



## Life after cardiac arrest; light at the end of the tunnel

An afternoon meeting for cardiac arrest survivors and their families

Saturday 19th November  
10-11 Carlton House, London SW1Y 5AH

*"Are you and/or your family struggling to cope with life after your cardiac arrest? With the assistance of cardiac experts and lifecoach, the aim of the meeting is to provide information and encouragement to live life to the full."*

SADS UK is delighted to welcome Key Speaker Consultant Dr Amanda Varnava to the stage where she will give a short talk about her work as a cardiologist and join the panel for questions and answers from the audience.

**Dr Varnava Consultant Cardiologist** undertook her medical training at Oxford University and St Bartholomew's Hospital where she attained triple Honours. She went on to train in cardiology at The Royal Brompton Hospital & St George's Hospital. She is now a consultant cardiologist at St Mary's Hospital, Imperial College and Watford General Hospital, West Herts, where she undertakes general cardiology. Her area of specialist expertise is in the inherited cardiac conditions (cardiomyopathies, channelopathies and sudden cardiac death). Her other areas of specialisation are heart disease in women and through pregnancy. She is also expert in sports cardiology and on the FA advisory panel and cardiologist to many premiership football teams. She regularly lectures at international meetings and has published widely in leading medical journals.

**Ken Ali from the Royal Brompton and Harefield Trust** is joining the session. Ken's role is in Training and Education. He works primarily in Pacemaker and ICD follow-up clinics (Both implant and FU.) He also works in Electrophysiology and lectures in Devices and Electrophysiology (EP) at Middlesex University. Ken's expertise will be of interest to the audience and helpful in answering questions from attendees.

### **Nurse Annie Landy, Kings College Hospital**

Annie is an experienced cardiac rehabilitation nurse who exercises patients after sudden cardiac arrest and also ICD patients; she has a high risk group once a week at Kings College Hospital and has worked in Cardiac Rehabilitation for a long time. She set up the heart failure group for patients at the Hospital.

**Dalia Bukhari, patient**, was diagnosed after having ventricle tachycardia in 2006. Dalia has been a regular delegate of SADS UK Conferences and is keen to speak with the audience, giving her perspective of living with an ICD for the past ten years.

**David Edmonds, Experienced Lifecoach** will spend valuable time with the audience looking at the triggers and the impact of negative thinking patterns that may block you from living your life to the full; challenging unhelpful thoughts and giving hope and encouragement to delegates to live life to

the full. In 2003 David performed CPR on his wife Michelle for 6 minutes. After several shocks, many days in hospital and an ICD fitted, Michelle returned home and 6 weeks after her SCA returned to work as a Registered Nurse. This experience gives David a unique insight into the issues Cardiac Arrest Survivors face.

Please contact SADS UK for a registration form. Email: [info@sadsuk.org](mailto:info@sadsuk.org) Tel: 01277 811215