



Newsletter

Addenbrooke's Liver Transplant Association

Jun 2006

Website: www.alta.org.uk

New Ward Manager on C9 .



Congratulations to Sarah Randall who is now the Acting Ward Manager on C9. She has taken over from Jim O'Sullivan who is now a Living Donor Transplant Coordinator for Kidney patients.

Our best wishes to Sarah in her new role, and our thanks to Jim for his help and support

ALTA to Fund a Relaxation Therapies Trial on C9.

When ALTA committee members discovered that relaxation therapies were being successfully used on the Oncology Unit at Addenbrooke's, they wondered if this would be beneficial to liver transplant patients. Following discussions with Addenbrooke's Mary Wallace team and Calmer Therapies, the company delivering the treatments, ALTA proposed that the approach be tried with patients on C9.

The treatments offered include Relaxation, Reiki, Reflexology and Head Massage. The majority of research has been with cancer patients, showing that these therapies reduce stress, anxiety and induce relaxation which gives a general feeling of well being. They have also been proven to lower heart rate and blood pressure.

Sarah Randall, the new ward manager on C9, fully supports this initiative, and has been instrumental in gaining the agreement of the medical teams and hospital management for a 6 month trial to take place.

Each patient will be assessed before treatment and any therapy will take into account how they are feeling and also the views of senior nursing staff.

National Transplant Week, 9 – 15 July,2006.

National Transplant Week is an annual campaign that aims to raise awareness of the need for more people to join the NHS Organ Donor Register The week is organised by Transplants in Mind.



Events at Addenbrooke's

Plans are being made by Addenbrooke's staff to promote the organ donor register on the Concourse and in the Grafton Centre during transplant week.



ALTA has always supported these efforts, and we have been asked to supply helpers again. Also, they are creating a poster made up from pictures and comments of transplant recipients. There is not much time left, but I'd be grateful for a picture of you and a few words on how the transplant helped you. If you can help out with either, give me a ring on 01245 460242.

Five years post-transplant, Margaret is still helping

Margaret George has been fund raising again (she is seated front left with friends who helped). She has helped C9 in the past, but this time she has asked for the £250 to be used by ALTA to benefit transplant patients.



Sources of help and support.

Some readers have asked how to find out more about coping with their liver conditions.

In this issue we cover **Primary sclerosing cholangitis (PSC)**, which is a disease primarily of the bile ducts, both inside and outside the liver. The ducts of the gallbladder and pancreas may also be involved. The walls of the bile ducts become inflamed. The inflammation causes scarring and hardening (fibrosis) that narrows the bile ducts. Because bile cannot drain properly through the ducts, it accumulates in the liver causing damage to liver cells. Eventually, so much bile is accumulated, it seeps into the bloodstream. Finally, with long term cell damage, the liver develops cirrhosis (hardening or fibrosis) and it can no longer function properly.

PSC SUPPORT

The objectives of the UK PSC Support organisation are:

- to support patients during their illness, with information about the disease and its treatment;
- to make contact links available so that PSC sufferers and their families/friends can keep in touch;
- to collect and collate information concerning the number of PSC patients, and the pattern of treatment;
- to keep abreast of research into the causes, treatment and cure of PSC, and to make this information available to members;
- to provide a forum for patients to discuss their illness, and to provide feedback to medical professionals responsible for their treatment

The contact telephone number is **020 8693 8789**. Best time to telephone is early evening. Their web site is at www.psc-support.demon.co.uk

Revised ALTA Contact Details.

Do you need help, advice or just someone to talk to?

Joyce:	01763 222095	(joyce.newby@ntlworld.com)
John:	01371 810995	(jonathon4uk2001@yahoo.com)
Marion:	01353 862466	(a.edwards27@btinternet.com)
Olive	01245 460242	(olive.tierney@blueyonder.co.uk)

Dates for your diary, 2006

- 9-15 Jul 2006 **National Transplant Week**
Sue Johnstone 0117 9314638, sue@transplantsinmind.fsnet.co.uk
- 17-20 Aug 2006 **British Transplant Games 2006, University of Bath**
Rebecca Symonds 01733 345774, beeky_symonds@hotmail.com
- 16 Sep 2006 **Thanksgiving Service,**
Southwark Cathedral, London - 10:45 for 11:00
Kim Hunt, Kings College Hospital NHS Trust , 020 7346 6357
- 8 Oct 2006 **ALTA AGM and Celebration Day 2006**
Cambridge Motel, Shepreth – 11:30

Flora London Marathon 2006 Boosts ALTA Funds



We had a London Marathon runner raising funds for ALTA again this year. This time it was my nephew, Mark Hood. He completed the race, his first marathon, in 3hrs and 50mins, raising over £1000 in sponsorship from family, friends and ALTA members.

£100 of this has already helped the Junior Nursing Staff on C9 organise a training day, and the rest will help fund the Relaxation Therapies Trial. Many thanks Mark.

Bye for now, and remember, Keep smiling

Olive Tierney

Tel: 01245 460242, E-mail: olive.tierney@blueyonder.co.uk