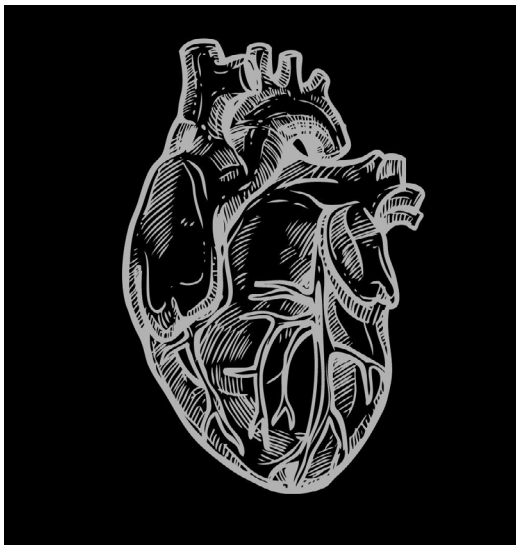


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ONLINE



DAN SIMPSON:
POET WRITER | PERFORMER
PRODUCER | EDUCATOR

LINES OF LOVE: VALENTINES CARDMAKING WORKSHOP

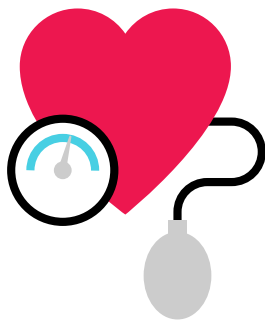


Thank you for joining us for this workshop,
part of the Imperial Lates Online:
Relationships programme!

Leading this workshop is artist **Made by Maika**,
poet **Dan Simpson** and cardiology doctor
Anenta Ramakrishnan.

We'd love to see what you make! Please share your
creations with us on social media:

@imperialspark / @MYOlondon / @dansimpsonpoet /
@anentar / @madebymaika



Find out more about Dr Anenta
Ramakrishnan's research

[A factsheet about high blood pressure](#)

[Advice about measuring blood pressure](#)

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ONLINE

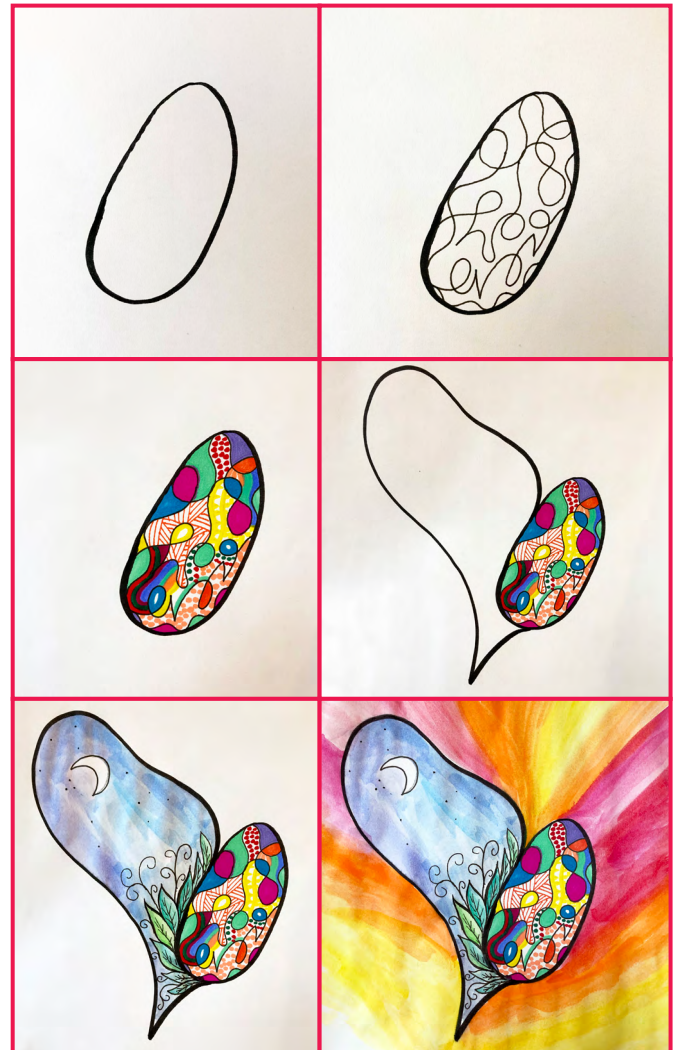
What you'll need

- paper or card
- pens, colouring pens/pencils or paints if you have them but not essential

Drawing Activity

First we're going to create a heart drawing to decorate the front of your cards.

- 1** The Left Ventricle: we start by drawing one side of the heart which we will fill with arteries. It doesn't have to be anatomically correct!
- 2** Fill it with colour and patterns.
- 3** Love and Blood Pressure: draw the other side of the heart and fill it with all the things you love. Don't be afraid to exaggerate this side of the heart and fill it with lots of different things.
- 4** Lastly frame your heart with colour or more drawings.



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Writing Activity

Now we're going to create mini poems to go on the inside!

- 1 Decide who this card is for: a partner, friend, family member, yourself...
- 2 Write down what you'd like to say to them – here are some prompts! Try to write a few sentences for each of:
 - A. When I think about you, I...
 - B. You always...
 - C. I remember when we...
 - D. When I see you, I feel...
 - E. I love it when you...
 - F. You never...
 - G. One day we'll...
- 3 Write down some thoughts on where you see the heart symbol used in the world – and how you feel about that! e.g. I <3 NY, emoji, hand gestures, Valentines cards, tattoos, drawn on school books, videogames, health settings...
- 4 **Pick a few interesting scientific expressions:**
 - coronary flow is phasic and occurs predominantly in diastole
 - mechanical cardiac-coronary coupling
 - wave intensity analysis continues to provide a useful technique
 - has been extensively studied in clinical studies
 - it is based on very basic mechanical principles
 - the mathematical tools for solving these problems were provided nearly century earlier
- 5 there are an infinite number of ways that a waveform can be decomposed
 - waves generated by the heart
 - a method that can estimate wave intensity patterns
 - these measurements can be onerous and technically challenging
 - approved by the local research ethics review committee
 - the reservoir approach
 - there was evident correlation between the systolic upstroke of both waveforms
 - a constant peak aortic velocity
 - we examined their predictors and associations
 - the second factor had a j-shaped relationship, with a nadir
 - backward pressure amplitude
 - several models are required to study their associations with different variables
 - all supporting data are available
 - using a standardized protocol
 - new methods have expanded the scope of measurable parameters
 - our participants were apparently healthy people
 - in clinical practice, calculating factor scores for each patient would require connecting
 - which enhanced the validity and novelty of our findings
- 5 Combine your favourite sentences from all this writing in whatever ways feels right. Don't worry too much about common sense and grammar: what feels like it fits together or contrasts?

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