party poppers but speeches, even I had to give one. Peter A was there and many people who we have met, some we have hosted, over the years. What a pleasure this was, everyone sends their love to you all and even Helen and Curtis made the effort to attend for a short while. After the speeches the draw for the visitors to England was made, five names are drawn out of the hat and all announced, so four are on reserve and on tender hooks to see if all the other four drop out.

Sunday was a day out with Beverley and Regan who came to visit last year, who we hosted, they took us to a beautiful park, then to South Fork to visit where JR lived!!!, then we went to meet Regan's horse which was about to foal (but did not until we were at the airport the following day, so we missed it), then to the most fantastic hunting, fishing, boating shop we have ever been to. Speed boats for \$11,000, tents for \$90 and everything you could think of for our leisure time. Unfortunately this brings us to our last day, in the morning we gave Jan and Bob a quick tour of the hospital and then we went back to the Gaylord Texas for lunch with Tylene and Sherrie before going back to the airport. Whilst we were there we bumped into Beverley and Regan who just happened to be having lunch there, this was good because it was Beverley's birthday and Regan had her two children with her, it was nice to meet them. We would like to thank the club for the opportunity of making this trip; it was extra special as this was my last year as Chairman of the Club. I hope that we can go on funding this trip, and all I can say is I hope that the club members who are fortunate to win this trip will enjoy it as much as we did. Thank you.

## TRIP TO DALLAS

Would you like to win a trip to Dallas (usually the middle of March) and be the American guests for there 2008 annual dinner, this wonderful trip offers you flights, accommodation, days out with members of Newhearts and Lungs (usually your requests of where you would like to visit are met), a meeting with the committee, tour of there fabulous hospital and finally the annual dinner. If you are a transplant patient and a member of the Harefield Transplant club and you are interested in entering this years draw please send a cheque payable to HTC to your secretary Lisa Innes (contact details at the back of this newsletter) for £5.00. These tickets will also be sold at the AGM in Derby.

*Keep this newsletter with you and when you're bored in clinic show the person next to you just what Harefield Hamsters is all about. Remember we need more members*

## RED WINE DRINKER

It is always wonderful to read of other heart transplants 'holidays', especially when they visit exotic places, explaining their beauty and history. I seem to remember one time we were given a 'mouth watering' story of a trip to Dallas! I thought that was fabulous, remembering the T.V series and, "who shot 'JR'". Then we were taken to the ancient island of 'Crete' and given a lesson in its culture. My one concern whilst reading those lovely tales of travel and adventure, was that there is no mention of 'rich ruby wine' or white grape, because my mouth becoming dry from all the excitement, and a word or two about wine would have allayed this.

Well, I am going to say a few words about my holiday, which I will be taking shortly. I am going to Orkney, 72 islands, some very small, a few medium size. The name 'Orkney' is Old Norse and means 'Island of sheep' and there are plenty of them. Also cattle, with farms dotted about the countryside. Some people may say, "Orkney, where is that"? These islands are on the north east tip of Scotland, 20 miles north, across the dangerous Pentland Firth, from John O'groats, Caithness. Most islands are very low, and only two high mountains are on the island of Hoy. The 'Old Man of Hoy', a 'stack' a finger of rock sprouting from the sea at the foot of high cliffs, has often been mentioned on T.V. with many visitors climbing to its top. It takes those most of a morning or afternoon.

I will stay in an apartment attached to a 17<sup>th</sup> century house, called Skail House, owned by the 12<sup>th</sup> Laird of Skail and Breckness. The premises are remote overlooking a sandy, half moon shaped bay, guarded by two dark, rocky headlands either side. The house faces west and the next piece of land if you decide to go for a swim; it is 3,000 miles across the northern Atlantic, where you will find the United States.

The 'Orcadians', that's what the habitants are called, are afford magnificent sunsets at about 10.30pm, when the sun sets in a kaleidoscope of brilliant fiery reds, which slowly change into dull red, soft drinks, with dazzling gold edges of the clouds, and then 'pop' the red orb disappears beneath a sparkling horizon. Even then, a long twilight takes over and during the night it remains like this, until sunrise.

The countryside is full of colourful wild flowers, in the fields and beside the narrow roads. Marvellous walks can be taken along the few cliffs, filled with sea birds that float and glide on the updraft of wind currents, swirling or basking on rocks close to the shore.

My accommodation will be self catering and as I can look after myself, I will hire a car, very necessary, call at the mini-supermarket and purchase victuals to sub-stain me during my stage at Skail House, with its sunsets. I also include in my grocery list is a bottle or two of red wine, but I will not be buying the 'hermitage 1995' La Chapelle, which is spicy and full of bodies at £40 a bottle. No thank you, I will select some lower down in this range. I will drink a toast to all our readers, but I will not only and lonely, because I have several friends who are travelling to Orkney, earlier, home of the Vikings from Norway, and we will spend the evening putting the world to rights.

## ADVERTISEMENTS

### HOLIDAY HOME IN DELIGHTFUL DORSET



For a quiet and relaxing holiday in lovely surroundings why not visit Dorset? Margaret and Henry Smith have a holiday home there. This just might suit you perfectly. The accommodation is spacious, self-catering, mobility grade 1, open all year round 4-6 – sorry no pets.

The Smith family, are Hamster members and over the years have given us a lot of financial support by way of their Annual Charity Ball. For further details contact:

Mr. and Mrs. Smith 01308 868313 or [www.conway-bungalow.co.uk](http://www.conway-bungalow.co.uk)

## AMUSEMENT

### RAY MARTIN

- A mechanic was removing a head from the motor of a Triumph Bonneville motor cycle, when a well known heart surgeon called in at his garage.  
As the Heart Surgeon was waiting for the service Manager, the mechanic shouted across the garage, "Hey Doc, can I ask you a question?"  
The surgeon a bit surprised, walked over to where the mechanic was working on the bike. The mechanic straightened up, wiped his hands on a rag, and said, "Doc, just take a look at this engine. I open it up, take the valves out, either repair them or replace them and when I've finished it all works like new. So how come I get such a small salary and you get a really big one, when you and I are both doing basically the same work?"  
The surgeon smiled before replying, and then he said, "ah well, you get paid the extra when you learn how to do it with the engine still running."
- A chap arrived unconscious, at the A & E Department, and in view of his appalling condition, gets seen quite quickly by the Doctor.  
As the Doctor is examining him and checking out his black-eye, bloody nose and cauliflower ear, the man begins to come round and the Doctor said, "Good God man, how on earth did you get into this state?"  
The man replied "Well, the wife and I were playing golf, and I dropped my shot onto the 7<sup>th</sup> green where this damn cow was grazing, and it landed bang in the middle of a fresh cow-pat. I couldn't see the wife's ball anywhere, but when the cow flicked its tail up, I thought I saw a speck of white. So I walked over to the cow, and lifted its tail up, and right in the centre of its vagina was a golf-ball with the wife's initials stamped on it."  
"So I smiled as I thought, right, lets see you play this one off, and still holding the cow's tail up, I called over to the wife and said 'Hey darling, this one looks rather like yours.' I don't remember anything else Doctor, until I woke up here."

## 10 YEAR PIN

PATRICIA HARPER - Transplanted 9.4.97

Thank you very much for sending me the 10 year anniversary pin. To celebrate I held a Coffee Morning and invited my neighbours along. My other aim was to raise some money for the British Heart Foundation, this was most successful and a good time was had by all!  
I would like to express my thanks to all the Staff at Harefield for giving me a longer and better quality of life. Thanks a lot, Pat

## 20 YEAR PIN

ARTHUR GAIGER – Heart Transplant 18 February 1987.

Thank you for my 20 year pin. It is a nice surprise to receive a parcel instead of the normal junk mail. How did I get to the 20<sup>th</sup> anniversary of my transplant? Only with the great help of Harefield staff. Got through my MOT last week but will need a second stent. Last time Dr Mitchell did it on April 1<sup>st</sup> no joke! So I said not on my birthday he managed to avoid it by a day. Humour is alive and well. Thanks again

## USEFUL INFORMATION

### FAMILY CARE INSURANCE –Lisa Innes

It has come to my attention that some people have been experiencing problems with Family care insurance services Ltd that I advertised in the last newsletter. My experience was, I spoke to a lady who Informed me that as long as I had not been admitted into hospital for transplant related treatment in the last 36 months I could be insured. So I apologise for this but I did get insurance with them. Below is another insurance you can try.

### TRAVEL INSURANCE - Ken Harris Heart Transplant January 1986

I can recommend this company from first hand experience as I had the misfortune to have to make a claim when I cancelled, at very short notice and due to a medical condition, a cruise holiday that had been planned for March of this year. They dealt with my claim without any fuss and their correspondence was always friendly. The big advantages of this particular company are:-

- 1) It does NOT require details to be given of ANY previous medical history at time of taking out cover.
- 2) It offers annual cover for those aged up to, and including, seventy five.
- 3) It offers single trip cover for those aged up to ninety.

The cost of my annual insurance to cover two people (both in their seventies) world wide was only £195 which was considerably less than any other quote I was able to obtain.

There is a down side which must be taken into account if you do have the misfortune to need to make a claim, this being an increased Policy Excess if one has a **pre-existing medical condition** that may be associated with the reasons for making the claim. These obviously do then have to be declared, but only at the time of making the claim. In my case the normal excess of £100 per person for Cancellation was doubled to £200.

For Medical and Other Expenses while on holiday the excess would depend on the age of the claimant and would be increased to £350 for those under the age of sixty five, rising to £750 for those aged sixty five to seventy. I considered this to be a gamble worth taking.

Address: Global Travel Insurance, Amelia House, Crescent Road, Worthing, West Sussex. BN11 1RL.

Tel No. 01903 203933. Web Address: [www.globaltravelinsurance.co.uk](http://www.globaltravelinsurance.co.uk)

## THANK YOU

On behalf of the hamsters it is my privilege to offer enormous thanks to Lorraine Twilley, her family and friends, for there generous donations following the passing of her husband Geoff.

He was a dedicated and popular member of the hamsters but through this sad episode his generosity, as, his memory, will live on. A long time Donns fan it is through his association with the team that a portion of the money was raised. In addition our thanks also go specifically to Allied Respiratory and the generosity of said family and friends who so readily contributed at Geoff's funeral.

*If anyone would like to give a donation to Harefield Transplant Club (HTC) please send it to  
Peter Allinson 6 Meadway, Staines, Middlesex TW18 2PP*

To many committee members with their help and Rymans for the donation, of a shredder for Harefield transplant outpatients department.

To those few members who were interested in visiting ascot with the hamsters. But it is with our regret that due to lack of interest the ascot event did not take place.

*“If you can think of anywhere you would like to visit” Please send your ideas to James Baxter.  
Address: 45 Founes Drive, Chafford Hundred, Essex. RM16 6DT*

## REQUEST

We are looking to form a large Hamsters team at the jog this year to celebrate the 25th anniversary of the club anyone who attends the jog and would like to be a part of the Hamsters team just fill in HAMSTERS when it asks you on the form which team are you with. If we have enough team members we will hopefully win the biggest team award. The jog this year will be combined with the fete so bring along some pennies and help raise some money for the Harefield club (as well as the jog) because we are going to have a stall with items for sale.

We are looking for someone to kindly offer to accommodate our American guests, (82 year old lady and her daughter) who will be attending the 25<sup>th</sup> annual dinner in derby. They require ground floor accommodation. If you can help us please contact Lisa Innes. (Contact details on the back page).

## TEAM MANAGER’S REPORT

### BRITISH TRANSPLANT GAMES 2007 – Edinburgh 26th – 29th July

I’m delighted to announce the team representing Harefield this year in the British Transplant Games are:

Peter Allinson  
James Baxter  
Colin Clements  
Jill Edwards  
Mick Foster  
James Griffin – New team member  
Lisa Innes  
Julie Kirby  
Justine Laymond – New team member  
Alan Lees  
Robert Longrigg  
Chloe Piper – New team member  
Andrew Ross  
Alex Walker  
Howard Waters  
Brian Witham

*”Would you take part in this year’s British Transplant Games in Edinburgh and put back the Tesco cup where it rightfully belongs”?*

*If so Contact your team manager Natalie Baxter ASAP  
Tel 01375 480343  
Mob 07932 791756  
Email team.harefield@tiscali.co.uk*

So we have a team of 16 transplant athletes and 19 supporters! Not only is it my first year as the Harefield Team Manager, we also have 3 new team members. Good luck to you all, we hope to bring back lots of medals, memories and possibly the Tesco cup!!! Ogi Ogi Ogi

## WANTED FOR A STUDY - 30 TRANSPLANT ATHLETE VOLUNTEERS

### **The Effect of Exercise on Body Fluid Dynamics in Transplant Athletes.**

There have been a number of fatalities during marathons as a result predominantly of overheating, dehydration and also excessive hydration with dilution of sodium and other components. In the most recent London Marathon a very fit athlete died due to blood diluting effect of over hydration. The Loughborough sports specialist scientists would very much like to have 30 Transplant athletes competing in the British Transplant Games in Edinburgh, volunteer to take part in a study in which non-radioactive heavy water (Deuterium) is used as a biological marker to evaluate what happens to body fluids during the varying degrees of exercise and how this is affected by rehydration with water or Powerade.

The study is best done over an interval of five to seven days, during which each athlete's weight and exercise taken is carefully monitored and 24 hour urine specimens collected. Steroids as you well know, are a binder of Sodium and thus of Water.

The fluid shifts and the effects on hydration with fluids is of particular interest, and may be very valuable in arriving at the amount of rehydration which is optimal for particular levels of activity in the transplant athlete.

Naturally such a study must first gain formal approval by the ethical committee of Loughborough University and this would not have been granted unless it was entirely safe.

We are particularly keen to have volunteers who live in Edinburgh or very nearby, and will be available so that they can be monitored over a period of five or seven days.

All expenses will be refunded and the volunteers will have the usual goodies to recompense any inconvenience. I would be very grateful for your cooperation in this study, which can only benefit transplant athletes and result in useful advice for fluid intake in a special group of people.

MAURICE SLAPAK - President TSUK – [slapakhamlet@aol.com](mailto:slapakhamlet@aol.com)

## NEWS

### **Magdi Yacoub**



The world's leading heart surgeon. He has transplanted more than 2,500 hearts in the past 30 years, and treated thousands more. Born in Egypt, he came to the UK in 1962 to work at Harefield Hospital and now oversees 75 scientists at his research centre. Aged 71.

I lost an aunt to a heart valve disease when she was in her early 20s. My dad, who was a surgeon, said that heart surgery was developing and her death could have been prevented. I was only five or six at the time, but I have wanted to be a heart surgeon ever since.

Seeing people recover is quite an achievement: patients who come in the middle of the night, dying of heart failure, you can reverse that. One of my favourite stories is of a little Welsh girl called Hannah Clark. She had cardiomyopathy, which made her heart double in size. When she was three years old, I gave her a piggy-back heart with the hope that her own heart would recover. At the time, it was thought to be just not on. Then, 12 years later, she developed cancer from the immunosuppressant drugs she was taking. We

stopped the drugs for a while but that made her reject her transplanted heart. In the meantime, though, her own heart had recovered. We took out the transplanted heart and she lost her cancer; she's now back at school.

I was a surgeon doing mainly heart surgery and transplantation when I met Adrian in the late 80s. It was a great symbiotic relationship — I was very excited by the science he was doing and he was very excited by what was happening in the clinic.

Young scientists bring many things: one is energy. The second, dare I say, is a naive type of questioning things, which is refreshing.

I believe basic science is essential in the development of clinical medicine and surgery, so I devoted a lot of my time to it. To be accepted by a pure scientific academy such as the Royal Society represented one of the things I valued most.

What excites us both now is growing replacement heart tissue from stem cells. Replacement organs are in very short supply and, though some of the functions can be reproduced by artificial systems, not all can. We have very good artificial valves, for example, that function for 20 years, but they do not perform all the very sophisticated functions. And if you put it in a child, it doesn't grow. We want to tissue-engineer the heart; get a living heart, as a substitute.

Cardiovascular disease is a major killer. By 2010, there will be a need to replace 600,000 valves world-wide. We are very concerned about making everything available not only to the elite and rich but to developing countries.

### **Adrian Chester**

Scientist at the Magdi Yacoub Institute in Harefield. Aged 41.

The motivation and energy the professor has is infectious, and the ungodly hours he keeps. You're just moved to do your best. When you're 24, coming in in the middle of the night, collecting hearts, taking them to your lab, doing experiments, going home in the morning, it's not like coming to work. It was so exciting.

I graduated in pharmacology from Portsmouth University and ended up getting a job for Glaxo, but over the course of the next few years, I realised that research was the thing for me. I happened to meet the professor and I was telling him about what I was doing — I was working on Alzheimer's disease. It happened to be the right place at the right time — the research here at Harefield was just being set up. The basis of pharmacology is to understand what receptors are present on cell surfaces, and what types of compounds stimulate what types of receptors with what effects. My work fitted in well with what the professor was already doing.

Now we're working on growing replacement heart valves. If I told you to build me a car and gave you a car, the first thing you'd have to do is take the car apart and work out how every bit works and how they work together. We've sort of reassembled our car and we're beginning to see if we can get it to move. But we don't know how fast it can go, or if it's strong enough. After 10 years of studying the valves, we can make a material that contains cells that behave in a valve-like way. We now need to see how they respond to the mechanical environment they will be under in the circulation.

It's my responsibility to try to give the students I supervise the same encouragement and the same values I learned from the professor.

**HAREFIELD TRANSPLANT CLUB (HAMSTERS)**

**25<sup>th</sup> ANNUAL DINNER 19<sup>th</sup> & 20<sup>th</sup> October 2007**  
**Best Western Midland Hotel, Midland Road, Derby, DE1 2SQ. 01332 345894**

**All attendees are to be 16 or over unless you are a transplant patient.**

The cost of the weekend will be **£115.00** per person (double, twin bedded and single rooms, no single room supplement) attending. The price includes Dinner/disco with novelties on Friday night, full English breakfast on Saturday, Dinner/dance with table wine on Saturday night and full English breakfast on Sunday.

**The cost for Saturday Dinner Bed & Breakfast only will be £57.50.**

*Extra nights can be booked at the rate of £57.50 per person per night for Dinner Bed & Breakfast These prices are only available if you book through me.*

**Saturday evening dinner only at a cost of £25.00**

**Acknowledgement and further details will be sent end of September.**

**PLEASE READ YOUR NEWSLETTER FOR ALL FURTHER INFORMATION**

Rooms will be available from 2.00pm on the Friday and must be vacated by 11.00 am on the day of departure.

Rooms will be booked on a first come, first served basis. **A NON REFUNDABLE DEPOSIT OF £25.00 PER PERSON** will be required. *Please note that cancellations not notified to Lisa Innes, by 10<sup>th</sup> October 2007 will incur the full charge for the days you have booked at the hotel.*

*You are therefore advised to consider taking out insurance to cover you.*

*Please do not send full payment with this form, settle with the hotel at the weekend.*

Please return this form with remittance, cheques payable to **HTC as soon as possible.**  
**Lisa Innes, 18 Abigail Crescent, Walderslade, Chatham, Kent ME59DZ – Tel: 01634 668274**

Name \_\_\_\_\_ Tel: \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Name all People in your party (if you need more space write on a separate sheet of paper).

First Name	Last Name	Member only tick	Special Room Requirement	Indicate Night Staying with room type i.e. D/T/S (Double/Twin/Single)				Dinner only Sat	Dietary Requirement	Deposit paid
				Thurs	Fri	Sat	Sun			
e.g. Jo &	Jones	yes	Near lift		<b>D</b>	<b>D</b>			Nut	<b>25.00</b>

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# Harefield Transplant Club (The Hamsters)

## MEMBERSHIP APPLICATION FORM

If you would like to join the Harefield Transplant Club (Hamsters) and receive Newsletters and any other information regarding our forthcoming activities Please complete the following form and return to -

**Ann Woodbridge, Membership Secretary,**

5, Raisins Field Close,  
Ecton Brook,  
Northampton, NN3 5LA.  
01604 510995

Name.....

Name of Spouse/Relative/Friend.....

Address.....

.....

Telephone Number.....

Email address.....

Date of Transplant.....HOSPITAL .....

Date of Birth.....

Subscriptions: -	Transplant Member	Spouse / Relative/ Friend	Combined
Under 18	£4.00	£4.00	£8.00
Annually	£7.00	£4.00	£11.00
5 Year Rate	£30.00	£20.00	£50.00
10 Year Rate	£60.00	£30.00	£90.00
Life membership	£100.00	£40.00	£140.00

Please fill in boxes below. Cheques made payable to Harefield Transplant Club (HTC).

Subscription	Transplant member	Spouse/Relative/Friend	Combined	Donation (optional)	Total

If you would like to become a member and cannot afford the subscription, please tick this box and return this form to the above address. (This will remain confidential).

**PLEASE NOTE THIS FORM IS FOR NEW MEMBERS ONLY**