



## Newsletter

Addenbrooke's Liver Transplant Association

20 January 2004

**Greetings** We hope you all had a Merry Christmas and wish you a healthy and happy new year. And this year has certainly started on a high note, with six liver transplants at Addenbrooke's already. Well done to the teams, and good luck to the patients.

### **Good Luck in your new job Naomi.**

Naomi Brown leaves her post as a Liver Transplant Co-ordinator on Friday 23 January to pursue a new career in fitness. I am sure you will join us in thanking her for all of her help and support in her time with us, and wishing her every success in the future. Naomi will be replaced by Sister Esther Moore, who you may have met on C9.

### **The proof that liver transplant works.**



All of those pictured have had at least one successful liver transplant - some more than one! Thanks to the families of the donors and to the team at Addenbrooke's. (Photograph 5 12-10-03.) This is one of many photographs taken at the Celebration Day on 12 October 2003. Some of them are on the ALTA web site, [www.alta.org.uk](http://www.alta.org.uk). If you do not have access to the web, you may be able to get access at your local library.

(Copies of the above photograph, and the others taken, can be obtained from Vernon Place, Tel: 01638 780449)

### **Coffee Can Prevent Cirrhosis**

A recent Norwegian study concluded that drinking three or more cups of coffee a day can almost halve the risk of cirrhosis of the liver. However, seven or eight cups a day provide no more protection than three. (The Times 25/07/03 p11)

## Support Activities

ALTA representatives attend Clinic 5 on most Thursdays.

The Ward C9 Patient Involvement Group meets after Thursday Clinic at 2 p.m., in the Ward C9 Day Room. This provides an opportunity for patients to get together to learn from one another by sharing long / short term experiences. For further information, contact Jane Whitehead on 01223 217306 or ask to speak to the Ward Clerk. It would be great to see you there. By the way, Jane makes a lovely cup of tea.

## Refurbishment of Day Room

The carpets and furniture have been chosen, and work will start soon.

## EastEnders (Thursday 29 January)

This episode of BBC's EastEnders sees the beginning of a transplant-related storyline that is due to run for approximately a month. Exact details cannot be divulged but UK Transplant was approached by one of the show's researchers at an early stage to invite advice and assistance with script-writing and a living donor transplant co-ordinator has played a key role in this respect.

## Hepatitis C Awareness Campaign

The Hepatitis C Trust, in conjunction with +VE, have launched a series of posters on the backs of London double-decker buses highlighting the risk posed by all blood-borne viruses. The first posters appeared on December 1. ([www.hepCuk.info](http://www.hepCuk.info))

## National Transplant Week (Sunday 18 July - Saturday 24 July 2004)

This will include National Donor Day on Wednesday 21 July. We'll keep you informed.

## The Committee

Welcome to the new members of the committee. Committee members are now as follows:

Madge Alston	Carol Maskell	Robert Thomas (Treasurer)
Colin Aspland	Raymond Maskell	Olive Tierney
Derek Davis	Peter McGuire	John Williams (Chairman)
Bridget Eggo	Joyce Newby	
Paul Eggo	Roy Pitman	

## Newsletter and Website Content

The purpose of this newsletter and of the ALTA website ([www.alta.org.uk](http://www.alta.org.uk)) is to provide information of interest to transplant patients. If you have any suggestions for future issues, please give me a ring (01245 460242), or send me an email ([olive.tierney@blueyonder.co.uk](mailto:olive.tierney@blueyonder.co.uk)). I look forward to hearing from you.

Well, spring will soon be here. Have you noticed that the bulbs are starting to pop through? What a lovely time to look forward to.

Bye for now, and remember, Keep smiling

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