

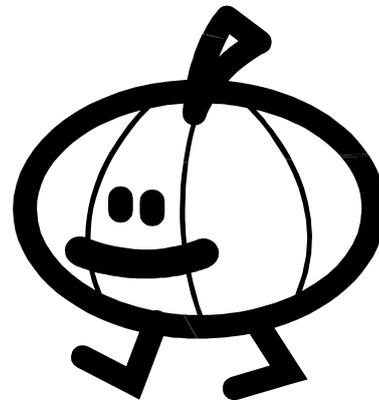
HUG MAGAZINE



September/October 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

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.

08 November 2007
13 December 2007
10 January 2008

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 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.**

Aromatherapy and cancer

A recent British study has provided evidence that aromatherapy might help some people receiving cancer care. During the study people with cancer and suffering from anxiety and depression received either the standard supportive treatment or the standard plus four once-weekly sessions of aromatherapy massage. After 6 weeks 64% of those who had the aromatherapy noted a reduction in their levels of anxiety and/or depression, compared to 46% on the standard care alone. The difference had narrowed to 68% and 58% respectively after 10 weeks. The authors conclude that this is a significant contribution to the evidence of the effectiveness of complimentary therapy for cancer patients.

Journal of Clinical Oncology 2007; 25:532-9

NEWS THAT MAY BE OF INTEREST

Wonder Pill hopes

A drug that persuades cancer cells to die is being trialled on a limited number of patients with advanced malignant melanoma. Known as STA-4783 by Synta Pharmaceuticals, who are developing it, it works by increasing the amount of free radicals in the body. Cancer cells cannot control these damaging molecules and react by destroying themselves. Results so far have been so encouraging that the drug now has fast-track status and could be in general use within 3 years, if results continue to improve survival rates for late stage melanoma. More trials are being launched later this year including 11 hospitals in the UK.

Sunday Express 16 September 2007

Modified cold virus could kill cancer cells

The cold virus could be exploited to treat cancer, researchers from Birmingham University have said. The team told the National Cancer Research Institute (NCRI) Conference in Birmingham that they have developed a genetically modified cold virus that produces a human protein called CD40L. CD40L is the natural partner of another protein called CD40 - when the two proteins stick to each other they cause a reaction that can result in cell death. CD40 is present in a number of common tumours, including breast, skin and liver cancers. In addition, using a modified cold virus to transmit the protein can also spark an immune response from the body, creating a two-pronged attack.

Dr Daniel Palmer, who worked on the study, said there were a number of benefits to this approach: "Firstly, focusing on CD40, which is expressed on cancer cells, allows any therapy to be targeted at tumours. Secondly it seems that targeting CD40 has a double benefit by both killing cells and activating the body's immune system. This would help reduce the toxic side effects associated with chemotherapy and possibly tackle microscopic secondary tumours," he added. The team is now looking at preparing the technique for clinical trials and also potentially widening its application and examining its impact on liver and skin cancers.

Adfero in collaboration with Cancer Research UK 3 October 2007
(may not reflect the views or opinions of Cancer Research UK)

Statins and Cancer

It has recently been suggested that statins, the drugs that reduce chances of a stroke or heart attack in people at high risk, increase the chances of cancer. A study attracting a lot of media attention reported that there were more cases of cancer than would be expected among people who had low cholesterol levels as a result of statin treatment. The authors could not say whether it was because of the low cholesterol itself or a side effect of the statins.

Although headlines were somewhat alarming, the results showed only one extra case of cancer for every 1,000 people on the medication. Experts have said that even if an increase in cancer numbers is finally proven, this tiny risk is far outweighed by the lives that statin therapy saves through preventing heart attacks and strokes.

Journal of the American College of Cardiology 2007; 50: 409-418 and Cancerbackup Autumn 2007

Clinical Research for Cancer Patients at the Great Western

Helen Winter from the Clinical Research Department joined us at the June get-together to tell us about the clinical trials for cancer patients at the GWH.

The Clinical Research team was set-up in 2002 as part of an initiative from the National Cancer Research plan that evolved from the Calman-Hine report. Over the years the portfolio of trials has expanded and evolved to cover a number of tumour sites. However there is still work to be done to ensure that a balanced portfolio of trials is on offer to patients.

The listed trial sites were open to recruitment in mid June.

Haematology	11
Breast	2
Colorectal	6
Gynaecology	2
Lung	2
Urology	4

Staff are funded by the Thames Valley Cancer Research Network but are based and work in the in the Oncology department, Osprey Unit on the 3rd Floor at the GWH.

The role

- The team members regularly attend multi-disciplinary meetings, where they actively promote clinical trials to ensure that all patients will have the opportunity to receive information about clinical trials.
- They support patients receiving care as part of a clinical trial.
- They support staff to ensure patients receive care as indicated in the clinical trial protocol.

Types of trials

Trials in which the hospital participates may be for genetic, quality of life or treatment purposes. Phase I trials (first in man) are not conducted. All trials are approved by the National Cancer Research Network.

Aims for 2007/8

- To provide a balanced portfolio for all patient groups.
- To ensure all eligible patients are provided with information about appropriate trials.
- To open clinical trials in areas not yet actively represented.
- To continue to provide support for patients already enrolled in a clinical trial, expanding the role where possible.
- To enlarge the nursing team.
- To meet set targets for the number of trials and the number of patients participating.

More information can be obtained from the Osprey Unit.

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The Zurich Challenge Boat Trip

Early in the year, LH of Cancer Services provided us with details of the Zurich Challenge, a scheme run by Zurich Charitable Trust for employees to raise funds to assist community groups. We had already talked about going on a boat trip over the summer and decided to apply. The application form asks for details of the project a group would like Zurich to support. Projects which meet the qualifying criteria are put into a brochure distributed to Zurich employees, who then bid to undertake one of those listed. It could be anything from painting a clubroom, to making a garden, to organising an outing.

We were lucky enough to have our project taken up by the Corporate Pensions Department. Three representatives, including the project team leader, came to one of our get-togethers to find out more details, such as when and where we would like to go, for how long, and how many people would be likely to come. We suggested early September, setting off in the middle of the morning and returning by around 6pm, and at the weekend (since families were to be included). We provided details of the research we had already done on possible locations.

The Challenge team started to fund-raise, advising us of progress along the way. Being a fairly large department helped, and fund-raising events including a raffle and a "dress-down" day were organised. The Zurich team suggested taking a coach from Swindon to Evesham, followed by a 3 hour boat trip, and lunch on board. In the event, the planned boat was damaged in the floods and it was not possible to provide lunch on board the replacement. The plan was therefore changed so that we returned earlier for a pub lunch.

On the day some of our regulars, including DB, who had originally suggested the outing, were unfortunately unable to attend. The rest of us set off on a perfect day, warm but not sunny. Four Zurich personnel came with us, to ensure that everything went smoothly.

There were soft drinks on offer on the coach and drinks and snacks on the boat, a paddle steamer which you may have seen in its previous life at Longleat. We cruised down the River Avon from Fladbury towards Evesham, with some lovely views along the way. The Captain pointed out places of interest and told us more about the effects of the floods. At the beginning of September, there were also still signs of devastation on the route, with a boat perched upside down in a garden, a fridge or cupboard on the bank, fallen branches and debris of all sorts hanging from trees. All in all a very interesting trip.

Then it was back to Fladbury for a leisurely and enjoyable Sunday lunch.

The Zurich team had thought of everything and even brought along some bingo cards and prizes for entertainment on the coach return journey. We have thanked them profusely for a marvellous day out.

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

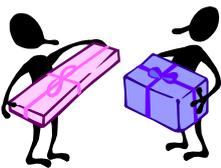
to make a point when you're too blunt!



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!



H.U.G. News – read all about it

Get-togethers were held on 2nd Thursdays of the month in the Osprey Unit and Coffee Mornings at the Blunsdon Arms at the end of the month

1. Get-Togethers - General

We are now well established with our coffee mornings between Hospital Get-Togethers. Contact us for forthcoming morning or evening dates.

2. Progress on proposed purchases for Dove and Day Therapy

Some progress has been made, and staff are testing out a chair from their wish list in Day Therapy. More news should be available by the next edition.

3. Visitors to the Get-Togethers at the GWH

In June we were joined by HW from Clinical Research, as reported in this issue. Our visit from Patientline has been delayed over the summer months because of staff changes in their office and should now take place in October.

4. Fund-Raising

Over the summer we have been car booting again and also took a table at the Great Western Hospital Open Day, raising around £100 in total. We also have our new stock of HUG shaped bone china mugs, which say “HUG ME” on one side and “AAH THAT’S NICE” on the other, with the writing in HUG shape also. They look really nice and have been admired by everyone who has seen them so far. We are planning to have a sales table at the Hospital in November for our collector’s items (teddies also), plus donated scarves and jewellery.

We shall continue to fund-raise to meet the cost of producing the magazine and to make purchases for Dove Ward and Day Therapy, to improve the environment for patients.

5. Increasing Awareness of the group

HUG Leaflets have been updated and printed on glossy paper. They are now available on the Cancer Information Point and are being distributed to a number of other locations.

6. Christmas

Arrangements are well in hand for a Christmas lunch for members and partners, thanks to MS. Another function, to be open to invited guests, will be agreed at our October get-together.

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 || Puzzle time ||
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LOST

You are in a car that is parked and facing east on a straight road. You set off in the direction of the facing road and after some time driving you finish up 2.7 miles to the west of where you started.

Clues

1. The car cannot hover above the ground
2. It is not a trailer or being towed
3. You have not gone round the world
4. You cannot turn the car around

How did you end up there?

COLUMN CRISIS

Rearrange the words given below the grid and place one word on each row. If the words are in the correct order then the name of a country can be read down the columns marked A and F.

	A								F	

LENIENT ANGELIC YASHMAK INFANCY THOUGHT

Scientific?

What can you see with the naked eye, with no weight and yet the more of them you put into an empty container, the lighter the container becomes. There are two possible answers to this one.

Answers on P10

Easy Chicken Recipes to try

Lemon Chicken

500g cooked chicken
25g butter
25g flour
300 ml chicken stock
Juice of half a lemon
Half a lemon, sliced

Melt the butter in a non-stick saucepan, stir in the flour and cook for a few minutes. Gradually stir in the stock and lemon juice, bring to the boil, stirring constantly, and simmer for a minute or two. Check the seasoning, add the flaked chicken and lemon slices, and simmer on a low heat until the chicken is heated through thoroughly, adding more stock if necessary. Serve with rice and green vegetables.

Chicken Kiev

4 chicken breasts
125g tub Boursin light cheese
1 egg, beaten
3 slices of white bread, made into breadcrumbs

Preheat the oven to Gas Mark 6/200°C. Lightly grease a baking tray. Make a small slit in each chicken breast, season and put a quarter of the Boursin into each breast.

Dip the breasts into the beaten egg and coat with breadcrumbs. Put onto a greased baking tray and bake for 30 minutes. Serve with baked potato and salad.

Chicken Wings with Ginger and Honey

3 tablespoons runny honey
5cm approx. piece of ginger, peeled and grated
1 tablespoon soy sauce
2 teaspoons sesame oil
12 chicken wings

Preheat the oven to Gas Mark 6/200°C. Warm honey in microwave or a small pan. Transfer into a large bowl and add remaining ingredients. Toss well together. Put into baking tray, turning while cooking, and bake for 15-20 minutes or till cooked through.

(All recipes to Serve 4)

MacMillan Be Good to Yourself Day

Earlier this year three HUG members went to Bristol to take part in one of the Macmillan Be Good to Yourself Days. We thought that you might like to know more about what is involved, since the chance may arise for others using Haematology or Oncology Services.

Around a dozen people attended, of all ages and a variety of ethnic origins. Some were actively undergoing treatment, others were recovering from treatment with a few in remission.

There was also one professional attending from the GWH. Just one man took part, but he seemed to cope very well with being greatly outnumbered. There was no charge for the day or refreshments, but we did pay for our own transport.

We discussed as a group what made us stressed or anxious, and then agreed on possible remedies – anything that helped any of us from a hot bath and sleep to diet and exercise.

We then worked in pairs to discuss what particular areas of our lives were proving challenging and where we would like to make changes. We then set actions and timescales for the following goals:

- Reduce the stresses in my life.
- Give myself positive messages.
- Make changes in the way that I sleep/exercise in order to improve my health
- Find ways to relax.

The remainder of the day concentrated on techniques that we could use to help us to achieve the goals. These included visualisation techniques where we sat with our eyes closed and listened to imagine that we were in a meadow or walking on a beach as suggested by our tutor. With practice you can do this for yourself, using your own choice of images.

Everyone enjoyed the day and felt that they had been given some useful ideas to put into practice.

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Puzzle Answers

LOST

After going forward, you reverse.

COLUMN CRISIS

The countries are Italy and China, with words in the order INFANCY, THOUGHT, ANGELIC, LENIENT, YASHMAK

SCIENTIFIC

Holes or beams of light.

