

Liverpool Pituitary Support Group August 2016

News

The August meeting which was held on Saturday 27th August, was attended by members 26 members, 27 if we include Thomas Connolly-Flood, Gillian's son.

Apologies were given from Hilary Peel who is having a well-earned break and Sue Horabin who is also holidaying.

Ann Dewhurst sent her apologies as she is feeling poorly. Ann would like to hear from any of the members who know her, if you do not have Ann's number please email Bev Webster.

Data Forms

If you have still not returned your Data form to a committee member or sent it to Steve Ainsworth could you, please make sure you do so ASAP. As after Septembers' newsletter we will **NOT** be sending any newsletter to anyone who has not returned the form with the relevant up to date information.

Please send your form to: -

Steve Ainsworth
1 Travis Street,
Shaw,
OL2 8EH.



October Awareness Month

The Pituitary Foundation are having their awareness campaign in October and the theme will be improving opticians' awareness regarding pituitary tumours.

As some pituitary tumours can be diagnosed through routine eye tests, field tests, raising awareness of the importance of early diagnosis through these eye tests with the opticians is crucial.

The foundation is recommending 5 ways in which everyone could help to raise this awareness.

1; The foundation has a poster on their website to be distributed to opticians which can be displayed in their staff rooms.

2; By raising money through holding a cake sale, maybe a "Great Pituitary Bake Off". The Pituitary foundation have a fundraising kit which you can download from their website.

3; Participate in a talk raising awareness of pituitary conditions and optician diagnosis of pituitary tumours.

4; To set up an awareness stand at your local doctors, opticians, community centre or any other event. We at the Liverpool Support group have leaflets, pituitary cards, information posters on an "A" frame that can be borrowed to support this.

5; To donate, if you cannot do any of the above any donation is most appreciated.

Pituitary Patients

A website called www.carenity.co.uk offers support to people who have illnesses and lets you share your journey and practical advice with other people with the same conditions. Although this website does say it will share your studies with companies who develop, produce and distribute medical products, it says it will do this anonymously and your privacy will be protected. If you use this website or have heard about it with any good or not so good feedback please let us know.

Hospital stays



Recently Linda Billinge had to stay in hospital with a diagnosis of pneumonia. Whilst in hospital she was given extra cortisol as her body obviously was under stress and thus needed the extra dosage. Yet as Linda recovered the doctor wanted to put Linda back down straight to her normal dosage. Luckily Linda knew this should not happen and that a gradually reduction in the cortisol is essential. We are glad to say Linda is much better now!

The Pituitary Foundation, on their website, have lots of information regarding visiting doctors, emergencies, surgeries and other medical concerns. They have factsheets and cards which can be downloaded to carry with you to support you in an emergency. Take a look at the website, it is full of great advice and practical support. <http://www.pituitary.org.uk/>

Hypothyroid Myopathy

Whilst wandering around the internet I came across an article regarding muscle pain and thyroid dysfunction.

This article states that muscle pain is a symptom of thyroid dysfunction, and that if your treatment is not at its optimal, that this can cause muscle pain. If you have Hypothyroidism and have muscle pains this is called *Hypothyroid Myopathy*. Some patients may experience carpal tunnel syndrome or tarsal tunnel syndrome, they also may have muscle pain, weakness, stiffness or muscle cramp, also joint pain and tendonitis.

Whereas those patients with Hyperthyroidism and are suffering with muscle pain, this is usually experienced through not being able or finding it difficult to; hold/grip objects, climb stairs, raise arms above the head and also may suffer with pain in their face or throat muscles. This is called *Hyperthyroid Myopathy*.



The article goes on to give practical advice for these symptoms and also refers you back to your GP for further tests. To read the full article here is the link:-

<https://www.nahypothyroidism.org/hypothyroid-myopathy-cause-of-muscle-pain/>

Fraud



During the meeting a member of the group revealed that they had nearly been a victim of internet fraud. This was done through a guise of Microsoft support technicians. Please ensure you have a very good anti-virus programme on your computer equipment, the free anti-virus software programmes are not usually the most reliable. Also if you are unsure of the content of any emails, or do not know the sender do not open that email. Here are two links to help support with internet fraud.

<http://www.actionfraud.police.uk/support-and-prevention/protect-yourself-from-fraud>

<https://www.citizensadvice.org.uk/consumer/scams/scams/common-scams/computer-and-online-scams/top-tips-to-avoid-online-scams/>

Fatigue

As the majority of us know fatigue plays a huge part in the everyday life of a pituitary patient, having no energy and no motivation at times (both physically and mentally). This is recognised by the Pituitary Foundation and they are soon about to publish a new booklet related to fatigue and its management with practical advice and support. So keep watch over their website and for new publications.

Raffle

£32.50 was raised at our August meeting from the raffle we held. Thank you all that participated, we hope you enjoy your prizes.

Trivia

Did you know that in August...

In 580 the Chinese invented toilet paper.

In 1831 Michael Faraday discovered Electromagnetic induction.

In 1837 Pharmacists John Lea and William Perrins manufactured Worcester sauce.

In 1926 Gertrude Ederie became the first woman to swim the English Channel.

Birthdays

Famous birthday in August include:

David Walliams (44)
Chris Eubank (50)
Neil Armstrong (1930-2012)
Chris Hemsworth (32)
Roger Federer (35)
Enid Blyton (1897-1968)



And a very Happy Birthday to any of our members who are having a Birthday this month.

If you would like us to wish a member of the group a happy birthday, please let Bev Webster know on xzbevzx@hotmail.com stating the person's name and birthday date, thank you.

Date of our next Meeting

Our next meeting will be held on
Saturday 24th September at 10.30
for 11.00am start.
It will be held, as usual at:

Fazakerley Memorial Hall
Lower Lane
Aintree
Liverpool
L9 7DL

The will to win, the desire to
succeed, the urge to reach
your full potential...these are
the keys that unlock the
door to personal excellence.

Confucius