



HOPE

## **Hello Everyone**

# **C A T S**

## **CUMBRIA ADVISORY THYROID SERVICE**

### **SPRING 2017 - Newsletter**



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

Welcome to our first news update for 2017 and a warm welcome to our new members who joined C.A.T.S. recently. We hope everyone has had an enjoyable Christmas and has managed to keep free of the horrid cold virus that has been going around. Thank you to everyone who sent cards and Christmas greetings along with membership subscriptions and extra donations for our funds. The office certainly looked very festive over Christmas. As usual we have been busy with lots of up-dates to report about.

### **Thyroid Friends/Gold Stars**

Thank you to everyone who continue to support us. Our Thyroid Friends register has reached 145 which is wonderful for a small support group such as C.A.T.S. However, we always welcome new members so if you know anyone who may like to join us, please tell them to contact the office. Membership is only £6.00 for 12 months. We like to keep the price as low as possible, so it is affordable to everyone. We are a community not for profit group so all profits are ploughed back into the group and used for the benefit of you, our Thyroid patients.

### **Sad News**

We have just received news that our dear friend and longtime supporter/volunteer, Dorothy Whinnerah, has died. Dorothy trained to be a C.A.T.S advisor and used her personal experience to advise and put patients at ease. The love and compassion she showed was wonderful and she had a way of being able to understand just how nervous you were feeling. After a few minutes talking to Dorothy you always felt much better. All those who were fortunate to know Dorothy will all miss her very much. Our thoughts and love are being sent to all her family. RIP Dorothy.



### **Petition Up-date**

Our petition to get T3 reinstated as a prescription drug available on the NHS was launched on December 7th. We have had a wonderful response with over 400 people signing the petition. When news came in about the T3 issues we understood that there would be a blanket ban on T3, however this is not the case and in some areas of the country you can still get your T3 whereas other areas you can't. So it has become something of a postcode lottery, which we feel is very unfair. Cumbria was one of the areas affected by this ban and this was one of the reasons that we started this petition. We have recently spoken to the Cumbria Clinical Commissioning Group ( CCG ) and have been told that if you are a patient who has had your T3 stopped you need to ask your GP to arrange a referral to the Endocrinology team so you can be assessed. If your assessment shows you need T3 you will get this on a NHS prescription (free prescription) These are new guidelines that have just been agreed with the NHS and our CCG. However, there are still many areas where the ban still exists. Our MP's are actively working behind the scenes holding various meetings to try to sort this matter out and we will update you on their progress soon.

Other T3 news is Concordia International the drug company that caused the problem by charging the NHS outrageous prices for T3 are being investigated by the same company that investigated Pfizer. In their investigation, it resulted in Pfizer being fined for overcharging. We hope to have more news on this soon. Meanwhile the British Thyroid Foundation are printing new guidelines on their website to help any patients who are affected by this issue. We hope that all these new developments will help to sort out the issues facing patients receiving T3. However, we understand that Thyroid problems are complex and there will still be patients who are not helped by these new guidelines so please help us to continue with our petition so we can get a satisfactory solution to this problem.

## **Tiredness and low energy levels**

One of the most common problems facing Thyroid patients is tiredness and low energy levels. New research has shown that low levels of a naturally occurring enzyme could be the reason for this. The enzyme 'Co-enzyme Q10' is an enzyme that the body produces to help with energy and many other functions. As we get older the levels in our body decrease. New research is showing that taking a supplement of this enzyme will boost energy, help strengthen the immune system, help to maintain a healthy heart and will aid many other body functions. The active form of this enzyme Ubiquinol (reduced Co-Q-10) is available from health shops and high street Pharmacies. If you suffer from low energy levels and would like to try this supplement, don't forget to ask your GP or Pharmacist for advice before trying it.

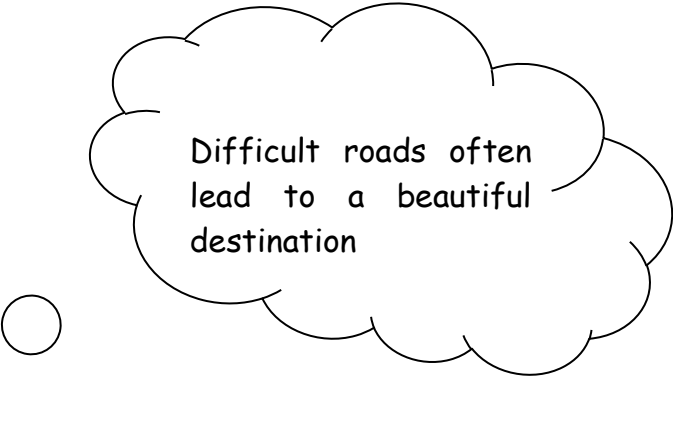
## **20<sup>th</sup> Anniversary Celebrations**

As we said in our late summer news update, next May C.A.T.S. will celebrate their 20<sup>th</sup> anniversary. This is quite an achievement, I'm sure you will agree, and one that we feel should be marked in some way. We are still open to suggestions so if you have any ideas please contact the office as soon as possible. We will be posting our shortlist of suggestions on our Facebook and Website pages so watch out for those and details of our final decisions.

## **Postage**

As you all must be aware the price of stamps are very high, in fact postage is one of C.A.T.S. largest expenditure, if you can help us reduce this cost by changing the way you receive your newsletters you would not only be helping C.A.T.S but doing your bit to save the environment. The newsletters are sent to your computer usually in the form of a PDF document but can be sent in any format you prefer, there is no difference against a computer newsletter and a paper copy. If you can help us out by changing to a computer version this would be of a great help, you can at any time revert back to a hard copy if you so wish, Please contact Peter at richjon51@talktalk.net to get added to the list

## **Passing thoughts...**



Difficult roads often  
lead to a beautiful  
destination

That's all for now everyone. We'll be back again in June with a bumper Summer issue. Keep checking our website and Facebook page for updates on our petition and all the other latest C.A.T.S. news.

Best Wishes

Moyra

If you want to contact us, there are several ways to do this



BY POST----- The Old Cottage, Garden Terrace, Baycliff, Ulverston, Cumbria, LA12 9RP



BY PHONE ----- 01229 869705



BY E-MAIL-----moyramm@yahoo.co.uk



VIA OUR WEB-SITE----- [www.cumbriancats.co.uk](http://www.cumbriancats.co.uk)



FACEBOOK PAGE-----[www.facebook.com/pagesCumbria-Advisory-Thyroid-Service-C.A.T.S./1387475768249218](https://www.facebook.com/pagesCumbria-Advisory-Thyroid-Service-C.A.T.S./1387475768249218)

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*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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