



C A T S



CUMBRIA ADVISORY THYROID SERVICE

SUMMER 2015 - Newsletter

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

HOPE

Hello Everyone

Welcome to our summer 2015 newsletter, a warm welcome goes out to everyone especially all our new members who have joined the group. We hope everyone is well and looking forward to the sunny weather. For all our members who are planning to get away on holiday soon, we hope you all have a nice relaxing break with plenty of sunshine. There is nothing like a bit of sun to raise our feel good hormones. As usual the office has been busy with phone calls, e-mails and letters. When you have a Thyroid problem there are always lots of questions you need answers to. GP's don't have the time to explain things to you and that's where C.A.T.S can help. So if you need to know anything about your Thyroid just ask us.



Facebook Page

C.A.T.S. now have our own Facebook page. This new addition to our services has just been set up. When fully operational members will be able to post Thyroid questions, share their experiences, receive updates about our public meetings and special events and exchange ideas and tips on how to cope with Thyroid problems. I will be giving more details in our next newsletter but for now please like and share our page

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



Thyroid Friends



Thank you to everyone who continues to support us by renewing their memberships, sending in donations and helping behind the scenes to keep the group running smoothly. Without this help we could not continue to operate as a support group so please continue to help in any way you can. Thyroid problems appear to be on the increase and Thyroid disease now affects all age groups with some areas of the country having as many as 1 in 4 people developing a Thyroid problem at some stage in their life. This is on a par with the current Type 2 Diabetes figures, but sadly very little publicity is given to Thyroid conditions. That is why we must continue to raise the awareness of Thyroid disease



Membership Details

When you join C.A.T.S. you pay £6. 00 (1 year subscription) this entitles you to all our member benefits plus 4 newsletters. With the 5th newsletter you will receive a gold star letter inviting you to renew your membership. If you have not replied within 6 weeks we will send a reminder letter. If you don't reply to this letter we will assume that you no longer wish to be a member and support the work we do. We find some members stay with us for many years while other members only join the group for a short while. We are quite happy to accept whatever you decide to do. ** Please note you will still be able to receive information and advice from C.A.T.S. even though you are no longer a member. The money we receive from our memberships is a vital part of our funds. This money is used to cover the cost of having our newsletters printed. In recent months there has been a bit of confusion over our membership rules so I hope this information clarifies the situation.

** Please note if you are renewing your membership if possible please send payment by crossed cheque or postal order, as I have had a problem with some subscriptions paid by cash going missing in the post.

Payment may be made via internet banking and if this is a method that you prefer then please contact the office for our account number and sort code. If you have any other ideas how we can solve this problem please let me know.

Would any members like to pay by Direct Debit? This would avoid writing a cheque, going to the post office for a postal order, and having to worry about forgetting when it is due. If enough of you would like to pay this way I will look into it.



Internet warning

When C.A.T.S. first started up there was very little information available about Thyroid conditions, fast forward 18 years and the situation is totally different with the internet being a mine of information on Thyroid problems. Sadly there are many sites out there that give incorrect or confusing information. Always be wary of sites that offer a cure for Thyroid problems, most of these sites promote Iodine or herbal remedies that are quite dangerous to Thyroid patients. If you are in any doubt about anything you see on the internet please contact the office to discuss the matter. Another warning is to be wary of any sites that offer a free trial of their products, a lady told me she signed up for a free trial sample of a hair product. The product took over a month to arrive, but the lady was shocked to discover the goods had been charged to her bank account.

So please be wary of such offers.

Public Meetings News

Gill, Terry and I recently held our Thyroid information stall at Forum 28 Barrow-In-Furness, we had a nice steady stream of people looking for advice and information on Thyroid issues. While talking to some patients it became clear that Thyroid support from the medical profession still has a long way to go. One lady had been told she could not lose weight that is not the sort of thing a Thyroid patient wants to hear). Some patients had not been given follow up blood tests after being diagnosed and put on Thyroxine. As we know in the early stages, having regular blood tests is all part of the process of balancing your Thyroid.

Fortunately there were also other stories of people who had a good level of care and support from their doctors, but many did not. C.A.T.S. asks the question should this be happening in this age of modern medicine? What are your experiences? Do you have a kind, caring and helpful doctor? Or do you struggle the get your doctor to understand just how you feel? Please let us know as we would like to discuss this topic in more detail in one of our future newsletters.



Taking Thyroxine Long Term

When we are diagnosed with an under-active Thyroid, we are told we must stay on medication for the rest of our life. Many patients worry that taking Thyroxine long term will cause damage to their bodies. C.A.T.S. view to this is that there is no need for concern as long as you are on the correct dose, and you have regular blood tests. Thyroid dysfunction is unpredictable you can go for many years on a balanced dose and then find your dose needs to be altered so don't forget to get those blood tests done. We do know of one lady who has been taking Thyroxine for over 70 years, we think this may be a record or do you know anyone who has been taking Thyroxine longer than this? If you do let us know.

Stress and your Thyroid



Did you know that when we are in danger our body produces the stress hormones, Cortisol, Adrenaline and Norepinephine. These hormones help our bodies cope with whatever danger we are faced with. However if we are stressed our bodies still produce these hormones, but a problem then arises because our body can not make use of these stress hormones as there is no danger to run from. In an effort to balance itself, production of all other hormones is reduced until the excess stress hormones are dispersed. If the stress only lasts a short while there will be no lasting effects, but for many people stress is an ongoing situation with no chance of a let-up. If this is the case our immune system becomes suppressed, so we are less able to cope with illnesses and infections. Our blood pressure will increase. Our sugar levels will become unstable leading to high and low sugar swings. All this can have a drastic effect on our Thyroid glands. In some cases our Thyroids can swing into overactive mode, while in other cases we may find this little gland will shut down. That is why when you are faced with long term stress it is important to have your Thyroid tested regularly. It is also important to have blood tests done regularly after the stressful event has passed as the effects of stress is often delayed.



Thyroid Disease not just for Ladies

It is not just the female population who suffer from Thyroid problems. There are an increasing number of men developing this problem. Tiredness, Depression and Anxiety are common symptoms. Stress, Redundancy, Retirement or even a break-up of a relationship can all be trigger factors. Thyroid problems are considered to be woman's problems so many men will try to bury their heads in the sand and pretend nothing is wrong, but as we know the longer the problem goes undiagnosed the worse it will be. So if your man does not seem as bright as he usually is get his Thyroid checked out.



New bus service



Living in a village as I do has many rewards, but also it can present many problems. One problem that came up recently was when our local bus service was axed. However it did not take long for the villagers to spring into action. A committee was formed and before you could blink a new service had been set up to replace the old one. This is a community run project and for it to be successful people must use it. The X112 service runs from Barrow-In-Furness to Coniston along the beautiful coastal road between Barrow and Ulverston. This service is free to NoW card holders, so if you fancy a nice trip out why not try this new service, you can get off and have a little walk remember exercise can be beneficial in many ways then catch the bus on it's return If you don't have a NoW card the fare is still quite affordable at £11.00 for a return journey from Barrow to Coniston. There is also a special offer on where 2 people can travel for the price of 1. Telephone Blueworks Private Hire 015395-31995 for details.

NoW cards allow you to get discount off your bus fares

To obtain your card pop into your local library with your proof of address and proof of identity, if you are classed as disabled Cumbria County Council has added a discretionary discount so to obtain this apart from the previous proof of address and identity you will have to show proof of your disability.

A Poem about Alzheimers

While looking on Facebook the other day I came across this lovely poem,
The words are so powerful I just had to share them with everyone, hope
you all like the poem



Do not ask me to remember.
Don't try to make me understand.
Let me rest and know you are with me.
Kiss my cheek and hold my hand.

I am confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you,
To be with me at all costs.

Do not lose your patience with me.
Do not scold or curse or cry.
I can't help the way I am acting,
Can't be different, though I try.

Just remember that I need you,
That the best of me is gone,
Please don't fail to stand beside me,
Love me 'till my life is done.

Unknown



The TFNC Thyroid Group

News just in, Elizabeth has suffered another set back and sadly can not see any possibility of returning to the TFNC group for some time yet. Elizabeth and Sharon have suggested to me that if any TFNC members wish to join C.A.T.S. then Elizabeth will be quite happy for them to do so. Please contact me for further details.



Holiday Tips

If you are going abroad for your holiday don't forget that Thyroxine needs to be stored some where cool (less than 25 C). And must be kept in its original packaging otherwise this could lead to problems at the customs, Thyroid patients often have very dry thin skin which can be damaged easily so don't forget some high factor sun cream and some skin moisturizers. Also don't forget to tell your insurance company that you have a Thyroid condition. If you are traveling to an EU country, emergency treatment is free providing you have a EHIC card (European Health Insurance Card) these are free and to obtain one go to <http://www.nhs.uk/chq/Pages/1073.aspx?CategoryID=70&SubCategoryID=172> and follow the links. but don't forget to say to all medical staff who treat you that you have a Thyroid condition as certain drugs administered in emergency conditions can unbalance your Thyroid

Finally we are still in the planning stages for our next public events, and will have more news on this in our September newsletter. If you have any ideas for speakers for our meetings can you let me know. Don't forget about our website - www.cumbriancats.co.uk you can find lots of useful information on the site however if you have a problem accessing the website don't hesitate to get in touch with me.

Keep well, keep happy and enjoy the summer

Best wishes

Moyra



That's all for now folks

Once again we have come to the end of our newsletter. We hope you all enjoy reading this edition. Don't forget we welcome any news items, stories or articles for our newsletter.



Contact the C.A.T.S. office by phone 01229-869705, or by e-mail moyra@cumbriancats.co.uk Or moyramm@yahoo.co.uk or you can write to us at: The Old Cottage, Garden Terrace, Baycliff, Ulverston Cumbria LA12-9RP.

CATS – Information Guidelines 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

Disclaimer

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 CATS 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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