WELCOME TO THE FEIRING CLINIC

Visiting hours:
You can receive visitors at any time. You decide when and for how long you wish to receive visitors.

We are here for you:
You will find a bell pull beside your bed. If you need a nurse, simply pull this once. The duty room in the surgical department can be reached via the internal telephone system on either 4200 or 4275. The duty room in the cardiology department can be reached in the same way on 4100 or 4175.

Meal times in the wards: Mealtimes at the hotel:
<table>
<thead>
<tr>
<th>Time</th>
<th>Ward</th>
<th>Time</th>
<th>Hotel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>08.00-09.30</td>
<td>Breakfast</td>
<td>07.00-09.30</td>
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<tr>
<td>Lunch</td>
<td>12.00-13.30</td>
<td>Lunch</td>
<td>12.00-13.30</td>
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<tr>
<td>Dinner</td>
<td>17.00-18.30</td>
<td>Dinner</td>
<td>17.00-18.30</td>
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If you are staying at the hotel meals are included in the day rate. Day visitors pay for meals at the reception desk.

Telephone:
If you wish to place a call from the clinic please dial 0 to get an outside line. Your calls are registered by the switchboard, and calls must be paid for when checking out. The room telephones can be used as an internal intercom system between all hotel rooms and wards. Dial 4 in front of the room number you wish to call. Internal calls are free.

Mobile telephone:
Mobile phones can be used in most areas in the clinic. The exceptions are the intensive care ward, monitoring lounge and the waiting room at the heart laboratory. The patients that have electronic monitoring equipment attached cannot use mobile phones as these can interfere with the equipment.

Internet:
Please ask at the reception desk if you require Internet access.

Hand hygiene:
A common cause of infection in hospitals is poor hand hygiene. Good hand hygiene is therefore of great importance to us all. You will find hand cleansing spirit dispensers in all wards. Please use these!

We wish you a pleasant stay with us!

Best regards from all employees at the Feiring Clinic
TREATMENT WITH MAREVAN (WARFARIN)

Once your artificial heart valve has been surgically implanted you will be prescribed MAREVAN. You will be taking the tablets permanently in order to prevent blood clots (thrombosis) occurring.

How MAREVAN works:
Marevan contains the active ingredient Warfarin. The body needs Vitamin K in order for the blood to coagulate. The usual sources of Vitamin K are green vegetables. Some Vitamin K is also stored in intestinal bacteria. Marevan negates some of the effect of Vitamin K, thus reducing the ability of the blood to clot.

Dosage:
The effect of Marevan varies from person to person. It is therefore necessary to adapt dosage to the individual patient. This is why you will need to have regular blood samples taken by your doctor to check if your Marevan dosage needs adjusting.

The full daily dose of Marevan must be taken at the same time each day, usually in the evenings.

INR measuring unit for blood clotting ability (INR is an international measuring unit).

Your INR value should be in the 2.5-3.5.

INR values above 5.0 indicate an increase in the risk of bleeding.

As Marevan reduces the coagulating ability of the blood, bleeding can incur. The risk of bleeding rises in accordance with higher INR values. If you notice an abnormal or unusual tendency to bleed in accordance with minor cuts, when shaving, cleaning your teeth, nosebleeds, beneath the skin (large blue areas where you have not sustained a blow or injury), you should contact your doctor and have a new INR value check carried out. Such occurrences of bleeding can indicate that the effect of your Marevan treatment is too strong, and there may be a danger of internal haemorrhaging (bleeding). This is extremely rare, but can be dangerous. Internal haemorrhaging will often show up as blood in urine or black stools.
Checking your INR:
After the first few weeks with frequent checks to determine your correct Marevan dose, it will be necessary to check your INR blood value about every 4 weeks – with shorter intervals if your INR values vary greatly.

You must plan your diet carefully when taking Marevan:
In order to attain the best and most stable results from the treatment, a varied diet with daily intake of vegetables is required. Some foodstuffs, in particular, green vegetables, are rich in Vitamin K. Large amounts of Vitamin K can negate the effect of Marevan. It is therefore best to ensure that you have a regular intake of vegetables and avoid eating large amounts of vegetables that are rich in Vitamin K the day before you have your INR test, which would otherwise result in the test result showing a falsely low value.

A glass of wine a few times a week is OK, but large volumes of alcohol can increase your INR value and can represent the risk of bleeding.

Precautions when pulling teeth and minor surgical operations:
Inform the surgeon/doctor/dentist that you are using Marevan. Operate with regard to how the Marevan dose shall be dealt with/adjusted in connection with the planned treatment.

Medicines that may influence the effect of Marevan treatment:
Do not use other medicines without first consulting your doctor. Some medicines can lessen or increase the effect of Marevan.

Some examples of medicines that can influence the effect of Marevan are:
– Preparations that contain acetyl-salicylic (Albyl- E, Dispril, Globoïd)
– Preparations used to treat pain, arthritis and rheumatism (Alpoxen, Confortid, Brexidol, Ibumetin, Indocid, Naproxen, Pirox, Ibux and so forth)

Pain relief products that contain Paracetamol, for example Pamol, Panodil, Paracet and Pinex can be taken, but not more than 14 days in one week. If you exceed this dose there is a risk of bleeding incurring.
BE KIND TO YOUR HEART – A FEW RULES

The treatment you have received has repaired the damage caused by your illness, but the treatment has not dealt with the cause of your heart problem. Genetically inherited problems can’t be dealt with, but there are a number of things you can do by assuming responsibility for your behaviour and habits to reduce risk factors. Many people find it difficult to start down this path. We have therefore included some advice and tips to get you on your way to a healthier lifestyle.

Stop smoking
– Smoking is one of the key risk factors that cause cardio-vascular diseases. Smokers are 2-3 times more exposed to the risk of cardiovascular disease than non-smokers.
– Smoking has a negative effect on the composition of fatty acids in the bloodstream and reduces the concentration of beneficial cholesterol while increasing the amount of undesirable cholesterol.
– An unfavourable composition of fatty acids in the blood results in thicker fatty deposits in the veins and arteries and accelerates the process of arteriosclerosis.
– Tobacco contains a number of elements and compounds that can damage blood vessel walls and further aggravate the process of arteriosclerosis.
– Tobacco smoke makes platelets stickier and increases the tendency for the plates to stick together, which in turn increases the risk of thrombosis.
– If you stop smoking the beneficial cholesterol will quickly increase, and the risk of cardiovascular disease incurring will be halved within one year.
– After only five years the risk of dying due to a heart attack will be the same as for a non-smoker.

Good advice on how to stop smoking:
– Take your time in building up your motivation.
– Choose a date when you will stop smoking.
– If possible, stop smoking together with a relative or friend.
– Make a list of the advantages and disadvantages of stopping smoking.
– Cut down on the number of cigarettes you smoke daily as you approach your stop date.
– Change your smoking habits; smoke at other times and in other places.
– Make a plan for what to do when the craving for tobacco comes.
– Recruit support from your family, friends and colleagues.
– Take it one day at a time. Remember to reward yourself!
– Various aids containing nicotine as substitutes for tobacco are available at many stores and all chemist shops. These include chewing gum, plasters, tablets and inhalers.
– You will probably find, as do most people, that your doctor is your most important ally. He or she will be able to provide you with aids and medicines that will dampen the craving for nicotine and make it easier to stop smoking.
– Join a stop-smoking course. There are also a number of Internet-based follow up sites.
– Call Røyketelefonen (The Smoker’s Phone), 800 400 85. Experts on how to stop smoking will be able to provide you with excellent advice.
Healthy food – good for the heart:

LHL’s six tips on healthy eating:
– Regular but small meals
– Energy balance
– Be aware of what you eat
– Eat colour!
– Drink plenty of water
– Use less salt

Regular meals, small portions
We recommend five or six meals during the course of the day, with four main meals and one or two snacks in between. Avoid nibbling in between.

This pattern of mealtimes will help to control your appetite and metabolism as well as helping you to eat less. Moreover, smaller, regular and healthier meals means that your diet will be more varied and your body will take up nutrients more easily, which in turn will improve your digestion.

Regular but small meals give you:
– A regular supply of energy
– A stable glucose level
– Reduced feeling of hunger
– Improved metabolism
– Helps preventing nibbling

How to do it:
The ideal is to take meals at regular times daily.
A good example of a fixed meal schedule is:
Breakfast
Light snack
Lunch
Light snack
Dinner
Supper
Planning advice:
– Write down weekly meal schedules and use these as shopping lists
– Have the ingredients ready when you come home
– Don’t go shopping when you are hungry
– Drink water and have a light snack just before you leave work

Work out a routine that suits you. It’s important to remember that meals should be taken every three to four hours. The maximum time between supper and breakfast should be twelve hours.

Energy balance
That your body has the proper energy balance means that your intake of energy is the same as your energy consumption. The energy in the food we eat and drink during one day must not be greater than the amount if energy we use during the same day. A person with the proper energy balance has a better chance of attaining and maintaining stable body weight.

Losing weight
In order to lose weight your energy intake must be less than your energy consumption. This can be achieved by for example changing your diet and increasing your level of activity.

There are two main types of fat: saturated and unsaturated
Saturated fats are animal fats and we should eat less of these. Saturated fats are found in homogenised milk, fatty cheeses, hard margarine, butter, cream and products made from these, and also in processed, fatty meat products.

Unsaturated fats are found in soft vegetable margarines, plan oil (rapeseed, olive, sunflower) grain cereals and coarse cereal products, nuts, oily fish and products made from these such as herring, mackerel, sardines, trout, salmon and eels.

Tips:
– Eat less fat and oils, in particular saturated fats.
– Replace some saturated fats with unsaturated
– Reduce the volume of fat from sandwich fillings, try having one slice of bread with cheese and one with fish instead of two with cheese.
Think before you eat

Make sure that your choice of food is the result of careful thought - don't let your feelings take control. Enjoy each mouthful. Stop eating when you no longer feel hungry. It's important not to rush meals.

Are you eating too much and too fast?
It takes a while for the feeling of hunger to dissipate. This is why you risk eating too much if you eat too fast. Eat slowly. Wait a while before taking a second helping. Kiosk food and other fast foods are often eaten faster than home cooked meals, and are less satisfying.

How large portions do you eat?
The dinner plate model is a good guide.
One dinner should be made up as follows:
- ¼ meat or fish
- ¼ potatoes, rice or pasta
- ½ vegetables or green salads

Tips:
If you are still hungry, just take some more vegetables or salad.

Food on the move
Healthy food is not necessarily boring. All you have to do is think tactically when you are at the counter and making your choice
- You can choose chicken instead of hamburger or hot dogs.
- Why not fresh fruit instead of chocolate?
- Choose a diet soft drink or water to.
- A bun with your coffee is healthier than a muffin or Danish pastry.
Cholesterol
A high cholesterol level in your blood is not a disease, but the higher your level is the greater the risk for cardiovascular disease incurring. Dairy and meat products contain high levels of saturated fats and are often high in cholesterol. Egg yolk and offal (including roe and caviar) are also high in cholesterol. Your consumption of eggs should not be more than 3-4 per week, including those you use in preparing other foods. Eating less saturated fat is more important than the amount of cholesterol contained in individual foods. A fibre-rich diet with coarse grain products, legumes, fruit and vegetables/green salads also has a positive effect on cholesterol.

“He who feasts each day, never has a good meal
– Thomas Fuller, English physician and author (1645-1734)

Eat colour
Eat more fruit and vegetables. At least two helpings of vegetables and two fruits daily – preferably more.

Fruit and vegetables help to prevent amongst other ailments cardiovascular diseases. Vegetables provide better protection than fruit. Frozen vegetables are just as good as fresh.

How to get your five a day
– Fruit/juice with breakfast for example two kiwis
– Fruit/vegetables with lunch for example two carrots
– Vegetables with dinner for example 2 potatoes and 2 dl boiled/steamed vegetables
– One vegetable and a piece of fruit as a light snack for example a glass of juice

Tips:
Include vegetables or a green salad with all meals and fruit as light snacks. Green salads should include lots of dark green vegetables such as Ruccola, Cabbage, Spinach and Broccoli. These vegetables are rich in antioxidants.
Fibre
Foods containing plenty of fibre such as wholemeal breads, oats, mixed cereals, beans, lentils and pulses, fruit, vegetables and potatoes are the basis of a change of diet. These foodstuffs are free from cholesterol, have a high fibre content, vitamins and minerals. They also taste good and satisfy hunger. Fibre helps to regulate your digestive system. Fibre also has a preventive effect against amongst other things constipation.

Nuts
Nuts are a complete foodstuff, and contain many nutrients that are good for you. Nuts contain antioxidants that protect the body cells and can reduce the risk of many illnesses. Nuts are however rich in calories, so limit your intake.

Tips:
Eat nuts and dried fruits as a light snack, but don’t eat too much.

Drink enough water
Your body depends on water to function properly. Water is necessary for your body to extract nutrients from food and transport these to the cells. Your body needs 2 to 3 litres of fluids daily. Some of this will extracted from your food, but the rest must be taken separately. We recommend that you drink 1 to 2 litres of water daily.

Water fills the stomach. Take a glass of water before meals.

Tips:
Drink before you feel thirsty
Make it a habit to have a bottle or jug of water handy at home or at work
Always take a bottle of water with you in your bag or backpack. Add a little zest by putting a slice of orange, lemon or lime in the water.
Cola, coffee, tea and alcohol contain caffeine and are diuretics. If you drink large volumes of these beverages you should drink extra water in order to regain your fluid balance.
You will know when you are drinking enough water when your urine is light and transparent.
Use less salt

The function of salt in the body
Salt is vital to all of us. It is of major import to amongst other things fluid balance, nerves and muscles.

An excess of salt binds water in the body and can result in high blood pressure. Reducing the amount of salt in your diet can be beneficial in reducing your blood pressure. High blood pressure is one of the major risk factors for cardiovascular diseases.

The following will help you to reduce your salt consumption:
– Prepare your food by boiling, steaming, roasting, roasting in foil or in the microwave.
– Use fresh and dried herbs instead of salt, but take with mixed spices/herbs that may have salt added.
– Use mineral salt, but do not use double the amount.
– Bake your own bread.
– Eat only moderate amounts of cheese.
– Limit your consumption of crisps, chips, salted peanuts and similar, choose unsalted nuts.
– Limit the use of bullion powder, Soy sauce, dried food mixes and fast food.
Use your body - exercise regularly

Why you should exercise
– Regular physical activity reduces the risk of cardiovascular disease.
– The favourable cholesterol in your blood increase.
– Reduces the risk of thrombosis
– Increase your metabolism rate
– Helps to reduce high blood pressure
– Reduces stress levels
– Increase your ability to work and improves your general health

Starting a new exercise regime:
– Start by talking short walks at an easy pace, increasing both tempo and distance over a period.
– Choose activities you like, this will help motivate you and increase your chances of success.
– It’s easier to start if you exercise with friends or join in organised activities.
– Don’t set yourself an impossible target from day one, start off with a lower ambition and aim higher as you make progress.

How much exercise and when:
– Keep in mind that exercise should leave you warm and perspiring
– The ideal schedule is at least 30 minutes daily, but 45 minutes 3 days a week is fine as well
– Try to get some physical activity in your daily life as well (gardening, take the stairs instead of the lift, walk instead of driving and cut down on time in front of the TV)
– Regular, all year round exercise gives a much better result than short periods of high activity.
Some tips about exercise
Activities that improve your general physical condition are favourable (walking, jogging, cycling, skiing, swimming etc.)

Interval training (repetitions) improves your general health and is particular good for your heart. (For example: “4-4 training” After warming up you increase the tempo to 80-90% of your maximum for 4 minutes and repeat this at least 4 times)

Training with weights is also beneficial. Enlist help in designing a programme to suit your needs and ability

Good running shoes are vital in order to avoid load injuries. Enlist help in finding shoes that fit you properly and suit the types of activities you intend to start with

Your body needs to warm up for 10-15 minutes. Start at an easy pace and increase your tempo as you start warming up. Reduce the tempo during the final 5 minutes.

It's never too late to start regular exercise!
Tips that help to reduce stress:
– Focus on a healthy and nutritious diet
– Take time out to rest and relax while you find yourself in a stressful situation – and not least in your everyday activities.
– Make sure you get regular physical exercise. Physical activities help to combat the destructive effects of stress.
– Sleep is important. If you find that you are unable to get sleep properly without constantly waking you should seek advice from someone who can advise you, for example your regular doctor.
– Arrange your life so that there is a good balance between family, work and leisure.
– Set yourself realistic targets. Learn your limitations and aim accordingly.
– Sort out, prioritise and delegate. Practice saying no.
– Keeping your feelings and emotions locked in can easily become a stress factor.

Release the pressure. Say what you mean and feel.
If there’s no one in your social circle you feel you can talk openly to, contact your doctor, a voluntary help centre, LHL-groups or similar where you will be able to talk to professionals or others with the same thoughts and experiences as you.

Stress

What is stress:
Stress is the body’s natural reaction to the loads imposed on it, on the basis of how we as individuals interpret any given situation emotionally or cognitively. How and the degree to which the body reacts is dependent on this interpretation, thus influencing the body’s response in the form of physiological reactions. When are able to initiate measures to regulate our stress levels stress is not harmful. If on the other time we fail – especially for long periods – we are unable to control our stress levels the effects of this will be damaging because the result will be:

– High blood pressure
– Faster pulse
– Increase in glucose levels
– The volume of fatty acids in the blood increases
– Blood becomes “thicker”
– Poor indigestion
– Muscles become tense

Which is why we know that there is a definite link between stress and cardiovascular diseases.

Most people think that stress is something that only arises in connection with work situations, but this is not true. Stress can just as easily arise in leisure situations and in domestic situations, for example in the form of matrimonial or other family problems, financial problems and not least health. Having or having experienced heart disease can be such a factor.
Ordliste

Aktivitet
Akutt hjerteinfarkt
Alkohol
Ambulanse
Antikoagualsjon
Arm
Arterie
Arv
Aterosklerose
Arteriell kloake
Avføring
Bandasjer
Betennelse
Ben
Bevege
Bivirkning
Blodprover
Blodsukker
Blodtrykk
Blodåre
Bleeding, gisser
Blåse
Bryst
Brystsmerter
Buss
Diabetes
Dren
Drikke
Dusje
EKG
Familie
Fatle
Feber
Fly
Floyte

Dictionary

Activity
Acute heart failure
Alcohol
Ambulance
Anti coagulation (using Anti coagulant)
Arm
Artery
Inheritance, inherited. Hereditary disease
Arteriosclerosis
Lone fibrillation
Defecation, bowl movement, faeces
Bandage, bandages, bandaging, (also dressing)
Infection
Bone, leg
Move, movement
Side effects
Blood samples, blood tests
Blood sugar
Blood pressure
Veins
Bleeding
Blow
Breast, chest, chest area
Chest pains
Bus
Diabetes
Drain, drain tube
Drink
Shower
ECG (Electrocardiogram)
Family
Sling
Fever
Fly, Aircraft, Plane
Whistle (Music: Flute)

Forebygge
Frokost
Fysioterapeut
Gå
Hjerneslag
Hjerteinfarkt
Hjerteklaffer
Hjertekrampe
Hjerteklemte
Hjertet
Hode
HOSTE
Hotell
Hvile
Informasjon
Insulin
Intensiv
Ja
Kaffe
Kald
Kiosk
Klokke
Kolesterol
Komplikasjoner
Kone
Kosthold
Koronal angiografi
Kvalme
Kvinne
Lege
Ligge

Prevent, prevention, preventive care
Breakfast
Physiotherapist
Walk, leave
Embolia cerebri, progressing stroke, stroke
Thrombosis, cardiac infarction
Heart valves
Angina pectoris
Heart monitoring
Heart rhythm
Cardiac arrest
Heart failure
The heart
The head
Cough
Hotel
Rest
Information
Insulin
Intensive
Yes
Coffee
Cold
Kiosk
Clock,
Cholesterol
Complications
Wife
Diet (as in food regimen)
Coronary angiography
Sick, feeling unwell, feeling sick
Woman
Doctor, physician (one who operates: surgeon)
Lie, lay down