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Posted by: Maverick
Date: 20-03-2015 19:49:23

Got invited for a NHS Health Check now I'm officially a MAMIL, and failed.
I'm currently indicating high blood pressure, the lowest reading she got was 158/86, so I have to pop in a few times over the next 2 months for random readings to see if it was just a case of "White coat syndrome". I now dread to think what the blood work will show up!

Reading up the ways to lower blood pressure are
Stop smoking - I have never smoked
Reduce alcohol intake - I don't drink alcohol
Reduce weight - I'm losing about 1kg a week at present
Eat more fruit and veg - I'm on a restricted diet due to digestive issues which can't be altered
Reduce salt - see above
Exercise more - I cycled over 200 miles last week, that's over 1200 so far this year, and they want more

Well to celebrate this new found concern I'm going for a 60 mile ride tomorrow.

Posted by: That_Ruddy_Squirrel
Date: 20-03-2015 21:09:42

1200 + and they want more - greedy buggas, that averages out at around 16 mile a day which is not exactly a trip round the block !

Well done for the 1200+, I've reached 1000+ but temporarily off the saddle - Brummie's given me Squirrel flu !

I hope the you get the blood pressure down quickly

Keep on peddalling.

Trev (the bubbly nosed snot monster)

Posted by: Brummie
Date: 21-03-2015 11:48:22

I offered to take the tree rat to the vet's to put him out of his misery but he refused :devilish: :devilish:


Posted by: Predictable Bob
Date: 21-03-2015 12:41:21

:/

Did you mean put him out of our misery ?

:whistle:

Posted by: That_Ruddy_Squirrel
Date: 21-03-2015 13:16:54

 Brummie wrote:

I offered to take the tree rat to the vet's to put me out of our misery but he refused as even dumb animals deserve to live :devilish: :devilish:

I've corrected that for you :D :devilish:

Posted by: abecketts
Date: 21-03-2015 16:59:35

sorry to hear, I guess disposing of a tree rat would help reduce the white coat syndrome

Posted by: That_Ruddy_Squirrel
Date: 21-03-2015 17:27:51

I was wondering when the dumb animal would appear >

Evening oh vin Plonk producer :whistle:

Posted by: Matt
Date: 21-03-2015 23:58:39

This is why those health check letters from the doctors surgery just end up on the fire when they send them to me. Twice they've tried getting me in there, and failed. If my body's going tits up, I'm enjoying how I get there, so sod that for a lark.

Posted by: Maverick
Date: 22-03-2015 10:57:15

 Matt wrote:

This is why those health check letters from the doctors surgery just end up on the fire when they send them to me. Twice they've tried getting me in there, and failed. If my body's going tits up, I'm enjoying how I get there, so sod that for a lark.

Unfortunately due to family history I'm on the automatic 5 year checkup list.

Posted by: Brummie
Date: 22-03-2015 13:13:26

I wonder how the snot nosed tree rat is today is today. :devilish:

Posted by: That_Ruddy_Squirrel
Date: 22-03-2015 14:26:59

Beginning to feel better [flings snot at the Midlands]

Posted by: Brummie
Date: 22-03-2015 16:15:25

Have you got it all out of your fur yet? :devilish:

Posted by: That_Ruddy_Squirrel
Date: 22-03-2015 17:29:13

YEP, flung it all at black country

Posted by: abecketts
Date: 22-03-2015 18:16:19

some of it landed here sadly, currently dosed up on decongestant, stop flinging it around Tree Rat

Posted by: That_Ruddy_Squirrel
Date: 22-03-2015 19:11:39

[Passes over the lemsip and a bulk buy of tissues]

Get well soon, I wouldn't wish the snotty nose on anyone (well excepting a certain resident of Brummie land) :whistle:

Posted by: meooo
Date: 22-03-2015 20:53:53

[Image link](#)

Posted by: Matt
Date: 23-03-2015 00:46:35

:lol: That's a cracking image. :lol:

Posted by: Maverick
Date: 23-03-2015 11:57:24

Good news. It was a severe case of white coat syndrome.
last reading at home was 128/76, which is close to optimum.

So it looks like you're stuck with me for a while longer.

Posted by: Brummie
Date: 23-03-2015 12:53:48

Mmmmmm I wonder if it really was white coat syndrome. How old was this "she" in the white coat? :nonchwhistle:
Good to hear you're back to normal, well as normal as a mamil gets anyway. :devilish:

What is happening to this forum? First we have a MATRIL (Middle Aged Tree Rat In Lycra) and now if that wasn't bad enough a MAMIL. Anyone else got a dirty secret they want to tell us?

Posted by: Predictable Bob
Date: 23-03-2015 16:56:53

:/

Confession time then ...

I bought a tracksuit a few weeks ago and a pair of shorts :(

:mad:

Posted by: meooo
Date: 23-03-2015 18:07:15

 Predictable Bob wrote:

:/


Confession time then ...

I bought a tracksuit a few weeks ago and a pair of shorts :(

:mad:

So you're now a chav?

Posted by: That_Ruddy_Squirrel
Date: 23-03-2015 18:30:54

 Brummie wrote:

Mmmmmm I wonder if it really was white coat syndrome. How old was this "she" in the white coat?
:nonchwhistle:
Good to hear you're back to normal, well as normal as a mamil gets anyway. :devilish:

What is happening to this forum? First we have a MATRIL (Middle Aged Tree Rat In Lycra) and now if that wasn't bad enough a MAMIL. Anyone else got a dirty secret they want to tell us?

Ahem you dozy old bugger, I am not in lycra - would it be fair to inflict this poor unsuspecting world with the image of me in tight shorts ?

Posted by: meooo
Date: 23-03-2015 18:49:59

Doesn't seem to have stopped Bob


Posted by: Matt
Date: 23-03-2015 19:15:23

 Maverick wrote:

Good news. It was a severe case of white coat syndrome.
last reading at home was 128/76, which is close to optimum.

So it looks like you're stuck with me for a while longer.

:thumbs: Good to hear. :)

 Predictable Bob wrote:

:/

Confession time then ...

I bought a tracksuit a few weeks ago and a pair of shorts :(

:mad:

If you add sandals to that list at any time, I'm coming over there personally to slap you. :D

Seeing as we're on with confessions, in real life I'm...

normal. :devilish:

Posted by: That_Ruddy_Squirrel
Date: 23-03-2015 19:21:18

You ??? normal ???? :yikes: :sofa:

Yeah right, you and Boris Johnson ! :whistle: :lol:

Posted by: meooo
Date: 23-03-2015 19:39:31


 Matt wrote:

 Maverick wrote:

Good news. It was a severe case of white coat syndrome.
last reading at home was 128/76, which is close to optimum.

So it looks like you're stuck with me for a while longer.

:thumbs: Good to hear. :)

 Predictable Bob wrote:

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I bought a tracksuit a few weeks ago and a pair of shorts :(

:mad:

If you add sandals to that list at any time, I'm coming over there personally to slap you. :D

Seeing as we're on with confessions, in real life I'm...

Feeling normal today. :devilish:

Fixed that :whistle:

Posted by: Maverick
Date: 23-03-2015 19:55:51


Really must get a photo of me in my Summer skin tight racing gear, just to scare the bejesus out of you all.

Posted by: meooo
Date: 23-03-2015 20:13:09

It won't get past the safety wall

Will it? :o

Posted by: That_Ruddy_Squirrel
Date: 23-03-2015 20:17:05

 meooo wrote:

It won't get past the safety wall

Will it? :o

That's not what you need to be worried about, what you need to worry about is this starting a new trend - we could have pictures of Bio, Brummie and aBecketts in Lycra :yikes:

and those 3 images would run a steamroller through any filter Matt can apply

Be afraid, be VERY afraid :sofa:

Posted by: meooo
Date: 23-03-2015 21:08:45

Brummie and Bio in Lycra?

Will it stretch that far?


Posted by: That_Ruddy_Squirrel
Date: 23-03-2015 21:17:07

If it was originally made for Demis Roussos it stands a chance :lol:

Posted by: meooo
Date: 23-03-2015 21:40:36

Is that what Brummie wears under his dogging coat? :D

Posted by: That_Ruddy_Squirrel
Date: 23-03-2015 21:52:00


 meooo wrote:

Is that what Brummie wears under his dogging coat? :D

I'd rather not think about that, god knows what he wears under that coat :yikes:

Still there can't be much that's worn under there :lol:

Posted by: Maverick
Date: 24-03-2015 06:05:16

 meooo wrote:


It won't get past the safety wall

Will it? :o

Oh I'm sure that such a picture wouldn't be stopped by a firewall.

Posted by: gwh200
Date: 24-03-2015 07:41:27


 Matt wrote:

 Maverick wrote:

Good news. It was a severe case of white coat syndrome.
last reading at home was 128/76, which is close to optimum.

So it looks like you're stuck with me for a while longer.

:thumbs: Good to hear. :)

 Predictable Bob wrote:

:/

Confession time then ...

I bought a tracksuit a few weeks ago and a pair of shorts :(

:mad:

If you add sandals to that list at any time, I'm coming over there personally to slap you. :D

Seeing as we're on with confessions, in real life I'm...

normal. :devilish:

So young (old actually) so blighted with galloping knob rot!!

Posted by: Predictable Bob
Date: 24-03-2015 17:44:58

:P


Too late Matt - I've had the sandals for years (Not worn with socks though !)

PS
I have NO FEAR (Cos you'll never venture this far south)

PPS
Herself has me researching a fortnight in North Yorkshire with the tin tent - be AFRAID as we may pass nearby :devil:

:whistle:

Posted by: Brummie
Date: 24-03-2015 19:55:59

 Predictable Bob wrote:

:P

Too late Matt - I've had the sandals for years (Not worn with socks though !)

:devil:

:whistle:

Be honest Bob are they sandels or are they really :uneasy: crocs ? :yikes:

Posted by: meooo

Date: 24-03-2015 20:42:28

Probably Jesus sandals :))

Posted by: Predictable Bob

Date: 24-03-2015 23:40:04


:P

They're actually off road sandals - basically outdoor slippers :cool:

:lol:

Posted by: Maverick

Date: 25-03-2015 00:00:02

 Predictable Bob wrote:

:P

They're actually off road sandals - basically outdoor slippers :cool:

:lol:

Oh, I've got a pair of them

Posted by: Predictable Bob

Date: 25-03-2015 06:40:39

:/

That comes as no surprise TBH Mav :whistle:

:lol:

Posted by: Brummie


Date: 25-03-2015 12:46:56

Probably wears them with his skintight Lycra :turngay:

:rofl: :rofl:

Posted by: Maverick

Date: 25-03-2015 13:51:51

 Brummie wrote:


Probably wears them with his skintight Lycra :turngay:


:rofl: :rofl:

Laugh you not. There are such a thing as SPD sandals. But even I have drawn the line and not bought them.

Posted by: Brummie

Date: 25-03-2015 15:25:34

 Maverick wrote:

 Brummie wrote:

Probably wears them with his skintight Lycra :turngay:

:rofl: :rofl:

Laugh you not. There are such a thing as SPD sandals. But even I have drawn the line and not bought them.

Why not? Is it because you are saving for these? :whistle:

<https://encrypted-tbn2.gstatic.com/images>

Posted by: That_Ruddy_Squirrel

Date: 25-03-2015 20:02:59

Dare I mention aBecketts trainers ?

[Image link](#)

Posted by: abecketts

Date: 26-03-2015 07:53:28

tree rat, us farmers wear steel toe capped boots, the easier to kick vermin with

Posted by: meooo

Date: 26-03-2015 08:25:35

 abecketts wrote:

tree rat, us gentlemen farmers wear steel toe capped boots, the easier to kick our workers with

Fixed that :rolleyes:

Posted by: That_Ruddy_Squirrel

Date: 26-03-2015 09:06:36


 abecketts wrote:

tree rat, us farmers wear steel toe capped boots, the easier to kick vermin with

Knowing you wool lined, pink fluffy slippers is nearer the mark :lol:

Posted by: Brummie

Date: 26-03-2015 12:00:04


 That_Ruddy_Squirrel wrote:


Dare I mention aBecketts trainers ?

<http://www.vibramfivefingers.it/images/products>

Are those what he wears to tread grapes? :lol:

Posted by: abecketts
Date: 27-03-2015 11:03:55

 Brummie wrote:

 That_Ruddy_Squirrel wrote:
Dare I mention aBecketts trainers ?

<http://www.vibramfivefingers.it/images/products>

Are those what he wears to tread grapes? :lol:

Brummie, food hygiene forbids the use of feet unless you are in portugal making port

Posted by: Maverick
Date: 08-04-2015 19:18:04

Well the weather has warmed up, I've been scaring the locals in my skin tight lycra and throughally enjoying myself, forgot to take photos I'm afraid, maybe next time.

Got the results from my blood tests back today
Cholesterol :- 4.5
HBA1c :- 32
Cardiovascular risk :- 3.3%

So sorry folks looks like you're stuck with me for a while yet (I've also managed to get my blood pressure down to 116/75 with a resting pulse of 43).

Posted by: That_Ruddy_Squirrel
Date: 08-04-2015 20:02:13

Glad the results look good :-)

Thanks for reminding me at heart rates, I must do another long ride with the monitor on, the last time I had a range from 94 to 180 beats per minute !

Yes the fat squirrel does his best on the bike :D

Posted by: Predictable Bob
Date: 09-04-2015 17:35:07

:/

Have you noticed that women have a nasty habit of changing their minds at the drop of a hat ?


Having sorted out all the options for North Yorkshire it appears that we're now going to Padstow with a bunch of piss heads !

C'est la vie :rolleyes:

PS
I presume that I'll be safe from you lot down there ?

:whistle:

Posted by: That_Ruddy_Squirrel
Date: 09-04-2015 17:48:20

 Predictable Bob wrote:

:/

Have you noticed that women have a nasty habit of changing their minds at the drop of a hat ?

Having sorted out all the options for North Yorkshire it appears that we're now going to Padstow with a bunch of piss heads !

C'est la vie :rolleyes:

PS

I presume that I'll be safe from you lot down there ?

:whistle:

Isn't Meoo, Stormy and Captain Pugwash - oops Pirate Storm down that neck of the woods ? :lol:

Posted by: meooo

Date: 09-04-2015 17:59:31

Oh my goodness

What have I done to deserve that? :| :|

Hope it's at a time I can bugger off somewhere else :devilish:

Posted by: Predictable Bob

Date: 10-04-2015 16:42:42

:/

Regrettably it'll be at peak grockle time so you'll either be hibernating or on a different continent if you've any sense !

:cool:

Posted by: That_Ruddy_Squirrel

Date: 10-04-2015 17:57:47

Should go by bike, it will be far quicker than the grocklemobiles :-)

the sight of you
in lycra will
cheer the poor

sods in said
crocklemobiles
as they crawl
along :whistle:

Posted by: Predictable Bob
Date: 10-04-2015 18:07:55

:lol:

Between my scarred lungs, knackered knees and temporarily bugged upper body I suspect that you're well wide of the mark !

The plan is a short run down to a CL near Exeter followed by an early start down to the site - piece of cake and no stress :D

:devil:

Posted by: meooo
Date: 10-04-2015 21:27:01

Famous last words □□□□

Posted by: Predictable Bob
Date: 11-04-2015 05:51:09

:/

It's worked on previous infiltrations ...

:cool: