



HOPE

C A T S

CUMBRIA ADVISORY THYROID SERVICE

Late Summer 2016 - News Update

Long may C.A.T.S. continue to give hope to Thyroid patients everywhere

Hello Everyone

Welcome to our news up-date, it hardly seems five minutes since I was typing up the summer newsletter. Our office has been very busy over the last few weeks. First we had our trip to London to help the Queen celebrate her 90th Birthday. This was a fantastic day and I will be giving a full report on the event in our Christmas Bumper edition (coming out in November). Also Tony our volunteer has been working very hard to get the website ready to go live. I think you will all agree when you view the site what an excellent job Tony has done, thank you Tony. Go to www.cumbriancats.co.uk and take a look. We have also been working very hard to finalise our information booklet that we will be using for our Schools information events. There has also been lots of e-mails and phone calls to answer, which has kept us all busy.

Thyroid Friends.

Our membership numbers are continuing to climb with a total of 140 members now supporting the work we do. This is wonderful news, however we will always welcome new members, so if you know anyone who has Thyroid problem please tell them about C.A.T.S. You can now join via our website, just download and print off the form then send it with your cheque to the C.A.T.S. office. Don't forget all money raised by the group goes to improve the lives of Thyroid patients. All our services are free, many groups now charge for information and advice, but we do not.

BTF (British Thyroid Foundation) news

I was very interested to read in the latest BTF newsletter that scientists, doctors and pharmaceutical companies are working together to produce a new combined T3/T4 pill. This could be good news for patients who are on this treatment, and have to remember to take your T4 before your breakfast, followed by two doses of T3 spaced out later in the day.

20 Years Anniversary

Yes, as Victor Meldrew would say, I don't believe it, but next May we will have been running as a support group for 20 years. As this will be a memorable occasion we would like to do something to celebrate. So we need everyone to let us know your suggestions. The celebrations will most likely take place in June and as it will be lighter evenings, I think an evening event will be most suitable. Send your suggestions to the office as soon as you can, so Gill and I have plenty time to make all the arrangements. We will give more details about this event in our next newsletter.

Taking your Thyroxine

It is recommended that you take your Thyroxine first thing in a morning, before breakfast with a large glass of water. Wait about half an hour or so then have your breakfast, however some patients who take several medications can sometimes find this a problem. An example of this is when patients who take osteoporosis medication (this needs to be taken first thing in a morning then a gap of 2/3 hours need to be left) before you eat anything during this time you should only drink water. C.A.T.S. always advise that once the gap of 2/3 hours has passed you should then take your Thyroxine, wait 20 minutes then have a meal. New research is taken place to see what the effects will be if you take your Thyroxine last thing at night. The research is not complete yet but if you think this may be a benefit to you go along and have a word with your doctor. There are a number of other medications that should be taken well away from your dose of Thyroxine for more advice contact the office

Storing your Thyroxine

Did you know that Thyroxine should not be stored above 25 c this may seem unimportant but many patients tell me they keep their Thyroxine in the kitchen/bathroom cabinet, which can get very hot especially in summer. Thyroxine does deteriorate when stored at a high temperature so be wise and keep your medication in a cool place.

Meetings news

The International Thyroid event and our Coffee and a Chat event we held recently were not very well attended. This was a little disappointing, however the Thyroid Information events at Kendal and Penrith saw a steady stream of visitors to our stalls, this more than made up for our earlier disappointment. Gill and I were able to answer a range of questions and there were many happy visitors who took away a range of information sheets.

Website and Facebook

Our updated website is now ready to view, there are many extra features available. We now have 47 information leaflets that you can download /print out straight from the site. You can also join C.A.T.S. using the form from the site. Members can also post comments, share experiences, and ask questions they need answers to, using the web contact form on the site. This web form is linked to my e-mail address, so I will be able to give you a reply within 24 hours. I am hoping that in the next few weeks we will also be able to run a Thyroid Forum allowing members to post queries and then receive answers from other members using their own personal experiences. The website is a work in progress so if you have any other ideas of what you would like on the site please let me know. Our Facebook page is also proving very popular you can view this page following the link below

www.facebook.com/pages/Cumbria-Advisory-Thyroid-Service-C.A.T.S./1387475768249218.

Please like and share this page to spread the word about Thyroid Disease. This page will be up-dated regularly with news of our meetings and events, newsletter up-dates and much more so please keep checking for up-dates.

NDT (Natural Desiccated Thyroid Extract)

Following on from my last article, I have received a number of phone calls from patients who are taking this extract as a Thyroid treatment because Thyroxine does not alleviate the distressing symptoms that many of us suffer. Research is showing that there is a small number of patients who do not tolerate Thyroxine very well, and I believe that it is these patients who may benefit from taking the NDT extract. The problem about this, is that NDT is not recognised as a thyroid treatment on the NHS, and is not usually available on prescription. This leaves these patients in a catch 22 situation, if they take the recommended medication (Thyroxine) they still don't feel well, or if they don't take any medication they will end up being very ill and will end up in hospital. The number of patients that this applies to is only a very small number as most patients feel quite well taking Thyroxine. Maybe as medical knowledge increases and medical thinking alters, Doctors will come to accept that this small number of patients will feel better when taking the NDT extract instead of Thyroxine, until that happens patients who want to try NDT have to take the risk by ordering from the internet. There are several companies who supply NDT, but C.A.T.S warn patients to exercise care as not all these companies are reputable. If you want more advice on this subject, please contact me.

Saving the pennies

Did you know that you can help us save money by receiving your newsletter by e-mail, it is easy to enrol for this service just send your name and e-mail address to Peter at richjon51@talktalk.net

You can return to paper copies at any time, so why not give it a try and see how easy it is (over 40 members have signed up so far), the money we save, will be used to add to the services we provide.

A very big thank you goes to Peter for all the hard work he puts in to get our newsletters out on time.

Contact details

When you join C.A.T.S. we ask for your name, address, telephone number and e-mail address (if you have one) We need these details so we can send you newsletters and information, or if we need to contact you for any other reason. All the information you provide is confidential and is not passed on to any other source. Can I make a request that if this information does change you let me know so we can keep our records updated so you will continue to receive newsletters etc. This may sound simple but it is surprising how many members forget to inform us of changes to these details.

Ways to contact us



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That's all for now Folks

Sorry but once again we have come to the end of this news update, we hope you have found something of interest. We welcome articles, information from newspaper cuttings, personal experiences or anything else that you think may be of interest for our newsletters. We will be back again in November with our bumper Christmas edition. Until then, keep well.

Best wishes

Moyra

FREEDOM OF INFORMATION RULES

Please note that all information supplied to CATS will be treated with the strictest of confidence and will not be passed on to any other source.

ALL CATS VOLUNTEERS WORK TO STRICT CONFIDENTIALITY
RULES AT ALL TIMES

Any information produced in this newsletter is to help those suffering with thyroid disease. Whilst every effort is made to provide accurate information, it is impossible to ensure that the information given is relevant to every individual. No responsibility is accepted by C.A.T.S. and it is recommended and essential that if in any doubt about your condition that you should always contact your doctor, specialist physician or surgeon to seek medical advice.

C.A.T.S. recommends that you ALWAYS seek your Doctor's advice



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