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£40,000 Botswana diamond on sale

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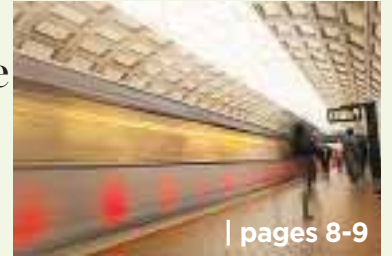


Stars film KGB spy drama in city centre

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£500m Cambridge tunnel system is debated



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Tributes to Tony Whitten following cycling death



Dr Tony Whitten, a renowned conservationist with Fauna & Flora International in Cambridge, died following a collision with a car | **page 5**
Picture: Keith Heppell

‘Non-beating heart transplant saved my life’

Papworth patient contracted virus walking dog

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EXCLUSIVE
Read our interview with leading transplant surgeon on incredible pioneering technique
Science - pages 22-23

A father-of-two has told how his life was saved by Papworth Hospital using a pioneering technique that could help ease the acute shortage of hearts available for transplantation.

Mark Serwotka, the leader of the Public and Commercial Services Union, celebrated the first anniversary of his heart transplant on Sunday – 50 years to the day from the world’s first.

He needed the new organ after his was irreparably damaged by a virus that he contracted while walking his dog.

For two years he had a battery-powered heart pump that he plugged into the mains when at home, or the cigarette lighter while in his car. But when the pump developed a clot, he required a new heart to save his life – and endured four false alarms before one was finally found that was suitable.

He was given a heart from a circulatory determined dead donor (DCD) – a person confirmed dead because their

heart had stopped beating. Until recently, surgeons have only been able to use hearts from donors diagnosed as brain dead (DBD). But the results of a study coinciding with the 50th anniversary of the world’s first successful heart transplant have shown the groundbreaking work by Papworth surgeons in using DCD hearts leads to outcomes at least as good as those transplanted using traditional techniques.

With the number of hearts available from DBD donors declining, due to improved medical care and road safety, and the waiting list for

hearts growing, the new technique will be a lifesaver for many others like Mark.

He told the *Cambridge Independent*: “In 2010, I was healthy and never had any heart issues. I got struck down with a virus I contracted while walking my dog.

“The dog ran off in the woods and it was like he’d rolled in something. The smell was so foul my guess was it was probably a dead fox or something. I washed him down and it’s probably from that that I contracted the virus that set off the reaction.

“I had a very swollen face and legs. A GP thought it was an allergic reaction. But a couple of weeks later I was rushed into hospital with an extremely fast beating heart – 220 beats per minute.”

It was Mark’s 47th birthday. “We were having a birthday tea and I started feeling dreadful. You could literally see the pounding coming through my T-shirt,” he recalled.

His local hospital thought he was having a heart attack but, on referral to a London hospital, it emerged that the reaction to the virus seen externally was also happening internally.



Mark Serwotka
Picture: Guy Bell

▶ continued on page 4

Opinion

Dr Anoop Kuttikat

Consultant rheumatologist
Hinchingbrooke HospitalDealing with
the dreaded flu

Winter is well and truly upon us with dropping temperatures and rising festive cheer. It is also that time of year when we have to be careful about the seasonal influenza or 'the flu'.

The flu is a highly contagious infection caused by virus. It causes symptoms such as fever, muscle aches, fatigue, headaches and a dry cough. Usually it is sudden in onset, more severe and lasts longer than a 'common cold'.

Pregnant women, those aged over 65 years, children below five years, people with chronic lung or heart diseases and those on medications that suppress immune system are 'at risk' of catching flu and getting a more severe form.

Flu vaccines do not always work as viruses have the ability to mutate (change their structure). Different types of viruses are around each year making it difficult to design a vaccine that is effective against all of them. However if you are 'at risk', You must have the annual flu jab to reduce chances of catching flu.

Good hygiene measures such as frequent hand washing, using a tissue to cover your mouth and nose when you sneeze or cough, and putting used tissue in a bin as soon as possible can help prevent the spread of flu. Avoid unnecessary contact with people when you are infectious. You should stay off school or work till you are feeling better.

If you catch the flu, rest at home and drink plenty of water. You can take paracetamol to reduce fever and aches if necessary.

If you are otherwise healthy, there is no need to see a doctor. Consider visiting your GP if symptoms are not improving within a week, or if you develop any additional symptoms such as chest pain, difficulty breathing or coughing up blood. Antiviral medicines are used in patients with severe flu and those at risk of developing complications such as pneumonia. Antibiotics are not useful for treating viral illnesses such as flu.

An artist's impression
of one of the proposed
'superblocks'

New town's 'superblocks' to be car-free residential areas

Ben Comber
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When parts of a new town are built at Waterbeach, the designs will be missing something: cars.

The latest design documents for the RLW Estates development are aimed at putting people first, with residential areas dominated by the needs of pedestrians and cyclists rather than combustion (or electric) engines. Called 'Fen Island superblocks' – a name which fails to conjure up the right imagery – the concept has been adapted from designs used on the continent.

Chris Goldsmith, director of RLW Estates, which held consultation events with Waterbeach residents last month, explained: "The essence of these superblocks – and I'm not too convinced by the name because I think it conjures up that these are massive blocks and it's not that – is that they create spaces for people.

"It works in Germany and Holland quite extensively. This is about not having cars dominating spaces.

"I very much doubt that in 20 or 30 years' time that we'll have quite the same fascination with cars, and we certainly won't with the internal combustion engine.

"This is a place where we've got a clean canvas and we can design for the future. This place is going to be

A view of what could be the
new station squareAn example of how homes
could look on the RLW site

around not just for 40 or 50 years, it's going to be around in 500 years' time and we've need to make these spaces which are adaptable."

The new town includes some 6,500

homes to be built on the former Waterbeach barracks by developer Urban and Civic, and another 5,000 on RLW's site – land between the barracks and the railway tracks. It's

thought that some 25,000 people will live in this new community that could be complete in 20 years.

Mr Goldsmith continued: "There has been some negative feedback and clearly there is going to be a lot of concern, we're talking about putting an awful lot of houses very close to people and there is going to be change. I'm really quite encouraged at the way in which the majority of people are being very positive about the way in which they can help shape that change.

"It is very encouraging. So the feedback is good and there is a lot we can take away from it."

Another key aspect of the proposals is the relocation of Waterbeach railway station, which would move about a mile north. The new station would become a densely populated area with buildings potentially eight storeys high.

Mr Goldsmith said that while he is not entirely sure about the architecture at this stage, the aim is to avoid a 'dull' greeting to people arriving in Waterbeach.

He said: "If you arrive at the station you want to know which station it is. It's confusing enough having Cambridge and Cambridge North. I think you want to know the place you're in."

More information is available online at waterbeach.co.uk.



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