

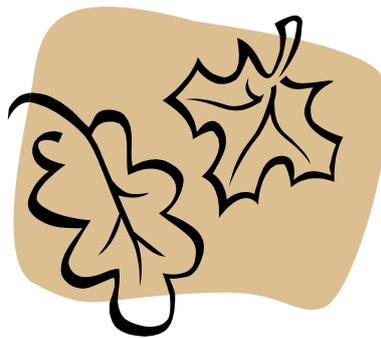
# HUG MAGAZINE



**September/October 2006**

A magazine for all HAEMATOLOGY and ONCOLOGY patients, whether they are being treated in the Day Therapy Centre or in Dove Ward. This is YOUR magazine.

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**H.U.G. SWINDON  
HAEMATOLOGY/ONCOLOGY UNITED GROUP, G.W.H.**

# H.U.G. Swindon

Future Meetings in the Osprey Education Room  
From 10:00 am till 12:30 pm

9 November 2006  
14 December 2006  
11 January 2007  
(the 2nd Thursday of each month)

Note: You may need to allow extra time to reach the GWH for appointments and meetings, because of the traffic problems at the Commonhead roundabout, where a flyover is being built.

## AIMS!!!

**HUG aims to improve the environment for ALL patients of the Day Therapy Centre or Dove Unit at the Great Western Hospital, Swindon by:**

- ❖ **Holding regular “get-togethers” where Haematology and Oncology patients and their relatives can make friends, share their views and experiences and receive information about hospital and other relevant services, all in an informal atmosphere over refreshments.**
- ❖ **Producing the HUG (Haematology United Group) Magazine, a light- hearted and informative bi-monthly magazine and making it available on Dove Unit, the Day Therapy Centre and in the Appointments Waiting Area.**
- ❖ **Pointing patients in the direction of specialist help available, as required.**
- ❖ **Following up on comments and complaints about Hospital Services and reporting back on progress made.**
- ❖ **Fund-raising to provide items for the benefit of patients, such as provision of mugs and redecoration of rooms. We are currently working on pictures for Day Therapy and Dove Ward and lamps for the latter. Ideas are always welcomed for future projects.**

Some different points of view on the sexes

Every woman is wrong until she cries, then she is right, instantly.

A diplomat is a man who always remembers a woman's birthday but never remembers her age.

Marriage is the alliance of two people, one of whom never remembers birthdays and the other who never forgets them.

## HEADLINES THAT WE LIKED!!

### **Iron Overload**

The European Commission (EC) has granted approval for Exjade (deferasirox) as a new treatment to help patients with iron overload caused by regular blood transfusions, in all 25 member states of the European Union (EU).

The approval brings to children and adults with a broad range of transfusion-dependent anaemias the only oral iron chelator to provide continuous chelation coverage with a single daily dose. The current standard of care is a cumbersome infusion via pump that often lasts 8 to 12 hours and must often be done daily.

Exjade is the first oral iron chelator approved in the EU for use in patients with transfusional iron overload who have a wide range of underlying diseases. Exjade is approved in the EU for the treatment of chronic iron overload due to frequent blood transfusions in patients age six and older with beta thalassemia major.

Note: In the UK, NICE (the National Institute for Clinical Excellence) has to approve the drug before it can be routinely prescribed on the NHS.

Details provided by the CLL network 2<sup>nd</sup> Sep 2006

### **Friendly Bacteria**

Trillions of "friendly bacteria" inhabit our gut and help us digest our food. So it is puzzling that they so rarely invade our tissues.

Now Lora Hooper and her colleagues at the University of Texas Southwestern in Dallas have shown that this may be thanks to an anti-microbial protein produced by cells lining the gut.

When mice lacking the normal complement of beneficial bacteria were fed bacteria taken from the intestines of normal mice, their epithelial cells began churning out massive amounts of the protein, called RegIII gamma (Science, vol 313, p 1126). Humans make a similar protein called HIP/PAP. Hooper says the proteins form a barrier like an electric fence, zapping bacteria if they try to cross.

New Scientist 4 Sep 06

### **Tobacco as a method of fighting cancer?**

Hard as it is to believe, a French scientist hopes to use molecules from tobacco plants to create a cheaper, more effective way of manufacturing cancer treatments. These molecules, taxol and taxotere, sourced from Yew trees, are already in use for cancers of the ovary, breast, lung and prostate. The current process is expensive and time-consuming and the trees are being over-exploited in some countries. Mr. Tissier of Librophyt in South West France hopes to use a wild tobacco strain, which is cheap and easy to grow and would enable a regular supply of the molecules.

The Independent 19 July 2006

## Catering at the GWH

Three of us from H.U.G. (Debbie Norma and Irene) recently paid a visit to the Catering Facilities, kindly arranged by Angela Morris of PALS. There have been adverse comments from patients regarding the food on a number of occasions since the group started. We were warmly welcomed by the Food Services Manager, Brian Pearson, who works for Carillion Health. Brian had previously met DMcL, one of H.U.G.'s founders, on a number of occasions.

He spent over an hour with us, explaining the system and detailing improvements made since he took over responsibility. It was particularly gratifying to know that he said that Delia had taught him everything he knew about the Clean Diet, for patients with neutropenia, and that improvements made to menus available to such patients have been based on her observations.

Catering Facilities are excellent, scrupulously clean, with a separation of activities and storage areas that many hotels would be proud of. BUT the Great Western is not set up to prepare all the food on site. Much of the food is cooked by Tillery Valley in Wales and supplied chilled for reheating. David Lilley did go to that company to see their systems before the final decision on a change of supplier was made last year. He was very impressed.

Fresh vegetables (around 14 varieties) are bought in sealed packs from a local supplier and cooked in the Catering Department. These are supplemented by tinned products, such as baked beans, mushy peas and tinned tomatoes, from the top end of the market. Choices are made from the menu supplied to patients on the previous day. The standard daily menus are rotated on a 3 weekly basis.

An "A La Carte" menu supplements the daily menus for patients who have special dietary requirements for whatever reasons. This menu includes 4 additional options for Clean Diet patients to give them more choice. These special menus and restaurant food are prepared in situ. Supplies for each ward are then sorted and dealt with by Housekeeping Staff on delivery. Reheating is done on each ward to a temperature of 60°C, which is considered to be a suitable re-heat temperature for all patients, including Clean Diet. Temperature reached is checked before deliveries to beds start.

Obviously the daily budget per patient, said to be about the same as the cost of a starter in a decent pub, influences the food available, notably in the provision of fresh fruit and vegetables. NHS national nutritional guidelines are met, however. The effect of reheating on food appearance is an issue noted by patients. Skin and congealing have both been mentioned as offputting, particularly for those whose appetite is not good anyway. This is partly the result of re-heating itself but also may be partly the result of the time it takes for delivery to all beds, particularly in the larger wards. Any action on this may be difficult.

Another point raised by patients is that presentation sometimes spoils what is otherwise an acceptable meal. One recent patient comment concerned limp salad, although to be fair, that was made during the very hot weather, when particular difficulties were encountered. It should be stressed, however, that the Catering Department is not responsible for the re-heating, presentation or delivery, which is

carried out by the Housekeeping Department.

Recent improvements, some made as a result of previous HUG suggestions, include:

- the introduction of the “A La Carte” Menu for special diets
- crescent shaped plates to keep meat and sauces separate from the vegetables
- changes of providers for cooked chilled food and for fresh vegetables, which has resulted in more positive comments from patients
- a change of supplier and containers for jelly which means it doesn't melt on the way to the bed side
- a Patient Questionnaire with a general comments section on the reverse of the following day's menu, which ensures that comments do get back to Carillion Catering
- all housekeeping staff are required to be able to understand English, to ensure that they understand training given

As a result of the meeting with HUG representatives, Brian Pearson has agreed to stress the importance of presentation of food. We look forward to receiving some positive feedback from patients on this.

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### Sudoku Answer

5	3	9	4	6	1	7	2	8
6	8	4	2	7	9	3	5	1
1	2	7	5	3	8	6	9	4
2	4	1	8	9	7	5	3	6
9	5	3	1	4	6	8	7	2
7	6	8	3	5	2	1	4	9
3	7	6	9	8	4	2	1	5
8	9	2	7	1	5	4	6	3
4	1	5	6	2	3	9	8	7

### Quiz

1. What is the next number in the series: 3, 15, 87, 519?
2. In which country does the River Elba rise?
3. Which is the odd one out: frontal, temporal, spiritual, occipital?
4. What is the largest lake wholly within Canada?
5. What is Arnold Schwarzenegger's middle name?
6. Which is the world's most populous continent?

- | Quiz Answers          |
|-----------------------|
| 1. 3111 (519 x 6 -3)  |
| 2. The Czech Republic |
| 3. Spiritual          |
| 4. Great Bear Lake    |
| 5. Alois              |
| 6. Asia               |

TOO MUCH AMBITION RESULTS IN PROMOTION TO A JOB YOU CAN'T DO.



h.u.g. ★  
fridge magnet  
★ fun

You know it's time to diet when.....



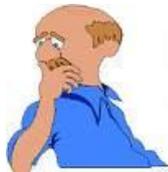
you dance

and it makes the band miss a beat

MIDDLE AGE IS WHEN YOU CHOOSE YOUR CEREAL FOR THE FIBRE, NOT THE FREE GIFTS.



If you must choose between two evils, pick the one you've never tried before



Never do today what will become some else's responsibility tomorrow.



THERE ARE 3 KINDS OF PEOPLE:  
THOSE WHO CAN COUNT  
AND THOSE WHO CAN'T.

$$5 + 4 = 8?$$

ARTIFICIAL INTELLIGENCE IS NO MATCH FOR NATURAL STUPIDITY



## H.U.G. meetings – 10<sup>th</sup> August 2006 and 14<sup>th</sup> September 2006

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### **1. Progress on proposed purchases for Dove and Day Therapy**

Installation of the additional sockets for patient use in the single rooms in Dove Ward has not yet been confirmed as we go to press. We are poised ready to try out a couple of uplighter lamps with a reading lamp also. The Collages, being made for hanging in the Dove corridor and on Day Therapy, at the same time as the pictures we will purchase for the rooms, are getting there slowly. We are getting closer to spending some of our funds and hope to have completed these projects by the end of the year!

### **2. Reiki (GO'D)**

Geraldine practices a number of therapies such as Indian Head Massage, Body Massage, Hot Stone Therapy and Baby Massage, but we had asked her along to talk about Reiki. More details will be reported in the next issue.

### **3. Outings**

We did manage it this year! A small band of members and friends went to Bournemouth at the end of August, courtesy of a very good deal from G-Line. Thanks to Rita McGary for arranging this. We had a lovely lunch and then split up for the afternoon to do some shopping, paddle in the sea or have a walk in the park, as the mood grabbed us. The weather was just right, warm but not sunny. There have since been a number of suggestions for future days out, including a Christmas meal, a canal trip, or a visit to Wyld Court Rain Forest.

### **4. Patientline (JP)**

As a follow-up to previous discussions at meetings and the article about the Patientline Services in the July/August 2006 issue, Julie came along to explain the ins and outs of Patientline, in person. She also answered many questions from HUG members and took on board comments about patients in isolation. This was an extremely useful meeting, arranged by Angela from PALS.

### **5. Future fund-raising**

Some scarves have been made to sell when the weather is colder. Stalls are likely to be set up at Hook Village Hall and at Car Boot Sales, for these and a number of other items which the group has been given.

## A HEALTHY DIET

It is essential that all of us eat a healthy balanced diet for the good of our long term health. We should all ensure that we get a healthy balance of vitamins and minerals. This would seem particularly important after having gone through a period of illness and aggressive forms of treatment. Each vitamin and mineral helps to improve specific body functions. The following list contains those that may be of benefit to haematology and oncology patients:

<u>VITAMIN/ MINERAL</u>	<u>FUNCTION</u>	<u>SOURCES</u>
Beta-carotene	Antioxidant which protects against certain cancers.	Fruit and vegetables e.g.: Apricots, peppers, tomatoes, broccoli
B6	Metabolism of protein, carbohydrate, fat; red blood cell manufacture; maintains healthy immune system	Pulses; nuts; eggs; cereals; fish; bananas
Pantothenic acid	Metabolism of protein, carbohydrate, fat; maintains healthy skin, hair and immune system	Wholegrain cereals; nuts; pulses; eggs; vegetables
Folic acid	Formation of DNA and red blood cells.	Green leafy vegetables; yeast extract; pulses.
B12	Formation of red blood cells; energy, metabolism	Milk and dairy products; meat; fish;
C	Maintains healthy connective tissue, bones, teeth, blood vessels; gums and teeth; promotes immune function; helps absorption of iron.	Fruit and vegetables
E	Antioxidant which works against heart disease; promotes normal cell growth and development	Vegetable oils; oily fish; nuts; seeds; egg yolk; avocado
Iron	Formation of red blood cells; oxygen transport; prevents anaemia	Meat and offal; wholegrain cereals, fortified breakfast cereals; pulses; green leafy vegetables
Zinc	Healthy Immune System; wound healing; healthy skin; cell growth	Eggs; wholegrain cereals; meat; milk and dairy products.
Selenium	Antioxidant which helps protect against heart disease and cancer	Cereals; vegetables; dairy products; meat; eggs

## A Visit from my Mother-in-law

My mother-in-law comes to visit  
 With her own apron, her own jar of  
 Nescafe  
 And the latest news.

Uncle Leo  
 She's sorry to say is divorcing Aunt Pearl.  
 Whose sister Bernice  
 Is having a nervous breakdown.  
 The week that they spent in Miami  
 It rained every day.  
 And her health, though she isn't  
 complaining,  
 Has never been worse.  
 The lady upstairs  
 With the limp was attacked in broad  
 daylight.

And Seymour her nephew  
 Has cataracts, flu and no job.  
 My husband, she thinks she should  
 mention,  
 Looks thin as a rail.  
 And the children, it hurts her to hear,  
 Are coughing again.  
 Belle's son. only forty years old,  
 Dropped dead Friday morning,  
 And don't even bother to ask about Cousin  
 Rose.

I don't think I will.

By Judith Viorst  
 (From It's Hard to be Hip Over Thirty)

## Sudoku again for this issue

A bit harder than the last one

Can you end up with the digits 1-9 in every row, each column and each 3x3 box?

3.

				6		7		
			2					1
1		7					9	
	4			9		5		6
	5		1				7	
		8	3		2			
3	7	6	9	8				
			7					3
4						9	8	

Answer on P5



## Aromatherapy Essential Oils

(in addition to those listed in our article of January/February 2005).

These details are taken from Janet Doran's talk at the July meeting. Remember they should not be used without prior medical consultation, if you are on medication or have recently received treatment. Some also may need to be avoided if you are pregnant or have epilepsy. Essential oils can be used for massage, in the bath, inhaled and as a compress. The only one which should be used neat is lavender oil. All others should be diluted in water or a carrier oil, dependent on use. Do not use on broken skin and keep away from the eyes.

Essential Oil	Uses
Bergamot	Uplift or sedate
Black pepper	Constipation, fever
Clary sage	Relaxation
Eucalyptus	Colds, infections, fungal growths (e.g. athlete's foot, warts)
Fennel	Wind, nausea
Geranium	To adjust mood, menstrual cycle, menopausal symptoms
Ginger	Digestion, circulation, aching muscles, nausea
Grapefruit	Detox
Lavender	Infections, sunburn, colds, antiseptic spray, relaxing
Lemon	Keeps bugs away, refreshing
Lime	Immune system, wakening up NB take care in the sun
Manuka	Muscle aches, digestion
Orange	Buck up, relieve stress
Peppermint	Digestion, headaches, keeps ants away if used in a spray
Ravensara	Nasal decongestion, antibiotic
Tea Tree	Colds, infections, fungal growths (e.g. athlete's foot, warts)