



HOPE

C.A.T.S.

SPRING 2018 NEWS UPDATE



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



Hello Everyone

Welcome to our first news update of 2018. We are sending a warm welcome out to our new members who have joined us recently. We hope you have all had an enjoyable Christmas and have managed to keep free of the nasty flu bugs that are going around.

We would like to thank all our members and friends who sent us cards and season's greetings along with membership subscriptions and extra donations. Without this extra support we simply would not be able to carry on with the work we do. The office looked so festive, it was a shame when the time came to take all the cards down.

Thyroid Friends / Gold Stars

Our Thyroid Friends membership has now passed 150. However, we still have room for more new members. So, if you would like to become a member, joining is easy, you can download and print out a membership form from our website. Or if you prefer, just contact the C.A.T.S. office. Membership only costs £6.00 for the year, so it is quite affordable. If you have a gold star on your newsletter this means that your membership is due to be renewed.

Competition Winner

Congratulations to Janet, who correctly answered our question and was the first name pulled out our hat. We hope you enjoy spending your voucher Janet.

Petition News

Our MP John Woodcock was planning to mention our petition in Parliament during a health debate last December. Unfortunately, at the last minute, John's office informed me he was not able to do this. However, I was asked to submit a question that could be used instead. I have drafted 3 questions all T3 related which John can use in one of the Parliamentary question sessions. John's London office are now working out when he will be able to ask these questions. I will be updating everyone as soon as I have more news about this.

It is just over a year since we launched our petition to have T3 (Liothyronine) reinstated as a prescription drug. T3 is an important hormone that controls every part of our body. Our bodies make a small amount of T3 and the rest of what we need is converted from T4 (Thyroxine). Most people can convert T4 to T3 but there are a small group of patients who have a problem converting the hormones over, and it is this group that need to take T3 as an extra supplement. T3 is not available to buy in this country so any patients who have had their T3 stopped are having to do without or buy from other countries where it is available at a much cheaper price than the NHS are paying for it. However, C.A.T.S. advise that unless you are internet savvy you should be cautious doing this. There are some unscrupulous firms out there as well as the genuine ones.

C.A.T.S. feel this situation is very unfair so we will be continuing with our petition to raise awareness of the T3 issue. We have reached a total of 2,560 supporters, which is fantastic for a small group like ours. However, we do need more lovely people to sign so we can get our petition to Parliament. If you have not signed our petition can you please consider doing so. The link for our petition is <https://www.change.org/p/the-secretary-of-state-for-health-jermy-hunt-reinstate-t3-liothyronine-as-a-prescription-drug-available-on-the-nhs>

NHS England recently announced new guidelines regarding T3. They state that if you have been prescribed T3 in the past, and you have a clinical need for it, you should be able to have it, prescribed by an Endocrinologist.

However, the following day Presquipp (a not for profit group that advises the NHS) issued different guidelines, leaving patients very much up in the air if they were allowed to have T3 or not. C.A.T.S. advise if you have had your T3 stopped you should ask for a referral to an Endocrinologist. Depending on which CCG controls your health care you may be lucky to get your T3 reinstated, or you may not. So, it is still very much a postcode lottery.

Don't forget there is also a national petition being run by the ITT (Improve Thyroid Treatment) group. Please support their petition, the link is <https://www.change.org/p/itt-campaign-group-improve-thyroid-treatment-for-millions-of-people-stop-the-withdrawal-of-t3>. As well as fighting for the T3 issue, this group is also fighting for better care for Thyroid patients so please support their campaign.

Our Website

The website has just been updated so please take a look. We have a new page especially for our petition. I am also planning to have a questions and answers page so members can ask questions on anything Thyroid related. I will post answers but members can also add their own input. Our website is a work in progress, so if you have any ideas of what you would like to see on the site please let me know. Don't forget while we are not having meetings you can use the website as a source of information. Our Facebook page is also a very popular addition to the site. Please like and share our Facebook page to spread the word about C.A.T.S. Please also keep checking the page for news updates.

Meetings

We are working hard to arrange some meetings for the summer months so please keep checking our website for news of events we have planned.

Get Well Peter

Our volunteer Peter is usually busy making sure you get your newsletter by e-mail. Unfortunately, recently Peter has not been well. Please join with C.A.T.S. in sending Peter best wishes for a speedy recovery.

Passing Thoughts

If you have to choose between being right
and being kind choose to be kind

Contacting C.A.T.S.

By post: The Old Cottage, Garden Terrace, Baycliff, Ulverston,
Cumbria LA12 9RP

By e-mail: moyramm@yahoo.co.uk By phone: 01229 869705

Via our website: www.cumbriancats.co.uk (use the contact link)

That's all for now Folks

Sorry but we have come to the end of this news update. We will be back again in June but in the meantime keep well, keep happy.

Best Wishes Moyra x

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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