

Changes to HM Revascularisation edition 2016/2017

Page number	Previous text	New text
Inside cover/page 2 Foreword/end of first paragraph	“The Heart Manual has become the leading home-based cardiac rehabilitation package in the UK. It was completely revised and updated in 2011.”	Remove: It was completely revised and updated in 2011.
	“It is used in a number of countries overseas, contributing to the recovery of more than 15,000 people every year.”	Add: ..it is also reviewed and revised on a regular basis and in line with clinical guidelines.”
Inside cover/page 2 Bottom of page	The Heart Manual Management Group, Astley Ainslie Hospital, Edinburgh, 2015	Change year to 2017
Inside cover/page 2	4 th impression	5 th impression
Inside cover/page 2 Copyright	Lothian Health Board 2007, 2012, 2014, 2015	Lothian Health Board 2007, 2012, 2014, 2015, 2017
Week 3 Alcohol section p 84	Unless your doctor has warned you not to drink alcohol, a moderate amount....liver disease and senility	Replace all text with: Recent UK guidelines have updated their advice on drinking alcohol and health risks. These guidelines are for men and women. <ul style="list-style-type: none"> • To keep health risks to a low level it is safest not to drink more than 14 units a week on a regular basis. • If you regularly drink as much as 14 units a week, it is best to spread your drinking evenly over 3 or more days. • The risk of developing a range of health problems, including stroke and some cancers, increases the more you drink on a regular basis. • If you wish to cut down the amount you drink, a good way to help achieve this is to have several drink-free days each week, and to limit the amount you drink on any single occasion.
Week 3 Alcohol section p 84 Blue text box	1 unit = and some examples	Replace with: <ul style="list-style-type: none"> • Standard glass of wine (12%) 175 ml = 2.1 units • Large glass of wine (12%) 250ml = 3 units • Pint of lager/beer (3.6%) = 2units • Bottle of lager/beer (5%) = 1.7 units • Single shot spirits (25ml) = 1 unit • Single large shot (35ml) = 1.4 units • Fortified wine/sherry (50ml) = 1 unit Recommended upper limit No more than 14 units per week You should aim to have several alcohol- free days per week
Week 3 p 81 The three most important things to do	Eat less fat	Eat less fat and sugar