



Newsletter

Addenbrooke's Liver Transplant Association

Mar 2006

Website: www.alta.org.uk

Presentation Day



Pictured: Marion Edwards, Eileen Debenham, Mike Allison, Audrey Gibbs, Hermi Peachment and Joyce Newby

Eileen Debenham presenting a cheque for £1000 to Mike Allison at Clinic 5. The funds will be used for research work at Addenbrooke's.

Eileen and her friends, including Audrey and Hermi, held a successful and enjoyable Quiz Night at the Manor Club, Ipswich.

Bronze medal winner raises funds for ALTA

Andy Hudson proudly wearing the bronze medal he won for swimming in the 50 metres Free-Style at the British Transplant Games at Loughborough University in August 2005.

Just 9 months earlier, he had a life-saving liver transplant at Addenbrooke's.

He and his partner, Maria Derz, would like to say thank you to all of the doctors and nurses on C9 for keeping him alive.

They have donated the £328.50 raised in sponsorship to ALTA



Help Wanted

Lady over 60 required to partner Madge Alston in the Badminton at this year's British Transplant Games in Bath. Please call 01473 832902

Quiz Night

Frank Lee Centre, Addenbrooke's Hospital, Cambridge
20 May 2006 at 7:30 pm

The Bar opens at 7:00 p.m. Please bring your own food.

Come as a team, or join a team on the night. The entry fee will be just £1 per person. Great value for a light-hearted night out. An opportunity to make or renew friendships.

Please call Joyce on 01763 222095 or Olive on 01245 460242 to reserve places. Or complete the reservation slip below. Donations of prizes for the raffle would be welcomed.



Reservations for ALTA Quiz Night,

Name

No. of people attending

Send to Olive Tierney, 10 Burton Place, Chelmsford, CM2 6TY

For the benefit of our new members



Addenbrooke's Liver Transplant Association

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

If so, please call or email any of the following people

- | | | |
|---------|--------------|--|
| Joyce: | 01763 222095 | (joyce.newby@ntlworld.com) |
| John: | 01371 810995 | (jonathon4uk2001@yahoo.com) |
| Marion: | 01223 573429 | (a.edwards33@ntlworld.com) |
| Olive: | 01245 460242 | (olive.tierney@blueyonder.co.uk) |

Q&A: Alcohol and liver disease.

What is the liver?

The liver is the largest organ in the body, and one of its most complex. It performs more than 400 functions that are needed to keep the body healthy. These include removing or chemically changing drugs, alcohol, and other substances that may be harmful or toxic to the body

What causes liver disease?

As the liver is such a complicated organ, it can be affected by a wide range of disease. Fortunately, most of these are rare. Among the most common are: hepatitis, cirrhosis, cancer and alcohol-related disease. Heavy drinking over a prolonged period is a significant risk-factor for liver disease.

Why are the rates of these diseases rising in the UK?

The number of people drinking heavily in the UK is high compared with many other European countries. One survey suggested that 35% of single men, and 21% of single women now drink in excess of safe limits recommended by experts. Binge drinking is also a major problem in the UK. However, drinking rates do not explain the surge in liver disease over the past decade. It's now suggested that infection with the hepatitis C virus - which can remain in the body for decades without giving symptoms - may be to blame.

It's thought that heavy drinking, in conjunction with underlying damage caused by the virus over time adds up to far worse liver problems for the patient. Experts believe that the rise in intravenous drug use, and needle-sharing, during the 1970s and 1980s, led to many people being infected with hepatitis C without realising it. It is only now that the results of that are being felt.

What will happen to these patients?

Liver failure is the end result of long-term liver disease in many cases. At this point, a transplant may be required or the patient will die. Unfortunately, the supply of transplant livers is extremely limited, and falling steadily. Patients may face a long wait before a liver becomes available, and many do not survive long enough to reach this point.

The latest research suggests Asians may be more prone to death from liver disease. Why?

The research focused on an area of the west Midlands with a high Asian population. No-one knows exactly why this group of people appears to be vulnerable to liver disease. Drinking habits among certain Asian communities are comparable with white groups. However, it is possible that some Asian populations may have genetic differences that make them more prone to liver damage if they drink heavily. (Reprinted from the BBC Health web site for those without web connection)

<http://news.bbc.co.uk/1/hi/health/2182610.stm>

Advice on safe drinking can be found on the internet at <http://www.liverinfo.org.uk/>

Dates for your diary, 2006

- 22 Apr 2006 **Transplant Games Badminton Competition**
Cocks Moors Woods Leisure Centre, Kings Heath, Birmingham
- 23 Apr 2006 **Flora London Marathon**
Contact: Olive, 01245 460242 if you can help with sponsorship.
- 20 May 2006 **ALTA Quiz Night**, Frank Lee Centre, Addenbrookes
Contact: Joyce Newby on 01763 222095
- 9-15 Jul 2006 **National Transplant Week**
- 17-20 Aug 2006 **British Transplant Games 2006**, University of Bath
Rebecca Symonds 01733 345774, beeky_symonds@hotmail.com

Advance Warning

We are planning to hold our Annual Celebration Day and AGM early in October. There have been suggestions that we should include a Craft Stall showing the work of our members. Contact Olive if you would like further details. (see below for contact details)

Spring is here again, Bye for now - Keep smiling

C9 is still as busy as ever. I hear there have been eight liver transplants since February. Well done to the team.



Olive Tierney

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E-mail: olive.tierney@blueyonder.co.uk