



HOPE

**C A T S**  
**CUMBRIA ADVISORY THYROID SERVICE**  
**Late Summer 2017 - News Update**

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

## **Hello Everyone**

Welcome to our late summer news up-date. We hope everyone who has been on holiday has had an enjoyable time and for those members who did not go away, we hope you managed to grab a little bit of 'me' time. There is no doubt about it, that taking a day off and just relaxing does wonders for Thyroid patients. There has been lots of activity in the C.A.T.S. office during the last few weeks. Our petition has really taken off with over 2,000 lovely people already signed in support of having T3 reinstated as a prescription drug. Our office has also been busy answering phone calls and emails about common problems that affect Thyroid patients. You wouldn't believe the number of people who apologies for asking what they consider to be a 'silly question' when actually after speaking to them we decide to include the information in future newsletters for all members to benefit from. Thyroid dysfunction is so complex and doctors just don't have the time these days to answer all your queries. So, if you are not sure about anything Thyroid related don't forget to contact me at the office.

## **Thyroid Friends/Gold Stars**

Welcome to all our new members who have joined us recently. Our membership total has now passed the 150 target which is fantastic for a small community group such as C.A.T.S. However, don't think we're full now! We always welcome new members. So if you know anybody who has a Thyroid problem please tell them about C.A.T.S. Please don't forget if your newsletter has a gold star on, this does indicate your membership is due for renewal soon. If you get your

newsletter by e-mail you will get a separate reminder in the post. Thank you to everyone who has renewed their membership and also sent us donations. Without this support, we would not be able to run C.A.T.S.

## **Petition News**

In the last few weeks we have had lots of conversations with our local MP's John Woodcock and Tim Farron about the T3 situation. Both John and Tim are actively working to have T3 reinstated on the NHS. Michael Cassells who works alongside John recently told me that he is hoping to raise the issue of T3 in Parliament. There is also a national petition that has started in the last few weeks. This petition has amassed more than 15,000 supporters and the total is climbing each day. The link for the petition is: <https://www.change.org/p/itt-campaign-group-improve-thyroid-treatment-for-millions-of-people-stop-the-withdrawl-of-t3>

So please can you consider signing this petition as well as the C.A.T.S. petition. The more the T3 situation is highlighted the more chance we have in getting T3 reinstated. We are also going to arrange a paper petition so anyone who is not internet connected can also support us. Please look out for details of this on our website or Facebook page.

## **Calcium Supplements and Thyroxine**

Many patients take calcium supplements to help support their bones. Don't forget you need to leave a gap of 4 hours between your Thyroxine and the supplement, because the calcium will bind to your Thyroid hormones and prevent them from working. Vitamin D3 is also good to take with your calcium supplements.

## **Thinning Hair**

Often Thyroid patients find their hair can become thin. I have just been trying a B Complex supplement and also an Essential Fatty Acids supplement (this contains Omega's 3,6, and 9.) I have found my hair has improved so you may like to try this yourself. However please don't forget to check with your doctor or pharmacist first as some supplements can react with certain medications we take. This is very important if we are taking multiple medications.

## **Winter health tips.**

It's hard to believe that the nights are slowly closing in and the colder weather will soon be here. Do not forget that as Thyroid Patients we should keep warm, eat healthily and keep as active as possible in order to fight the cold and flu germs that invade our bodies during this time.

## **Flu Injections**

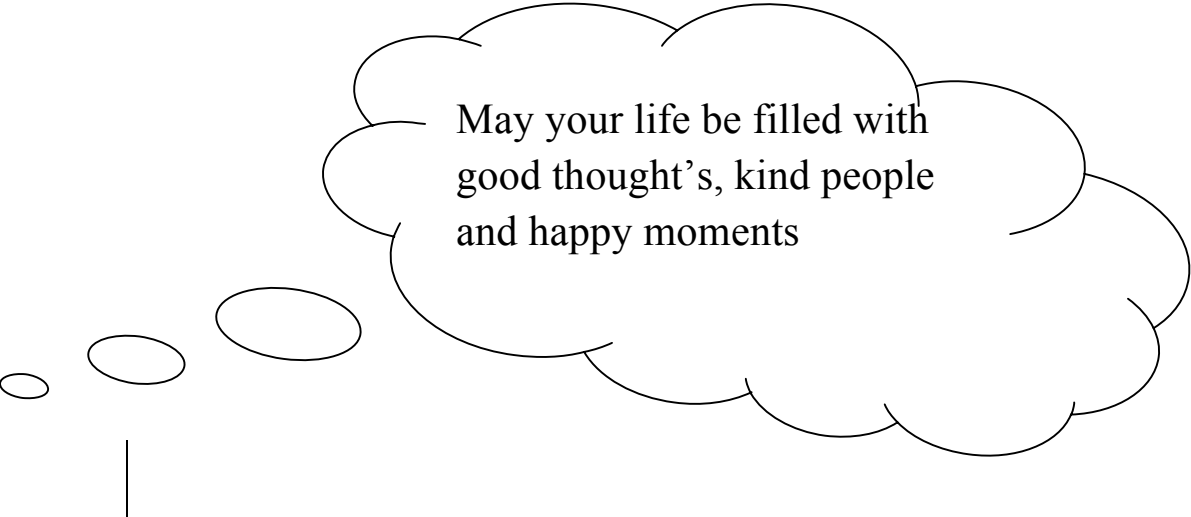


Remember it will soon be time to have your yearly flu vaccination the NHS advises that you should have it between October and November so contact your doctors surgery. If you think you might be eligible for a vaccine or would like advice go to <http://www.nhs.uk/Conditions/vaccinations/Pages/flu-influenza-vaccine.aspx>

## **Website and Facebook Page**

Don't forget while we are not having any meetings, you can use our Website/Facebook page to contact C.A.T.S. You can also post any comments or questions you have, or maybe share your experiences. The website is linked to my email address so I am able to reply within 24 hours. You can access our website at [www.cumbriancats.co.uk](http://www.cumbriancats.co.uk) or the Facebook page is [www.facebook.com/pagesCumbria-Advisory-Thyroid-Service-C.A.T.S./1387475768249218](http://www.facebook.com/pagesCumbria-Advisory-Thyroid-Service-C.A.T.S./1387475768249218) Please like and share this page to spread the word about Thyroid Disease. We regularly post news up-dates on the website and the Facebook page so please keep checking to see our latest news.

## **Passing Thought**



May your life be filled with  
good thought's, kind people  
and happy moments

## Ways to contact us

There are several ways to contact us:

Telephone: 01229 869705

Email us at: [moyramm@yahoo.co.uk](mailto:moyramm@yahoo.co.uk)

Write to us: The Old Cottage, Garden Terrace, Baycliff, Ulverston, Cumbria,  
LA12 9RP.

## Information

All information you supply to us is treated confidentially and is not passed on to any other source. When you join C.A.T.S. we ask for your contact details, we need these details so we can send you newsletters or anything we may need to contact you about. If you do change your contact details at any time can you please let me know just in case I do need to get in touch with you.

## That's all for now Folk's

Once again, we have come to the end of our mini news up-date. We hope you have found something interesting. If you would like to contribute to our newsletter, please contact me at the office. We will be back again at the end of November with our bumper Christmas edition. Until then keep well, keep happy.

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

