

Love your heart

Atrial Fibrillation (or 'AF') is a common life-long condition that affects an estimated 90,000 people in New Zealand.

Characterised by a particular type of irregular heartbeat, AF is experienced by every individual differently.

AF is the most common heart rhythm disturbance and if left untreated, can be serious. According to Dr Matthew Webber, a Wellington Cardiologist, many people who have AF don't realise it until they have a stroke.

Fortunately, the condition can be positively managed with lifestyle changes. Members of the public can have a free pulse and blood pressure check at Hutt Hospital's main entrance on Wednesday 20 September. Clinical staff will also be on hand to provide information about Atrial Fibrillation.

For more information visit the Heart Foundation:

www.heartfoundation.org.nz

Free pulse and blood pressure check by our cardiology team:

Hutt Hospital main foyer
20 September

11am - 4pm

All welcome.

Hutt Valley DHB Public board meetings

Health Valley District Health Board meetings are open to the public.

Meetings are held once a month in the Boardroom, Pilmuir House, Hutt Hospital campus.

The next meeting is at 12.30pm Thursday 21 September.

Visit our website for more information on dates and location.

www.huttvalleydhb.org.nz

Thank you Hutt Valley!

We were overwhelmed by generous donations of new PJs from individuals, businesses, schools and Hutt Valley DHB staff this winter.

PJs for Hutt Kids is about doing something special for children admitted to our hospital during the winter months. The aim is to give every child admitted (under 10 years) a pair of new PJs to take home.

Along with the pyjamas, parents or caregivers are provided with some advice about staying healthy over the winter months, where to access health advice and information about the importance of keeping homes warm and dry. Children and their families were delighted to get the new PJs, and our staff loved handing out the new nightwear. Hutt Valley DHB CEO Dr Ashley Bloomfield said the campaign was a huge success, with a real community effort to donate and fundraise.

"It was just amazing to see the number of PJs flooding in. Local schools in particular put in an impressive effort - it was really heartening to see children supporting other children going through a tough time."

"I'd also like to thank our local Warehouse stores in Petone and Lower Hutt for collecting hundreds of PJs on our behalf."

PJs for Hutt Kids is no longer collecting PJs - but will continue to give children in the ward a pair until the weather improves.



Pictured : Staff from our Children's Ward getting in the spirit of PJs for Hutt Kids



Mumps cases in Wellington region

The best protection is immunisation

The Wellington region is experiencing an increase in the number of people with mumps.

Since the beginning of the year, 13 people have been confirmed with mumps in the greater Wellington area. 85% of people with mumps are aged 10-29 years.

Mumps is an acute viral illness and symptoms typically include swollen, sore salivary glands with a mild fever, pain in the jaw and a headache. For some people, it can cause severe symptoms and, rarely, complications that may lead to deafness or infertility in adult men.

The best prevention against mumps is immunisation. Immunisation is free and consists of two doses of the measles, mumps and rubella (MMR) vaccine given at 15 months of age and 4 years of age. Regional Public Health's advice is for everyone to check with their family doctor to find out if they have been given two doses of the MMR vaccine. This is particularly important for Pacific people

who grew up in countries that only offer the measles and rubella vaccine (MR) not MMR. People who grew up in Fiji, Kiribati, Nauru, Papua New Guinea, Solomon Islands, Tonga, Tuvalu and Vanuatu will not have been vaccinated against mumps.

If in doubt, talk to your family doctor and get vaccinated.

If you suspect you may have mumps contact **Healthline on 0800 611 116** for free advice from a registered nurse.

For questions about vaccination call the **Immunisation Advisory Centre on 0800 Immune.**

Further information on mumps is available by visiting www.rph.org.nz/illness-and-disease/mumps