

# THYROID PATIENT ADVOCACY UK

## Issue 3 (May 2009) NEWSLETTER

We originally thought it would be a good idea to send you all a Quarterly Newsletter, but it isn't working out like that because so much appears to be happening in all quarters recently we can hardly keep up. We have, therefore, decided to put out a Newsletter whenever we have enough material. This third issue is packed with information, so make yourself comfortable and we will begin....

### TPA-UK Annual 'Get Together' - 17th and 18th April 2009

We had a most enjoyable 'TPA-UK Get Together' on 17th and 18th April. There were many members who came up to Yorkshire on Friday night because they had travelled quite long distances from all four corners of the UK and even as far away as San Francisco.



*The Alma Hotel, Laneshawbridge, Nr Colne. [www.thealmainn.com](http://www.thealmainn.com)*

Friday night the majority met up at The Alma, a lovely hotel situated high on a hill overlooking beautiful countryside and just over the border into Lancashire, where some of our members and Afshin and his wife Nita were staying. The sunset that evening was quite staggering.

Introductions were made and we enjoyed a lovely dinner and the chat - we did become quite a noisy bunch at times.

We woke on Saturday morning to a beautiful blue sky and sunshine. Most of those staying overnight came down to our cottage for coffee and more chat before setting off to Alfe's Restaurant.

There was so much chat, we forgot the coffee. Apologies to one and all. Some had to sit in the garden because our lounge was full. We then piled into as few cars as possible (because of parking restrictions in Keighley) and made our way to Alfe's Restaurant for 12.00 Noon.



*Alfe's Thai & Chinese restaurant, Keighley. [www.alfes.co.uk](http://www.alfes.co.uk)*

The staff had set the tables' conference style, and once we settled down for our meal, we were packed in so tight we could barely move. However, those sat at the top table were lucky as they had a door into the street behind them which we could use to walk a few steps down the pavement and go into another door straight into the bar etc. Those sitting at the top table were *(from L to R) Dr Skinner, Dr Peatfield (both medical advisers to TPA-UK), Sheila and Gill (Moderators) and Afshin.*



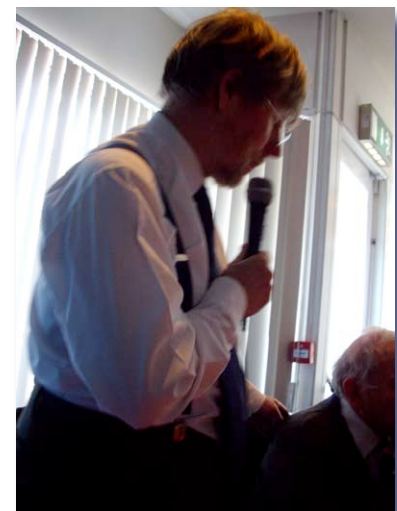
Afshin, as many of you will already know, is the owner of International Pharmacy in America where many of us buy our medications and had travelled 18 hours to meet some of his customers. Thank you Afshin and Nita. I know how much you enjoyed your weekend. It was lovely to meet you both and I hope your packets of seeds of Cowslips germinate in San Francisco - so you can have a little bit of Yorkshire as a reminder of your visit.



*Afshin & Nita*

We were well looked after by the staff at Alfe's who served us our three course buffet - some had chosen from the A-la-Carte Menu and they were seated together. It was a great meal, but unfortunately, the staff forgot to pass around the menu for sweets and coffee selection (which was not included in the price of the 3 course buffet) - so apologies if any of you didn't get a chance to order these - especially those of you who needed that burst of sugar. The staff did a splendid job though, especially considering that Al himself had to attend a wedding so couldn't be there - which was a great shame, because we found that one of Afshin's cousins had married one of Al's cousins - a quite amazing coincidence.

Then we got on with the business of speech making which was followed by a session of Questions and Answers. Afshin set the ball rolling with a short speech telling us about himself, International Pharmacy and Armour Thyroid - followed by Dr Peatfield, talking about 'Modern Medicine, Modern Drugs and the Stone Age' - followed by Dr Skinner speaking about the Royal College et al. new Guideline on the Diagnosis and Management of Primary Hypothyroidism. These were followed by members asking questions.



*Dr Skinner*



*Mike & Deb*

Mike and Deb from Rutland, brought in equipment to record everything. Mike did a fantastic job considering the restaurant PA equipment left a lot to be desired and we couldn't move the microphone because the lead was too short so had great difficulty in hearing questions from the back of the restaurant.

Mike told us that whilst the speeches required little processing, the Q and As session needed a massive amount because of the buzz from the PA system, talking in the background as questions were asked and answered, kitchen equipment, noises and clinking of glasses!).

Mike spent around 8 hours of work for around 45 minutes of sound. Thanks for giving your time Mike. If you would like to listen to the speeches, and read the transcript at the same time you can do so here [http://www.tpa-uk.org.uk/tpa\\_april\\_meeting09.php](http://www.tpa-uk.org.uk/tpa_april_meeting09.php) Lilian and P from Australia have typed out the speeches and the Q and As in case you cannot make out what is said in parts, especially the Q and As. Many thanks to both of them too - they did a sterling job, because believe me, it did take some translating.

We had to leave the Restaurant at 5.00p.m. to enable the staff to get the restaurant cleaned up for their evening diners, and many of those attending the meeting came back to Squirrel Cottage for the evening where Ina and Nita helped me to set up a buffet. Ina - you were amazing - I could never have done all that on my own. There was plenty of food, plenty of drinks and plenty of chatter being enjoyed by all - before everybody eventually rolled back to their hotels or B and Bs.



*Manda & Ian  
at the meeting*

Last, but not least, we would sincerely like to thank each of you who made such a generous donation to TPA-UK next campaign whilst at Alfe's Restaurant. I was going to take my big fat pink pot pig money bank for this purpose, but with all the rush and excitement, I forgot, so Howard asked one of the waitresses for a box - and was provided with an ice-cream container. This we placed on a side table for those wishing to make a donation. I am absolutely delighted to let you all know that total donations received on Saturday 18th April 2009 added up to £831. This really was a wonderful day. You are all very special and absolutely wonderful.

Thanks to all of you who did attend this year's event and we hope you will come again next year because the excellent news is that we have already found a brand new venue for next year's event as we have 'outgrown' Alfe's. This is at Steeton Hall, Nr Keighley - about 4 miles down the road from our cottage. It is set in beautiful gardens and is a former Country Manor House. Steeton Hall has an excellent conference suite which will accommodate us all beautifully. I will, later in the year be discussing the menu with the Chef and the price - probably we will decide on the carvery where you can help yourself with a choice of other hot or cold dishes. They have already told me that anybody requiring a special menu, they will try to accommodate this given plenty of notice. Steeton Hall Conference suite is on the ground floor and can accommodate wheelchairs etc.



*Steeton Hall, Nr Keighley, Yorkshire.  
[www.steetonhall.co.uk](http://www.steetonhall.co.uk)*

To see some photographs of some of our members, Medical Advisers and Afshin and Nita enjoying themselves at The Alma and at Alfe's Restaurant, here are a couple of links. Hope you enjoy them.

<http://groups.yahoo.com/group/thyroidpatientadvocacy/photos/album/697505336/pic/list?mode=tn&order=ordinal&start=1&count=20&dir=asc>

<http://groups.yahoo.com/group/thyroidpatientadvocacy/photos/album/255755299/pic/list>

## T3 THERAPEUTICS

<http://www.archimedespharma.com/newseventsNews-060608.html>

T3Therapeutics, LLC and Archimedes Pharma Ltd Announce Positive Clinical Results for Novel Oral Modified Release Liothyronine

Results Show Proof of Concept for Treatment of Congestive Heart Failure and Hypothyroidism

[http://www.drugs.com/clinical\\_trials/t3therapeutics-llc-archimedes-pharma-ltd-announce-positive-clinical-results-novel-oral-modified-4676.html](http://www.drugs.com/clinical_trials/t3therapeutics-llc-archimedes-pharma-ltd-announce-positive-clinical-results-novel-oral-modified-4676.html)

(June 2008). We have emailed Archimedes Pharma and sent them a copy of the RCP, BTA et al new guideline on the diagnosis and management of primary hypothyroidism. We don't think they will be very happy at all. We have also asked them for links to the 100 peer reviewed articles on the effects of thyroid hormone on the cardiovascular system. T3Therapeutics has identified the potential for and currently holds a U.S. patent for T3 based therapies for heart failure and for the millions of patients with hypothyroidism currently being treated with sodium levothyroxine (T4) alone.



### ARE YOU TAKING NATURAL THYROID EXTRACT AND CONCERNED ABOUT SWINE FLU ?

Below is information from the manufacturers of Nature-Throid, Westhroid and Armour Thyroid

#### Nature-Throid Manufacturer RLC Issues Statement Re: Swine Flu Risks of Thyroid Medications

Dai Jinn, the Chief Science Officer of RLC Labs, Inc., manufacturer of Nature-Throid and Westhroid, has issued a statement regarding any swine flu risk in their desiccated porcine (pig) thyroid medications. Here is the text of the statement:

“By now everybody is no doubt aware of the human cases of Swine Influenza A (H1N1) developing and spreading across mainly Mexico, with small cases reported in the US and Canada. Thyroid patients currently taking Nature-Throid or Westhroid (or any other NDT - Naturally Desiccated Thyroid medication as Thyroid USP derived from pigs) should not have any concerns taking their medications.

Swine Influenza (swine flu) is a respiratory disease of pigs and was first isolated in 1930. Swine flu viruses typically do not infect humans, however sporadic human infections in mutated form can and have occurred in the past and as with the current outbreak. Influenza viruses are directly transmitted by a person touching something with the flu virus on it and then touching their mouth or nose or through inhalation of the virus that is airborne.

CDC (Center for Disease Control) has already issued the following statement regarding consumption of pork:

Swine influenza viruses are not transmitted by food. You can not get swine influenza from eating pork or pork products. Eating properly handled and cooked pork and pork products is safe. Cooking pork to an internal temperature of 160°F kills the swine flu virus as it does other bacteria and viruses.

Naturally Desiccated Thyroid utilized in Nature-Throid and Westhroid undergoes multiple quality processes from purification to desiccation. These processes ensure safety of the products from potential viral and other microbial pathogens.

RLC Labs is committed to providing efficacious and safe medications to consumers.

Rest assured that we will continue to monitor the progress of this situation and will provide updates as necessary.

## ARE YOU TAKING NATURAL THYROID EXTRACT AND CONCERNED ABOUT SWINE FLU ?

### No Swine Flu Concerns From Thyroid Drugs, Says Armour Thyroid Manufacturer

On behalf of Armour's manufacturer, Forest laboratories, Mary Shomon received a call On 28th April from Claire Campbell Mulhearn, the public relations spokesperson from Hill & Knowlton, to provide her with Forest's official statement:

"Forest Laboratories is committed to patient safety with regards to all of our products. There is no known risk of swine flu to patients from the use of Armour Thyroid because the manufacturing process includes heating greatly in excess of the heating requirement demonstrated to inactivate the flu family of viruses and any other potential pathogen.

The desiccated thyroid used to produce Armour is from the same manufacturer as the raw material used by RLC/Western Laboratories in producing Nature-Throid and West-Throid, so this confirms the preliminary information released by Dai Jinn, the Chief Science Officer of RLC Labs. According to Mr. Jinn, the Centers for Disease Control has no swine flu concerns related to consuming pork products. He also said that he is not aware that the virus can survive the medication's preparation process -- which includes defatting, cleaning, purifying and desiccation (drying)".

One additional fact that will put patients' minds at ease. According to experts, the swine flu virus only survives for 72 hours on inanimate objects.

For additional resources on this matter, please visit the following websites:

[http://www.cdc.gov/swineflu/key\\_facts.htm](http://www.cdc.gov/swineflu/key_facts.htm)

<http://www.cdc.gov/swineflu/>

<http://www.thyroidscience.com/>



### THE ROYAL COLLEGE OF PHYSICIANS (RCP) et al. NEW GUIDELINE ON THE DIAGNOSIS AND MANAGEMENT OF PRIMARY HYPOTHYROIDISM - read some responses:



We are delighted to tell you that the Royal College of Physicians have been inundated with comments from doctors, patients etc from not only in the UK, but from around the world. So much so that the RCP have had to extend the time they had previously given to review their guidelines, and now it has been put back indefinitely. They have a lot to get through, and hundreds of citations to the medical evidence the BTA, RCP et al. had not produced. We will keep you updated as and when we hear anything further from them.

### TPA battles against the Royal College of Physicians on thyroxine and hypothyroid statement

## THE ROYAL COLLEGE OF PHYSICIANS (RCP) et al. NEW GUIDELINE ON THE DIAGNOSIS AND MANAGEMENT OF PRIMARY HYPOTHYROIDISM - read some responses: Continued

### IMPORTANT Royal College of Physicians: “Thyroxine ONLY treatment for primary hypothyroidism

Dr Peatfield’s response is incorporated in the TPA-UK response. We warn that the response from TPA-UK is long, as it covers many aspects relating to the above guideline. It is long because - should the Royal College refuse to take account of the many, many comments sent to them, and should they continue to disregard the medical evidence that has been around for 40 years, and should it become necessary to take further action, then it will be seen that they were given plenty of evidence for their consideration. For everybody who has responded, many, many thanks. The weight of evidence is quite over-whelming.

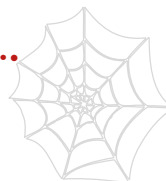
We need to let the world know just how misguided the new guideline for the diagnosis and management of primary hypothyroidism is. The BTA, RCP et al. have advertised this guideline in every medical journal they can, both Online and hard copy. They have given us a wonderful opportunity to post a response in these too, so please go to the following links and make your comments.

**NOW Post your comments over inappropriate diagnosis and treatment of primary hypothyroidism on the Medical News website**

**Has the Secretary of State for Health’s department developed a clearly defined policy on the treatment of people with hypothyroidism?** Write your own comments on the ‘They Work for You website’.



**OH WHAT A TANGLED WEB WE WEAVE....  
Might the following be a reason why?**



The organisations who endorsed the new guideline:

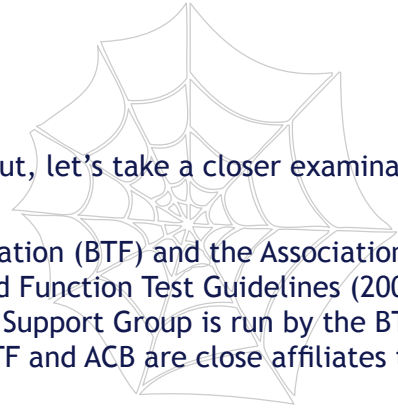
1. The Royal College of Physicians, in particular its Patient and Carer Network and the Joint Specialty Committee for Endocrinology & Diabetes (RCP) (Reg. Charity 210508)
2. The Association for Clinical Biochemistry (ACB) (No.863235)
3. The Society for Endocrinology (SFE) (Reg. Charity 266813)
4. The British Thyroid Association (BTA) (Reg. Charity 1119631)
5. The British Thyroid Foundation (BTF) (Reg. Charity 1006391)
6. The British Thyroid Foundation Patient Support Group (BTF) (Reg. Charity 1006391)
7. The British Society of Paediatric Endocrinology and Diabetes (BSPED) (Reg. Charity 283986)

“A Statement made on Behalf of .....” [http://www.british-thyroid-association.org/news/Docs/hypothyroidism\\_statement.pdf](http://www.british-thyroid-association.org/news/Docs/hypothyroidism_statement.pdf)

OK, but WHO authored this guideline - Mickey Mouse?

Is this why, when asking the Royal College for names of those on the working party, they are ‘unable’ to give us them? At first glance, like me, you might be forgiven for thinking all the above organisations must have the necessary medical evidence to back up the statements. Don’t be drawn into the web. They haven’t shown one scrap of evidence. Why, because it was Mickey Mouse who authored the guideline on their ‘behalf’. Do we need to ask who Mickey Mouse is? I don’t think so.

## OH WHAT A TANGLED WEB WE WEAVE.... Might the following be a reason why? ...Continued



Are these really seven completely separate organisations? No. But, let's take a closer examination. You will see they all come under ONE organisation.

The British Thyroid Association (BTA), The British Thyroid Foundation (BTF) and the Association of Clinical Biochemists (ACB) were the authors of the UK Thyroid Function Test Guidelines (2006) - so these can be counted as ONE organisation. The BTF Patient Support Group is run by the BTF -so we can discount this as a separate organisation. The BTA, BTF and ACB are close affiliates to the RCP - so still working as ONE organisation.

All of the above organisations share joint meetings at The British Endocrinology Society (BES). Both BTA and BTF have a trustee in common and keep abreast of BES meetings. We can't find that BES is a Registered Charity, but there are similarities in their list of meetings and the way they are ordered 'Associates'. Google BES and click on BES2009 - it takes you direct to the Society for Endocrinology (SFE). <http://www.endocrinology.org/meetings/2009/sfebes2009/>. So we come back to the same ONE organisation.

So, we are left with the British Society of Paediatric Endocrinology and Diabetes (BSPED) but hang on a second - they have a statement on their web site telling us they too are affiliated with the RCP and the Society for Endocrinology (SFE) - so, we come back to just ONE organisation involved in the authorship of this guideline.

Oh, and we nearly forgot the involvement of the 'Clinical Endocrinology Trust' (CET) - are they related?

Yes - are we surprised. The President of the BTA is a Trustee of CET - as was the past BTA president.

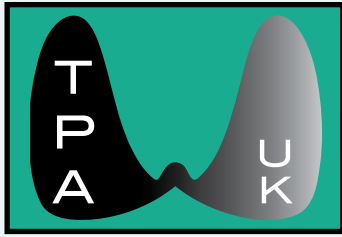
No wonder other patient organisations, medical practitioners, researchers were not approached for their views - they are not members of this private club.



## IS HM CUSTOMS AND THE ROYAL MAIL HANGING ON TO OUR MEDICATIONS AND SUPPLEMENTS - AND CHARGING US TOO MUCH?

Afshin is absolutely aware of the recent problems that those of us who need to buy our medications such as Armour, Liothyronine, Cortef etc from his Internet Pharmacy, having to now pay Customs charges if the value of the contents is over £18 and the Royal Mail handling fee of £8.00 on top. On top of that, we are expected to go to the post office (if we can find one LOL!) to collect the package ourselves. This can make the cost of our medications extremely expensive. We have never had this problem before - but it looks like it is here to stay.

Afshin has told us that if you are 'caught' by Customs - and not everybody is - and you are not desperate for the tablets right away, that you should not to collect the tablets. Instead, email him [afshin@internationalpharmacy.com](mailto:afshin@internationalpharmacy.com) with an explanation of what has happened and he will send you your order again, in the hope that this time, your order will escape Customs. The tablets waiting at the Post Office will be returned to him after 20 days. It doesn't always work, but there is a good chance it will. We are trying to ascertain whether the £18 value includes the cost of shipping - some discussion on the forum says it should be including the shipping fee in the £18, but others say it should not. We hope to have the true facts regarding this shortly.



TPA-UK has developed a 56-page Information Pack that provides comprehensive information on all aspects of hypothyroidism, including the symptoms, signs, diagnosis, tests and treatment of hypothyroidism. If you have members of your family or friends who are suffering the symptoms and who do not have access to the Internet, this Pack can be ordered by downloading and printing out the information

pack order form [http://www.tpa-uk.org.uk/info\\_pack.php](http://www.tpa-uk.org.uk/info_pack.php)

Please fill out the form and enclose your cheque for £7.00 OR, you can now also order the TPA-UK Information Pack online. Simply send us an email containing your request, along with your name and postal details. Then, log into your PayPal account (or register with PayPal to make online payments and send/receive money) and send your payment for £7.00 to: [sheilaturner@tpa-uk.org.uk](mailto:sheilaturner@tpa-uk.org.uk)



## Your chance to help support Thyroid Patient Advocacy-UK

You can now support TPA-UK by purchasing ANY goods from Amazon UK! Simply click on the image below. This will take you directly to Amazon UK where you can purchase anything those listed on our website, copy the title and paste it into the search window on Amazon UK

If you need any more details, please ask. (DONATIONS RECEIVED AT TPA-UK GET TOGETHER)



## NEW - THYROID PATIENT ADVOCACY-UK BANK ACCOUNT

You will be pleased to know that we have, just last week, opened a new Business Bank Account in the name of 'Thyroid Patient Advocacy-UK'. This account became active immediately, but, because I wanted this to be an 'on line' account, I had to wait until I received further instructions from HSBC with the necessary little 'black widget' that gives me a new security number every time I need to access the account - I am very impressed with this. We received these yesterday and the Account has now been set up.

I had to laugh, because when HSBC wrote to me, they had, as their identification code to this particular account 'THYROID PAUK' - both Percy Vere and I felt such identification was VERY appropriate.

This Account has been set up specifically to raise funds to carry out our campaigning work to get a better diagnostic protocol and a choice of treatments, which will, we hope, eventually benefit all sufferers of hypothyroidism and its mimics throughout the UK and the rest of the world. We have to fund these campaigns ourselves, nobody is going to do it for us - and we know we have Big Pharma and thyroid associations/organisations who are against us, and who will do everything they can to try to stop us - but they won't. So, please everybody, if you would like to help us in any way whatsoever (and I don't mean just giving us money) please let us know. For those of you who would like to make a donation - however small - however large, or you know of others who would like to donate to our cause - you can now do so.

## NEW - THYROID PATIENT ADVOCACY-UK BANK ACCOUNT Continued...

There are various ways you can make a donation.

- 1) You can do a straight forward Bank transfer online from your Bank Account to the TPA-UK account.
- 2) You can send a cheque made payable to 'Thyroid Patient Advocacy-UK' (addressed to Sheila Turner, Squirrel Cottage, Ickornshaw, Cowling, Nr Keighley, BD22 0DH, Yorkshire)
- 3) You can ask your bank to transfer money direct from your Bank account to TPA-UK account - or -
- 4) If you would like to make a regular payment via Standing Order or Direct Debit, you can do this through your own Bank. (See Note below)
- 5) You can also make a donation from through Paypal and send this to [sheila.turner@tpa-uk.org](mailto:sheila.turner@tpa-uk.org) . I will then transfer the donation to the TPA-UK account.

Details of the 'Thyroid Patient Advocacy-UK Account are:

**The Bank: any branch of HSBC**

**Branch Sort Code: 40-26-01**

**Account No: 31456016**

Note: We have a Standing Order/Direct Debit form and I will ask Lee to put this on to our web site [www.tpa-uk.org](http://www.tpa-uk.org) for those who would like to make a regular donation. All you will need to do is to print off this form, complete your Bank Details and the amount you would like to donate and send or take it to your Bank.

## STOP PRESS: TPA-UK TO BECOME A REGISTERED CHARITY

We have now realised that we can no longer put off the day we put ourselves forward and become a Registered Charity. We have a lot of work to do to achieve success in our forthcoming TPA-UK campaigns, with little money to do it, so we need to seriously get down to the business of raising as much money as possible – from wherever we can.

HOWEVER – before we can become established as a Registered Charity we MUST raise at least £5000, so if any of you can help, or you know of others who would help us collect this amount, please do contact me urgently. If you need some ideas of how you can help us, check out the list below.

To this end, we have now opened our TPA-UK Bank Account. For those of you who know about registering such a Charity, you will appreciate the amount of work involved. The Charities Commission have told me it should take approximately 8 to 12 weeks for completion – it will no doubt take longer to raise the necessary £5000.

We will try to work towards this, but we need to make sure first that we have the funding to bring this charity to fruition. Please do everything that you can to ensure our Charity becomes a great success so we can really start to help all sufferers with a thyroid disorder.

## HERE ARE SOME FUND-RAISING IDEAS

- Organise a jumble sale.
- Donate a percentage of what you sell on E-bay.
- Carry out a sponsored walk, run – or shave your head \*grin\*. Hmmm!
- Organise a coffee morning, have a cake stall – sell goods at a car boot sale.
- Organise a raffle (I will start this off by raffling one of my original paintings).
- Ask any local businesses you know if they would donate.
- Ask people you know if they would donate an hours salary.
- Ask everybody you know if they would donate a ‘one off’ sum of money – a realistic sum people can afford.
- If every TPA-UK member donated £5.00 each - we would have raised the £5000 with no trouble- £10 would be even better.
- Organise a Barbeque (now the summer evenings are here) or ask somebody else to, and ask everybody who attends to pay a small contribution.
- “Give it up” and ask somebody to sponsor you for a month.
- Ask your local supermarket if you can bag customers’ shopping and ask for a donation for your service. It’s simple, it’s a proven way to raise lots of money, and it’s a great way to meet people.
- Ask your family, friends and colleagues to empty their pockets every evening for a week for charity.
- Did you know that a day’s wage is less than half a percentage of a yearly salary? So why not donate a day’s wage and encourage others to follow your example.
- Encourage those in your office to become the office Olympic champion/. Why not try speed typing, synchronised chair swivelling, bin basketball or longest paperclip chain in a minute.
- A bloody great fundraiser! Stick a swear box in an office, at home, in your local social club or how about in your local pub -to raise money for charity. If swearing is the crime, then get them to pay for the misdemeanour.
- Ransom and release All you need are some willing VIPs (very important prisoners) and somewhere to hold them captive. Then it’s up to the VIPs to get their friends, family and colleagues to stump up the cash so they can be released.
- Come dine with me - Create your very own version of the popular TV show. You and a few friends or family all take turns to host a dinner party in one week. At end of each evening, you all rate the host’s performance. Ask for a donation to take part.

## ARE YOU ARTISTIC? CAN YOU DESIGN A NEW LOGO FOR TPA-UK?

As many of you will appreciate, we have had some excellent contributions to our request for a new logo design. We feel that 'Percy Vere' needs to be put out to grass (or mud!) to enjoy the company of other piggy's in his old age, and have decided this is the time to say goodbye.

Most of the logos sent in, although beautifully designed, were of weighing scales and butterfly's (you can see these in the Files section of the Forum). <http://health.groups.yahoo.com/group/thyroidpatientadvocacy/files/TPA%20Logo%20Competition/>

However, too late, we realised that 'scales' is the logo of another medical organisation, and frankly, butterfly's can fly out of the window as they are too common place because too many thyroid organisations use them. We want something original - and we are therefore asking for further ideas and designs. We are open to any suggestions - but this now must take priority. I am sorry not to have got on with this before, but it has been too hectic these past few months.



## GOT A HOBBY OR BUSINESS? WHY NOT LET US KNOW

Are you in the business of trying to make money from your hobby - or have you a business you wish to advertise. Because we have Chat Forum, please don't be afraid to spread the word and share what you do with all our other members [http://health.groups.yahoo.com/group/thyroidpatientadvocacy\\_Chat/](http://health.groups.yahoo.com/group/thyroidpatientadvocacy_Chat/)

Hopefully, sharing your web site details will prove lucrative for you, and will also tell us all a little more about your life outside of 'Thyrodia'.

For instance, how many know that Lee has a very successful business making beautiful bespoke jewellery. She has only very recently built her new website. Content will be added on a regular basis - so if you are looking for something special here is the link <http://www.leeappleyarddesigns.com/>

...and in Sheila's spare time, she paints pictures in oils (mainly landscapes) [www.turner-art.co.uk](http://www.turner-art.co.uk). She will shortly be offering one of her original paintings to be raffled in order to help raise funds towards the £5000 needed to establish TPA-UK as a Charity - so let her know if you would like to buy a raffle ticket (£2.00 per ticket).

If you would like to advertise your hobby, or your business, please feel free to do so and add the URL to our LINKS section - and we hope this will help bring in more business for you. Please note, this facility is ONLY available on the Chat Forum and no such advertising will be allowed on the main Thyroid Forum.



## DO YOU KNOW A NHS DOCTOR WHO WOULD HELP US - COULD THIS BE YOUR DOCTOR?

It appears that if we had a NHS doctor on our side, a doctor who backs up everything we have been saying about how wrong the RCP,BTA et al new guideline is, then we have an extremely good chance of getting our story published. As the BTA, BTF, ACB 2006 Guideline on Thyroid Function Testing and the new RCP Guideline are MANADATORY (not advisory), this could be very difficult for any NHS doctor to stand behind us, but there ARE doctors who feel strongly about what is happening in the field of endocrinology. So please contact me at [sheila@tpauk.com](mailto:sheila@tpauk.com) if you are able to help us.

# HOT OFF THE PRESS

## “Statement on the Diagnosis and Management of Primary Hypothyroidism”

Further to my letter of 6th April, the comments and materials received by the College have been reviewed.

This position statement or guidance (not a guideline) was produced on behalf of the Royal College of Physicians, in particular its Patient and Carer Network and the Joint Specialty Committee for Endocrinology and Diabetes; the Association for Clinical Biochemistry; the Society for Endocrinology; the British Thyroid Association; the British Thyroid Foundation Patient Support Group and the British Society of Paediatric Endocrinology and Diabetes and is endorsed by The Royal College of General Practitioners.

The President has asked me to let you know that this review has not resulted in any changes to that statement. It should be noted that it is about the treatment of primary hypothyroidism and does not preclude other treatments for exceptional cases by specialist endocrinologists who can make clear to patients any associated risks.

References supporting the statement are listed below:

- Diagnosis and treatment of primary hypothyroidism. BMJ 2009;338:b725
- Vaidya B, Pearce S. A Clinical Review of the management of hypothyroidism in adults. BMJ 2008;337:a801. This contains references for 35 articles and states that Armour thyroid is of no proved additional benefit to levothyroxine.

The Lancet, Volume 363, Issue 9411, Pages 793 - 803, 6 March 2004.

This covers the history, epidemiology, pathophysiology, and clinical diagnosis and management of hypothyroidism and is written by Caroline GP Roberts and Paul Ladenson of Johns Hopkins University School of Medicine, Baltimore, USA. This review, which references 164 clinical articles, states that the treatment of choice for hypothyroidism is levothyroxine sodium (thyroxine) and does not refer to Armour thyroid.

- Baloch Z, Carayon P, Conte-Devolx B, et al. Laboratory medicine practice guidelines. Laboratory support for the diagnosis and monitoring of thyroid disease. Thyroid 2003;13:3-126.
- Association of Clinical Biochemists BTA, British Thyroid Foundation. UK Guidelines for the use of thyroid function tests.  
<http://acb.org.uk/docs/tftguidelinefinal.pdf>
- Surks MI, Ortiz E, Daniels GH, et al. Subclinical thyroid disease: scientific review and guidelines for diagnosis and management. JAMA 2004;291:228-238

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