

Changes to Heart Manual MI Edition 2016/2017

Page number	Previous text	New text
Inside cover/Page 2	"Foreword to third edition"	Foreword
Inside cover/page 2 Foreword/first paragraph	"From its small beginnings the Heart Manual has, over the years, become the leading home-based cardiac rehabilitation package in the UK and Ireland, and is also used in a number of overseas countries, contributing to the recovery of more than 12,000 heart attack patients every year."	<p>Change sentence layout and add text:</p> <p>"From its small beginnings the Heart Manual has, over the years, become the leading home-based cardiac rehabilitation package in the UK and Ireland."</p> <p>"It is also used in a number of overseas countries, contributing to the recovery of more than 12,000 heart attack patients every year,</p> <p>Add: it is also reviewed and revised regularly in line with clinical guidelines."</p>
Inside cover/page 2 Bottom of page	The Heart Manual Management Group, Astley Ainslie Hospital, Edinburgh, 2016	Change year to 2017
Inside cover/page 2	8 th impression	9 th impression
Inside cover/page 2 Copyright	Lothian Health Board 2007, 2012, 2014, 2015, 2016	Lothian Health Board 2007, 2012, 2014, 2015, 2016, 2017
Week 3 Alcohol section p 78	Unless your doctor has warned you not to drink alcohol, a moderate amount....liver disease and senility	<p>Replace all text with:</p> <p>Recent UK guidelines have updated their advice on drinking alcohol and health risks. These guidelines are for men and women.</p> <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 78 Blue text box	1 unit = and some examples	<p>Replace with:</p> <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 <p>Recommended upper limit No more than 14 units per week You should aim to have several alcohol- free days per week</p>
Week 3 p 75 The three most important things to do	Eat less fat	Eat less fat and sugar
Page 132 week 6 "The Future" box	"...will go on being useful in the following months."	Add: " Please note: the internet can be a great source of information, however please ask your facilitator or GP which web-sites they recommend."