

HUG MAGAZINE



May/June 2007

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

The Magazine is now self-supporting, having previously been sponsored by PALS. If you could receive future editions by email or would like to make a contribution to the printing cost, contact Irene by telephone or email.



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

Contact

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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.

12 July 2007
09 August 2007
13 September 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 Magazine, a light- hearted and informative bi-monthly publication 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.**

Latest News

Macmillan have officially launched their campaign to improve travel insurance deals for people with cancer. The ways in which you can get involved, by taking part in a research trial, completing a travel insurance survey or distributing leaflets about the campaign, are detailed on their website at www.macmillan.org.uk.

Tami Brown and her friend Diana Shepherdson are hoping to make it from Swindon to Naples, 3000 miles away, in a car costing less than £100 this September. They are doing it to raise money for the Great Western Hospital chemotherapy unit, where Tami was treated for colon cancer and Cancer Research UK. You can sponsor them via their website, www.thethreeblondes.co.uk or call Diana on 01793 423770.

NEWS THAT MAY BE OF INTEREST

Common viruses and cancer

It is well known that certain viruses can trigger specific cancers. Human papilloma virus, for example, causes around 93 per cent of cancers of the cervix. Now Dominik Duelli and Yuri Lazebnik at Cold Spring Harbor Laboratory in New York and colleagues have found evidence for how they might do it.

During tumour development, the chromosomes of affected cells often become wildly rearranged, but no one knew why. Duelli and Lazebnik suspected that cell fusion - when two or more cells unite by merging membranes - might be to blame. Several common viruses can initiate this process.

To test their idea, the researchers took human fibroblast cells with genes that made them more likely to turn into a tumour and infected them with a retrovirus that can cause fusion. Sure enough, fused cells had many more chromosomal abnormalities than unfused ones, and when transplanted into mice, only the fused cells produced tumours

(*Current Biology*, DOI: 10.1016/j.cub.2007.01.049).

Revolutionary technique for delivering radiotherapy to breast cancer patients

A new technique called intra-operative radiotherapy is being trialled by surgeons in Britain. Patients are given radiation treatment during breast cancer surgery rather than coming in for weeks of post-operative treatment. It is done using a mobile radiotherapy machine. A probe is inserted into the breast so that it can target the exact site of the cancer. Then the surgeons leave theatre while specialists deliver the radiation which lasts about 30 minutes.

So far 800 women have joined an international trial being coordinated by London's University College Hospital. Two other London hospitals - Guy's and the Royal Free - are involved, as is Ninewells Hospital in Dundee.

Mohammed Keshtgar, a breast surgeon at UCLH, says: "The preliminary results are very encouraging. "I have absolutely no doubt that this is a revolutionary technique which will significantly improve the care of patients".

It will be two years before doctors can assess if the new technique is as successful over the long term. If it is, there would be major benefits to the NHS.

BBC News 18th May 2007

Mouthwash Cancer Test

A simple mouthwash could be a new way of detecting deadly head and neck cancers. A team of scientists at the University of Miami in Florida have discovered that rinsing out the mouth with salt water flushes out a protein known to be linked with these tumours. The protein, called CD44, can easily be detected in a patient's spit if they gargle with a saline solution for a few seconds.

Head and neck cancers are often detected in the late stages, reducing the possibility of a cure. Being able to detect these cancers earlier by this method would greatly increase the survival rate among patients.

Daily Mail 15 May 2007

Answers from LW, Nutrition & Dietetic Services Manager at the GWH to our Questions about Diet for Cancer Patients

L joined us at the April meeting. By arrangement, we provided her with a number of questions in advance to enable her to prepare the answers.

We had voiced concern about the very limited choice of food on the leaflet "Choosing a Clean Diet in Hospital", produced by the Department of Nutrition and Dietetics, dated January 2005 and still on the Hospital intranet. There were also contradictions between this and the Cordon Bleu menu recommendations and another leaflet called "Food Safety for People Who Are Receiving Chemotherapy" given to some patients. L confirmed that the leaflet was no longer up to date and that an update was planned. Bi-monthly meetings are now held of a Nutrition Resource Group, with dieticians, representatives of all Wards and the Catering Department to reach agreement on any changes.

L explained that there are really two levels of clean diet recommendations, one for those who are on chemo as outpatients and another for those having intensive treatment on Dove Ward, who are seriously at risk of infection. This explains differences in information given to patients. New leaflets will reflect the two levels of clean diet and explain their applicability. There can be a problem in ensuring that everyone receives the most up to date information, since copies of old leaflets can still be in circulation. The best method of ensuring that patients receive the latest and most appropriate information is under consideration. Mark & Candy in her department are working on some new guidelines, based on an existing leaflet produced in Southampton and the BDA (British Dietetic Association) consensus statement.

We also had some specific questions about particular foods.

- Why is ice cream not allowed?

Ice cream is OK if it is in an individual pack. Problems can arise with family size containers for repeated use and in hospital there is a risk of the ice cream thawing prior to patient consumption, which is a food hygiene risk.

- Why is carbonated bottled water OK but still bottled water is not?

The carbonation process is thought to kill germs. Drinking water from a tap is also suitable provided that the tap is run for a little while first, to clear any dirt in the pipes.

- Why are cereals with dried fruit and nuts not suitable for neutropenic patients?

Dried fruit and nuts are best avoided unless they have been cooked, such as in a fruit and nut loaf, since they may not be sufficiently clean.

- What spices and herbs are suitable for patients who feel the need for strong flavoured foods following chemotherapy?

Spices and herbs are fine provided that they are cooked thoroughly, and not just sprinkled over food. Some spices may not be suitable for patients who have mouth ulcers, however.

- One patient has been told to avoid cold milk on cereal by one of the nurses. Why is this?

Pasteurised milk is fine, provided that it is used within 24 hours of opening. Clinical staff may suggest avoiding it if they are not certain how long the container has been in use.

- What cold foods are suitable for Clean Diet patients? Sometimes they say that they go off warm food.

Freshly opened sealed packs and tinned meats, fruit and vegetables are best. Ice cream in individual containers is suitable. Soft, unpasteurised and blue-veined cheeses, shellfish, unwrapped cold meats, salami and paté should be avoided.

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Why HUG?

First of all the Wikipedia definition

"The hug is an embrace. The hug is probably the most common human sign of love and affection.[1] A hug is also exchanged as a sign of support and comfort. A hug is the exchange of warmth, usually arising out of joy or happiness at meeting someone. It is practised in almost all nations, countries, religions and sects. Children hug their parents at bedtime. Many people hug on holidays, such as Mother's Day, or Christmas.

Its roots can be traced to many thousands of years ago. Brief in most cases, it can be pursued to show many levels of affection. It is not peculiar to human beings alone as there are many species of animals, which engage in a similar exchange of warmth."

Cuddling releases the hormone oxytocin. This can reduce blood pressure and thus lower the risk of heart attacks and strokes..... and, of course, it feels good!

And to avoid offence, you may need to know how to hug close family, friends, your partner etc. Wikipediawiki tells you all about it at <http://www.wikihow.com/Hug>.

[1] Kathleen Keating (1994). *The Hug Therapy Book* Hazelden PES. [ISBN 1568380941](https://www.amazon.com/dp/1568380941)

An optimist is a fellow who double-parks while his wife steps into the store for a moment.



H.U.G. ★
fridge magnet
★ fun



It's difficult

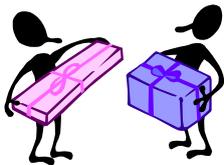
to make a point when you're too blunt!



NOAH WAS A
BRAVE MAN TO SAIL IN A
WOODEN BOAT WITH A PAIR
OF TERMITES.

One who knows how to show and accept kindness will be a better friend than any possession.

Sophocles



Idlers have to remain active, in order to



think up excuses
for being lazy.

Worry is like a rocking chair: it gives



*Employ a young
person, while they
still know
everything!*



SuN SafeTy

Background information

- Remember that there is no such thing as a safe or healthy tan. A tan is a sign that already damaged skin is trying to protect itself from further damage. The protecting power of a tan is weaker than that of a mild sunscreen of SPF 2-4.
- People with fairer skin that burns easily, those with red or fair hair, those who have lots of moles or freckles, a personal or family history of skin cancer, experience of sunburn, especially when young, are at greater risk of skin cancers.
- In at least 4 out of 5 cases, skin cancer is a preventable disease.
- Remember that compromised immune systems as the result of chemotherapy, an organ transplant, excessive sun exposure, and diseases such as HIV/AIDS or lymphoma can increase your risk of skin cancer.
- Avoid the use of sun beds and tanning booths.
- Keep young babies out of the sun completely.

Sensible sunny weather guidance

- Seek the shade, especially between 10 a.m. and 3 p.m.
- Use a sunscreen with an UVB SPF (sun protection factor) of 15 or higher and added UVA protection, with a star rating (the higher the number of stars, the better). Apply sunscreen generously over your entire body 30 minutes before going outside. Reapply every two hours.
- Do not allow yourself to burn. Move out of the sun if there are any signs that you are starting to burn.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Examine your skin for changes every month or so.
- See your doctor if you suspect a problem, such as a mole that is itchy, or changes in colour or appearance.

Vitamin D and sun

- Recent newspaper articles have suggested that 'excessive' sun avoidance may lead to low levels of Vitamin D, which helps to build and maintain strong bones. Our bodies produce vitamin D when our skin is exposed to UV rays, but they are very efficient at producing it so you don't need prolonged sunbathing to get your vitamins! Scientists estimate that in spring and summer, a fair-skinned adult produces enough vitamin D during short periods outdoors two to three times a week. Sensible sun protection shouldn't prevent you producing enough vitamin D.

(Information from British Skin Foundation, British Association of Dermatologists, Cancer Research web sites)

H.U.G. News – read all about it

Get-togethers were held on 12th April and 10th and 31st May 2007

1. Get-Togethers - General

We held the second of what we hope will be a regular get-togethers away from the hospital at the end of May, purely as a social occasion, over a coffee. There has been a request for evening meets, to suit those who are working. We'll discuss this at the June meeting.

2. Progress on proposed purchases for Dove and Day Therapy

We have no more news on the sourcing of the items which we hope to purchase!

3. Visitors to the April and May Get-Togethers at the GWH

In April we were joined by LW, Hospital Dietician. A report appears on Page 4 of this issue. In May HC and JR from Clinical Audit gave a presentation about their work. We shall provide a report on this in the next issue.

4. New Issues

In view of the large increase in the cost of outgoing telephone calls via Patientline, we have asked for another visit from a representative of the local office. In view of staff changes, this will not be until the July get together.

5. Summer Outing

We have been lucky enough to have our plan for a summer boat trip taken up on the Zurich Challenge. Three members of staff from the Corporation Pensions Department popped in to see us at the May get-together, to obtain some more information about where and when we would like to go. They have now gone off to do some fund-raising, with the support of their colleagues and make the arrangements for us. We can't wait.

5. Fund-raising

Our stock of HUG mugs has now run out and we are considering a change of design for the next batch, in a "huggy" shape. We are going to have a stall at the Hospital Open Day on 15th September and will present the new style on that day. In the meantime we are again car booting to ensure sufficient funds to keep the magazine going, as well as make all the purchases that we have in mind for Dove Ward and Day Therapy.

Sudoku – oh well, we haven't had one for a few months!

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

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

Answer on P10

Does it add up?

Two mothers and two daughters went shopping for new dresses for a wedding celebration. They each returned with a new dress, but they had bought only 3 dresses. How could that be?

How good are you at maths?

Can you arrange the following addition to make an answer of 100? You can use each number only once but can add any mathematical symbols you wish.

$$\frac{61}{18}$$

Responses to observations of our "spy" who was recently in Dove Ward

It was reported that tourniquets were in short supply. In fact the traditional style is no longer used, because they pose an infection control risk. Instead there are plenty disposable ones which come on a reel and look like a strip of rubber. Some doctors are not keen on using these but are encouraged to do so.

The Manager of the shop reports that the request to discontinue selling chewing gum came from Trust Management. The decision was reached on the grounds of general cleanliness on the hospital site, e.g. chewing gum on the floor/ paving area, as well as inappropriate disposal within the toilets.



Cancer Research UK Relay for Life

The local Relay for Life event will take place at the Country Ground Athletics Track on 28th July 2007. It is a unique event that gives the community a chance to remember those touched by cancer and celebrate the money raised for Cancer Research UK.

- If you are a cancer Survivor start the Relay by walking the first lap. This part of the event starts at 11:00am.
- Enter a team for the Relay of Life, of between 8 and 15 members, made up of friends, family and colleagues. Each Relay lasts up to 24 hours so the teams camp out overnight. During the day the celebration is in full swing and a party takes place around the track, whilst team members take turns walking laps.
- Light a candle of hope to remember or celebrate the life of a loved one touched by cancer from 9:30pm

Hospital Open Day

This is on 15th September 2007. More details will be included next time.

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Puzzle Answers

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

Grandmother, mother and daughter went shopping (2 mothers and 2 daughters). Turn the sum upside down to make $81 + 19 = 100$.