

HUG MAGAZINE



March/April 2007

A magazine for HAEMATOLOGY and ONCOLOGY patients,
being treated in the Day Therapy Centre and Dove Ward or
under review following treatment

Thank you very much to everyone in PALS at the Great Western, Swindon for their financial support which covered the cost of printing this magazine to date.



We are now self-supporting. If you could receive future editions by email or would like to make a contribution to the printing cost, contact Irene by phone or email.

We would love to hear from you with your comments, suggestions or articles.

Contact

Email: hugswindon@btinternet.com

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

H.U.G. Swindon

Get-togethers take place
in the Osprey Unit Education Room.
Turn up at any time between
10:00 am and 12:30 pm
on the 2nd Thursday of the month, i.e.

10 May 2007

14 June 2007

12 July 2007

AIMS!!!

HUG aims to improve the environment for ALL patients of the Day Therapy Centre and Dove Unit or under review following treatment in these areas 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/Oncology United Group) Magazine, a light- hearted and informative bi-monthly magazine and making it available in Dove Unit, the Day Therapy Centre and 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 mugs, bookshelves and the redecoration of rooms. Ideas are welcomed at any time for future projects.**

Lateral Thinking and Logical Deduction Answers (Puzzles on Page 9)

Seven Sequence

a) Fourth b) David c) George d) Alex e) Jack

Unlucky Sailor

He got an albatross at golf (3 under par). The mention of an albatross on board ship is unlucky.

Numerical Links

425. The alphabetical value of each letter is squared and then added together by line.

Time to Settle Up

3 cheques of £20. Penny, Mary and Claire should give Ann £20.

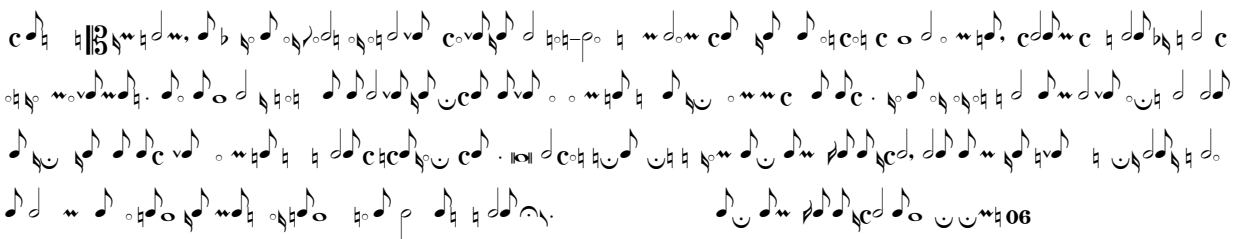
NEWS THAT MAY BE OF INTEREST

FIRST STEP TO NEW IMMUNE SYSTEM

An artificial lymph node is said to have been transplanted into mice and to have produced an immune response. It could be the first step towards rebuilding the immune systems of people with AIDS or cancer.

Researchers led by Takeshi Watanabe at the RIKEN Research Center for Allergy and Immunology in Yokohama, Japan, used a "bioscaffold" made of collagen impregnated with cells from the thymus gland of newborn mice. First they transplanted the nodes into normal mice, where they acquired white blood cells. Then they put the nodes into mice with no working immune system, where the white blood cells migrated to the animals' own lymph nodes (*Journal of Clinical Investigation*, DOI: 10.1172/JCI30379).

New Scientist 26 March 2007



- The Department of Health and the National Institute for Health and Clinical Excellence (NICE) have launched the single technology appraisal (STA) – a new rapid process for assessing drugs and other treatments. The new STA process would include a cancer-specific referral committee and involve NICE, patient groups, treatment manufacturers, the National Cancer Director and others at a much earlier stage. The process is designed to produce faster guidance on life-saving drugs that have already been licensed and on new medicines closer to when they first become available.
- A simple genetic test could be used to distinguish between two near-identical gastrointestinal cancers that require very different treatments. The test appears to be able to distinguish gastrointestinal stromal tumour (GIST) from leiomyosarcoma (LMS) with a near 100 per cent accuracy. Both cancers originate in the same muscle tissue of the gastrointestinal tract.
- Cancer Research UK has played down the latest 'super food' report - this time involving suggestions that blueberries can prevent bowel cancer. "While pterostilbene, a natural antioxidant found in the fruit, could lower the risk of bowel cancers in rats, it is unclear whether it will produce the same benefits in humans.
- Medical regulators in England and Wales have confirmed an earlier decision not to use the lung cancer drug Tarceva in the NHS, saying that comparable treatments are cheaper. NICE said that evidence on Tarceva's effectiveness was still emerging and the decision would be reviewed in 2008.
- Waiting times for the results of NHS scan results have fallen significantly and in some cases by up to 33 per cent, a Healthcare Commission report has found. The study looked at the time taken to return results from X-rays, CT scans, MRI scans and ultrasound scans at all the UK's 196 specialist imaging departments. The improvements were due to improved equipment and productivity and have been achieved despite rising demand, the commission found. Despite the improvements, many doctors and nurses said that it still took too long for the images and results to filter back to the relevant staff member.

The Long Walk

By CM

The day was cold but bright as Jim and the others came out of the hut at base camp to get ready for one of the hardest trips of his life. Jim and his three companions had planned to walk all the way to the North Pole over the ice fields. They will have to pull all the stuff that they will need for the long journey to the Pole.

The first few days went well but then the wind picked up, driving the snow into their faces, making it impossible to go on. So they set the tents up and got ready to sit out the storm, but it raged on for almost a week. Just as he was thinking of giving up, the weather broke, the wind dropped and the sun began to shine. Jim said to his friends, "Let's pack up and go for it." They agreed with him.

So they set out hoping the good weather would last and as they walked along Martin, the joker in the pack, kept saying he felt like he was being watched. Jim told Martin to stop being so stupid as there was nobody around for miles. For the rest of the day Martin kept saying something was watching them.

For the following few days they scanned the skyline but saw nothing.

The next day they came upon a rough surface in the ice field. As Jim and his friends walked around the packed ice they came face to face with a polar bear. Jim just stood there frozen to the spot looking at this big white bear. The bear walked up to Jim and asked, "Hi mate, have you got this week's lotto numbers please?"



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The above was provided by a Newbury College student. It would be nice to run an occasional series of stories with a similar Sting in the Tale. Any offers from readers?

A woman's mind is cleaner than a man's
- that's because she changes it more often.

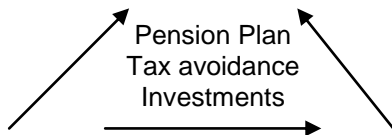


H.U.G. ★
fridge magnet
★ fun

Live for today,



but plan for tomorrow



People judge you according
to your actions,



but not according to your
intentions

**Men are like computers. As
soon as you commit to one
a better model comes
along.**



Never trust anyone
until you have walked a mile in their shoes.
After that, don't worry: you're a mile away
and you've got the shoes.

Inside every older person is a
younger one wondering what on
earth happened



**If you are going to laugh
about it tomorrow, you
might as well laugh about
it now**



BITS AND PIECES

PEAS

I ALWAYS EAT PEAS WITH HONEY,
I'VE DONE IT ALL MY LIFE,
THEY DO TASTE KIND OF FUNNY,
BUT IT KEEPS THEM ON THE KNIFE.

ANON

**And if that's not enough to make you smile,
here are some foods said to improve mood**

To pep yourself up?

Beans, pulses, wholegrain bread and red meat for iron to give you energy

Plenty of water or diluted fruit juice to keep you hydrated

Oily fish, such as sardines, salmon and tuna to help fight off tiredness

To put you in a good mood?

Bananas, with their natural sugar, give a quick boost. Pasta is good protein without the fat, and contains tryptophan, which triggers the 'happy' feelings.

Brazil nuts contain selenium which is said to boost your mood.

To help you to sleep?

Plain yoghurt, low fat cottage-cheese and turkey contain serotonin, which helps to boost sleepiness.

Hot milky drinks before bedtime ready can help you to nod off.

Swap coffee for camomile tea, which contains a mild sedative.

H.U.G. News – read all about it

Get-togethers were held on 8th and 22nd February, and 11th January 2007

1. Get-Togethers - General

Snow on the morning of 8th February meant a very low attendance, because those of us living out of town couldn't get there in time. Because we had quite a lot to discuss we met up for coffee at a local coffee bar two weeks later. Although the location was not ideal, we are now considering having regular coffee sessions away from the hospital between dates, to catch up on everyone's news. We'll let you know more next time.

2. Progress on proposed purchases for Dove and Day Therapy

We've now seen and discussed the wish list which turned out to cover both Day Therapy and Dove Ward. We decided, (and this was unanimous), on the items we felt were appropriate for HUG to purchase and LH from Cancer Services is acting as a go-between, reporting back and obtaining information on sources of the various items. Items agreed include aids for nursing staff as well as patients. More information will be provided as we reach purchase point on each suggestion!

3. Water machine on Day Therapy

It was brought to our attention by a patient's relative that the water machine had been removed from Day Therapy, to save money, understood to be £40 a month. Although it is important to keep drinking during chemo sessions, we felt that drinks are still freely available, but partly dependent on volunteer help in the area. Water can be brought in or obtained from the Osprey waiting area, for accompanied patients. We have asked whether it would be possible for a notice to be displayed near the entrance explaining that patients who wish to drink bottled water should bring it with them.

4. Visitor at January 2007 Get-Together

AM of PALS let us know that their sponsorship of the magazine and refreshments at get-togethers would cease from 1st April 2007. We have been extremely lucky to receive their help since the group's inception. This has been instrumental in establishing HUG and we would like to repeat our grateful thanks for this support. PALS will continue to help the group as required, on request.

5. Fund-raising

We did eventually manage to set up a table at a car boot sale on a beautiful Sunday, making a profit of £45.50 for funds. We intend to continue with these over the next few months and donations are welcomed. Other new fund-raising ventures are under discussion. As indicated on the front page, it would be most helpful if regular readers of the magazine could offer to receive it by email or contribute towards the cost of production, by contacting Irene.

Time for some recipes
using the early rhubarb that you forced or bought earlier

Rhubarb Fool

400g Rhubarb
50g Caster Sugar
Half a teaspoonful ground ginger (omit if neutropenic)
200g Greek yogurt
500g Custard (carton)

Preheat the oven to 180°C, gas 4. Cut the rhubarb into 2cm chunks and toss with the sugar and ginger in a baking dish. Cover with foil and cook for 25 minutes until tender, stirring once. When cool, reserve a quarter of the rhubarb for the top, drain the juice from the rest and mash to a pulp. Whisk the yogurt and custard together until smooth, then mix in the rhubarb puree. Top with the reserved rhubarb and chill until ready to serve.

Crème Brûlée with Rhubarb Compote

4 Large Egg Yolks
1 Tablespoonful Caster Sugar
(plus 40g for sprinkling)
284 ml Double Cream (or use half fat crème fraîche)
A few drops Vanilla Extract
75g Golden Caster Sugar
Pared Zest and Juice of 1 orange
400g Rhubarb, trimmed and cut into 2.5cm pieces

Preheat the oven to 140°C, Gas Mark 1. Beat the egg yolks and caster sugar together. Warm the cream until almost simmering and pour into the egg yolks, whisking continuously. Add the vanilla extract and strain into 4 ramekins or ovenproof dishes.

Place the dishes in a roasting tin and pour 2.5cm of water around them. Bake for 50-55 minutes until just set. Remove the dishes from the tin. Cool, then chill for at least 4 hours or overnight.

Meanwhile to make the compote, put the golden caster sugar, orange zest and juice and 2 tablespoons water in a pan. Heat gently, stirring, to dissolve the sugar. Add the rhubarb, cover and cook for 4-6 minutes.

Sprinkle the brûlées with the remaining caster sugar then caramelize under a preheated hot grill. Cool before serving with the warm rhubarb compote.

How are you with logical deduction and lateral thinking???

A change of puzzle type this time!

Seven Sequence

Seven boys are having a race. George finishes two places behind Liam. Jack finishes behind Alex. Clive finishes after David but before Liam. Ben finishes two places ahead of Alex. Liam is the third to finish.

- In which place does Ben finish?
- Who wins the race?
- Who finishes fifth in the race?
- Who finishes immediately after George?
- Who finishes last?

Unlucky Sailor

A sailor returned to his ship after a few days of shore leave, telling his crew mates how lucky he was to get something. Without hesitation his crew mates threw him overboard for mentioning it. What was it he had said?

CLUES

- It was a bit of good fortune, but it did not involve money or wealth.
- The sailor was really very pleased before he got back to the ship, and if he had thought about it he might have phrased his tale differently.
- His other friends who witnessed what had occurred on land were pleased for him.
- It was a sporting achievement.

Numerical Links

The two words in the puzzle have a connection with the numbers. Can you work out what it is, and identify the missing numbers?

C	73	H
H	289	O
U	882	U
R	685	S
C	34	E
H	?	S

Time to Settle Up

What is the smallest number of cheques needed to settle the following debts, if all the debts are paid by cheque?

Ann owes Penny £20. Penny owes Mary £40. Mary owes Claire £60 and Claire owes Ann £80.

Thoughts on a return to Dove – The Good, the Bad and the Ugly?

One of our “spies” who has recently been in Dove Ward made copious notes about her observations.



The Good

- Classic FM is back on the radio choices and the promotional pictures that flashed ever changing lights all round the rooms have changed and are no longer on at night.
- The food has definitely improved thanks to Brian Pearson's efforts (as Catering Manager).
- 3-drawer storage units on wheels, very useful for toileteries, dirty washing etc. have been put into the bathrooms.
- There is a limited supply of reclining chairs. One in every room would be even better, but may be subject to space.

The Bad?

- Tourniquets were in short supply
- A second notice board would be appreciated as the main one in each room is covered with hospital information. More space is needed for personal cards and pictures.
- Is the Halal menu white (suitable for neutropenic patients)? It contains salads and ice cream, which are not suitable according to the leaflet given to patients.
- They have stopped selling chewing gum in the shop, although some chemo/radiotherapy patients need it to keep their mouths moist and there are moves towards a complete smoking ban on site.

The Ugly?

- The brilliant floodlights in the back yard highlight the ugly north end of the main building and seem to point upwards, lighting up rooms on the third floor facing in that direction. This made it difficult to sleep.