



HOPE



C.A.T.S.

LATE SUMMER 2018 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 is keeping well and have enjoyed the lovely summer weather we have had over the last few weeks. We should not complain, but I must admit it has been too hot for some of our members and I have received quite a few phone calls from members who have said that they can not cope with this heat. Having a Thyroid problem does mean that our body thermostat system just does not work very well.

Unfortunately, as nice as the hot weather has been, we must remember those autumn days are not far away. It is important for Thyroid patients to strengthen the immune system to prepare for the winter days ahead. One way to kick start this process is by eating a diet rich in essential nutrients. If you can't manage to eat a good balanced diet, (many patients can't manage to do this because of gastric issues), then you may want to consider taking extra supplements. The herb Echinacea is a good supplement to take as this herb strengthens your resistance to cold and flu germs that invade our bodies during the winter months. Other useful supplements to consider are Garlic, Vitamin C, Selenium and Zinc

**** As usual C.A.T.S. always recommend you check with your Doctor before taking any extra supplements as some can react against your Thyroxine or any other medications you may be taking.**

**** Also, if you normally have one, don't forget to get your appointment for your flu jab booked. They are usually available from October at most health centre's and also many pharmacies.**

Gold Stars and Thyroid Friends

Don't forget to look out for a gold star form with your newsletter. This indicates that your membership subscription is due soon. Please consider renewing your membership if you are able to, as the money from the subscriptions is our main source of funds.

Blood test ranges

Please be aware that the ranges for Thyroid blood tests have recently changed in the Morecambe Bay area. The old range for our FT4 (Thyroxine) used to be (8-18). Using this range C.A.T.S. used to recommend that patients aim to get their levels of FT4 around 15. This reading shows that your Thyroid is nicely balanced and most patients will feel well with a level of 15. However, the range has now altered and the new figures are (7.9 – 14.) So, if you have followed our advice in the past, you may find that your GP may now say you are over-medicated, so they may want to adjust your medication. At the moment I am not sure how these new guidelines will be interpreted by your GP, so once I have this information I can advise patients further.

Coffee and Chat Meeting



We have had a good response about the idea of meeting up in a supermarket café for an informal get together. So, Gill and I would like you to invite you to our first meeting at Morrisons supermarket in Barrow. The meeting will take place on Wednesday 12th September 11-00am to 1-00pm. If this idea is successful we will start having regular meetings after Christmas at various venues around the area.

C.A.T.S. Website

While we are not having regular meetings, you can find lots of information and advice on our website. Go to: www.cumbriancats.co.uk

Thin Hair, Dry Skin and Female dryness

These are all common problems that Thyroid patients can experience. If you suffer from any of these problems you may benefit from trying an Essential Fatty Acids supplement. This contains the Omega 3,6 and 9 fatty acids that are popular at the moment. Or you could try the Sea Buckthorn Oil capsules, these contain Omega 3,6,7 and 9 fatty acids. Both of these supplements work by nourishing the body from the inside. You will need to take them for a few months before you notice much difference. I have tried these supplements myself and they have improved my hair and my skin. If you would like to try these you can get them from health food shops and pharmacies. As always please check with your doctor first especially if you have other health conditions and are taking other medications. If you want more advice on this subject please contact me.

Two other popular remedies for thinning hair are Regaine and Nourkin. Regaine is a liquid treatment that you just comb through your hair each day. You will need to use this for at least 6 months before you notice a difference. This treatment contains Minoxidil a heart drug that also makes your hair grow, but you need to take care using this product as it can cause low blood pressure along with heart rhythm problems. C.A.T.S. do not recommend this treatment if you have blood pressure and heart problems. Nourkin contains a mixture of vitamins and minerals taken in tablet form. Again, this will need to be taken for at least 6 months. If you are already taking vitamin or mineral supplements please check the amount in these tablets to prevent you accidentally overdosing and causing more health problems. Just to be safe check with your doctor first.

Osteoporosis



This always used to be thought of as an “old ladies” health problem, however patients as young as 30 are now being diagnosed with this problem. This is a frightening development as the nick-name for this condition is “the silent killer”. This is because you do not know you have this problem until a minor fall results in broken bones. Some patients are pre-disposed to develop this problem, so, if your Mother or Grandmother had Osteoporosis or if you have had an early menopause or had an over-active Thyroid. Or even if you just eat a very poor diet with very little calcium and dairy products, you may be at risk. If you believe that you are at risk you will need to ask your GP to arrange a DEXA scan to confirm a diagnosis.

That's all for now folks

Sorry but we have come to the end of our news up-date. I hope you find something helpful while reading our news. Don't forget to pop into Morrison's in Barrow, on the 12th September if you want to say "Hello" to Gill and myself.

We are back again with our Bumper Christmas edition in November so until then keep well, keep happy.

Best Wishes

Moyra x

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C.A.T.S. information guidelines

Please note that all information supplied to C.A.T.S. will be used in the strictest of confidence and will not be passed on to any other source

ALL C.A.T.S. VOLUNTEERS WORK TO STRICT CONFIDENTIALITY RULES AT ALL TIMES

Any information produced in this newsletter is to help those people suffering with Thyroid disease.

Whilst every effort is made to provide accurate information, it is impossible to ensure that all information 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 consult 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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