



Messages

Myasthenia Gravis Association of Queensland Inc



AUGUST 2007

Myasthenia Gravis Asscn of Qld Inc IN NO WAY endorses any products, medical procedures or medical practitioners mentioned. Articles are provided as a guide, and/or for information purposes only.

We take this opportunity to thank Queensland Health who by the provision of a grant, make the work of the Association and the publication of this Newsletter possible, and to those who take the effort to contribute to its success.

Myasthenia Gravis Association of Queensland Inc

PO Box 16
MT. GRAVATT QLD 4122
NATIONAL FREE CALL
1800 802 568
ABN 92 055 613 137

E-mail mgqld@gil.com.au
Home page:
www.mg-qld.gil.com.au

COMMITTEE MEMBERS

President
Dennis JENNINGS (Townsville)
Ph: 4774 0029
0402 285520

Vice-president
Shirley JOHNSTON
Ph. 1800 802 568

Secretary and Editor
Graeme Peters
Ph. 3288 4484
email: grapop@dodo.com.au

Treasurer
Kris KLITGAARD
Ph/Fax 3890 0115

Committee
Kath ROSS
Ph/Fax 3264 1898

Anita JACKSON
Ph. 3800 4913

Frank ROSS
Ph. 3264 1898

PATRON
Dr Cecillie LANDER
Neurologist
Founder Member, of Brisbane

PRESIDENT'S REPORT

Hi everyone.

This report will be a short one as I am in Melbourne for three weeks visiting family and celebrating my grand-daughter's first birthday – gee time goes quickly.

I hope everyone is well and you all managed to get through the shortage of Mestinon®. The importer now understands that we need it at all times and he said that he will try and keep extra stocks from now on.

There must be people out there who have a story to tell about their experiences with MG. Please send them (the stories, not the people) to PO Box 16 MT GRAVATT 4122 so we can publish them in the newsletter and share our experiences.

I know you will all have Sunday 26 August marked on your calendar as a reminder of the Annual General Meeting. Please help make it a successful and satisfactory occasion by rolling up, if you can, and meeting other members of our Association to have a chat and a good meal. Details of the AGM are in this issue. Looking forward to seeing you there and saying hello.

That's all for this month.

Until next month keep smiling

Cheers,

Dennis

CHAT LIST:

Each member of our Management Committee is happy to speak with you, while the following members, who include MG sufferers or their carers, have offered to join our Chat List. If you have a need to have a yarn, particularly about how MG affects you, please ask if it is convenient to talk, and respect the privacy of those whom you call.

In the interests of one's privacy, we have not listed surnames. Do not be embarrassed by ringing a stranger and asking to speak to say, "Fred or Mary". If you wish to disclose your surname, that is your prerogative. Simply explain that you are a MYASTHENIC or a CARER.

Remember there is also the FREECALL telephone number for Australia manned (or is it womanned?) by Shirley and is 1800 802 568. Please do not hesitate to call if you feel the need. If the 1800 802 568 is not answering, please leave a message and Shirley will get back to you as soon as practicable. Your call is valuable to us, so please do not hang up without leaving a message.

CHAT LIST – INTERSTATE MEMBERS

| | | |
|------------|--------------|----------------------|
| BARRY / JO | 02 6285 2661 | CANBERRA ACT |
| MARILYN | 02 6291 8287 | CANBERRA ACT |
| PATRICIA | 02 4973 2532 | MORRISSET NSW |
| JEAN | 02 4937 3110 | KURRI KURRI NSW |
| ROBERT | 02 6652 6745 | COFFS HARBOUR NSW |
| ERMELINDA | 02 4392 7925 | LAKE HAVEN NSW |
| FRANK | 02 6767 1031 | TAMWORTH NSW |
| ELLEN | 07 5599 9511 | WEST TWEED HEADS NSW |
| CANDY | 02 6847 3732 | WARREN NSW |
| PENNY | 02 4868 2213 | MOSS VALE NSW |
| NADINE | 03 5766 2848 | VICTORIA |
| MIKE | 03 5743 1106 | YARRAWONGA VIC |
| CORAL | 03 5865 1378 | KATAMATITE VIC |
| TAMARA | 0409 186 809 | HOPPERS CROSSING VIC |
| ROLAND | 03 9702 5107 | BERWICK VIC |
| RONA | 08 9459 7168 | MADDINGTON WA |
| DIANE | 03 6327 2563 | RIVERSIDE TAS |
| ALISON | 03 6261 2258 | MAGRA TAS |
| DAPHNE | 03 6428 6733 | SQUEAKING POINT TAS |
| PROSPER | 08 8285 7016 | ALICE SPRINGS NT |

+++++

Love is grand ! Divorce is a hundred grand.

In just two days, tomorrow will be yesterday.

Corrections to previous issue of MessaGes

The editor must have been having senior moments when preparing July's issue of MessaGes, as there was one omission and one error in it.

The *omission* was the title of Shirley's Recipe – it was for **Apple Slice**.

The *error* was in the date for the AGM. The correct date for the AGM is, of course, **Sunday 26 August 2007**, not 2006.

The editor apologises for these errors.

* * * * *

Future Planned Activities (Provisional)

Sunday Aug 26 Annual General Meeting

Sunday Dec 9 Christmas function

Venues and details for the above functions will be advised closer to the dates.

The Management Committee meets on the second Saturday of each month (except January) and all members are invited to attend. If you wish to attend any of these meetings, please contact Shirley on the 1800 number to find out the time and place of the relevant meeting.

Shirley's Recipe

Celery Soup

Method:

1. Heat small quantity of oil in saucepan.
2. Add 1 large chopped onion and 2 cups chopped celery.
3. Cook until onion is transparent (without browning).
4. Add 2 tablespoons plain flour and cook, stirring, for one minute.
5. Remove from heat and add 3 cups water slowly to celery mixture.
6. Season with pepper and 3 teaspoons powdered chicken stock.
7. Add ½ cup powdered milk mixed with 1 cup water.
8. Simmer gently until cooked (approx 30-40 minutes) stirring occasionally as it burns easily.
9. Cool, blend in small batches and serve with chopped shallots & parsley if desired.

Note: the mixture has a curdled look before it is blended.

**Life not only begins at forty,
It also begins to show.**

**Age doesn't always bring wisdom.
Sometimes it comes alone.**

The following article is reproduced from the website of NetWellness Consumer Health Information and can be viewed at www.netwellness.org/healthtopics/gravis/box8.cfm

WHAT CONDITIONS MIGHT BE CONFUSED WITH MYASTHENIA GRAVIS?

What is the difference between MG and Lambert-Eaton Syndrome?

Myasthenia Gravis causes muscle weakness that becomes significantly worse with activity. Double vision, swallowing and speaking abnormalities, difficulty walking and using the arms are common symptoms. Lambert-Eaton Myasthenic Syndrome (LEMS) may produce similar symptoms, as well as muscle aches and dry mouth, but double vision is less common. Patients may also have impotence, constipation, impaired sweating, blurred vision and difficulties with urination.

Myasthenia Gravis is an autoimmune disease in which antibodies damage the acetylcholine receptors and compromise the muscle side of the nerve-muscle communication point. LEMS is an autoimmune disease that affects the nerve and not the muscle. LEMS may be triggered by a lung cancer. An EMG test performed by an experienced neurologist differentiates Myasthenia Gravis from LEMS. Blood tests for certain antibodies may also help with their differentiation. Many of the treatments for the disorders are similar, although patients with LEMS may not respond as well. A thymectomy is not used to treat LEMS.

What is the difference between Myasthenia Gravis and Multiple Sclerosis?

Both Myasthenia Gravis and Multiple Sclerosis are autoimmune diseases, but differ in that MS affects the central nervous system (brain and spinal cord), while MG affects the nerve-muscle communication point of the peripheral nervous system. The presence of both MS and MG in a single patient is rare. With appropriate testing, your neurologist would be able to distinguish the two conditions. There is no clear connection between MG and MS.

What is the relationship between fibromyalgia and chronic fatigue syndrome to Myasthenia Gravis?

The cause of fibromyalgia or chronic fatigue syndrome is not known and neither is known as an autoimmune disease. There is no clear link between chronic fatigue syndrome, fibromyalgia and MG. Chronic fatigue syndrome is characterized by a set of symptoms that may have many causes (that is why it is called a syndrome). Although both are manifested by fatigue, MG causes muscle fatigue that can be identified objectively by specific muscle tests, such as an EMG. Mestinon has been used for chronic fatigue syndrome, but my understanding is that it ultimately has not been shown to be effective.

What is the relationship between Myasthenia Gravis and Muscular Dystrophies?

We are not aware of any relation between MG and Muscular Dystrophy. Muscular dystrophies are genetic diseases and having MG does not put you at risk for developing such a disease. In fact, the eye muscles, which we studied in patients with advanced DMD, are always spared, in contrast to the eye muscles in MG that tend to be affected early in the disease.

What is the relationship of Systemic Lupus Erythematosus and Myasthenia Gravis?

Systemic Lupus Erythematosus (SLE) is a complicated autoimmune condition that may affect the nervous system in many different ways. MG and SLE can occur in the same patient. Myasthenia Gravis produces weakness while SLE produces any combination of joint pain and swelling, rash, kidney problems, eye and brain abnormalities, and others. There are blood tests to confirm the diagnosis of SLE.

* * * * *

KEEP YOUR BRAIN ACTIVE WITH THE TRIVIA QUIZ

Multiple choice quiz again (at least you have a 1 in 3 chance of getting them right). Please let the editor know if you prefer this format or one of the previous styles.

1. Who is the Federal Education Minister?
(a) Brendan Nelson (b) Judy Moylan (c) Tony Abbott
2. Where did Australian bike rider Cadel Evans finish in the 2007 Tour de France?
(a) First (b) Second (c) Third
3. Poatina is in which Australian State or Territory?
(a) Victoria (b) Northern Territory (c) Tasmania
4. In which year did the Thredbo disaster occur?
(a) 1997 (b) 1998 (c) 1999
5. Who was Australia's second Prime Minister?
(a) Alfred Deakin (b) John Watson (c) George Reid
6. What was the scarecrow in the Wizard of Oz lacking?
(a) A heart (b) A brain (c) Courage
7. What is the most common name in nursery rhymes?
(a) Mary (b) Tom (c) Jack
8. How many sides does a duodecagon have?
(a) 8 (b) 12 (c) 16
9. What nationality is tennis player David Nalbandian?
(a) Mexican (b) Argentinian (c) Brazilian
10. The koala is the faunal emblem of which Australian State or Territory?
(a) Queensland (b) New South Wales (c) Victoria
11. What is Queensland official bird emblem?
(a) Rainbow lorikeet (b) Sulphur Crested cockatoo (c) Brolga
12. How long is Western Australia's coastline?
(a) 10500km (b) 11500km (c) 12500km
13. What is the approximate area of New South Wales?
(a) 701600 sq km (b) 801600 sq km (c) 901600 sq km
14. Which card game did Harold Vanderbilt invent in 1925?
(a) Contact bridge (b) Whist (c) Blackjack
15. Which element is missing in inorganic chemistry?
(a) Hydrogen (b) Uranium (c) Carbon
16. In the movie 'The Full Monty' how many of the strippers were black?
(a) Zero (b) One (c) Two
17. Who was the first Premier of Queensland?
(a) R G W Herbert (b) A Macalister (c) R R Mackenzie
18. What is the floral emblem of Tasmania?
(a) Flowering Red gum (b) Flowering Blue Gum (c) Flowering Yellow Gum
19. Whose compositions include 'The Four Seasons'?
(a) Bach (b) Schubert (c) Vivaldi
20. Which book of the Bible begins with 'In the beginning was the Word'?
(a) The Gospel of Matthew (b) The Gospel of John (c) The Gospel of Luke

Answers: 1) b; 2) b; 3) c; 4) a; 5) a; 6) b; 7) c; 8) b; 9) b; 10) a; 11) c; 12) c; 13) b; 14) a; 15) c; 16) b; 17) a; 18) b; 19) c; 20) b.

Agenda for the Annual General Meeting of the Myasthenia Gravis Association of Qld Inc Sunday 26 August 2007 at Carindale Hotel Carindale, commencing at 10:30am.

- OPENING
- APOLOGIES
- CONFIRMATION OF QUORUM
- MINUTES OF THE PREVIOUS AGM
- BUSINESS ARISING FROM THE MINUTES
- ADOPTION OF BY-LAW 1/2007 – APPOINTMENT OF AUDITOR

BY-LAW 1/2007

APPOINTMENT OF AUDITOR

Section 23 (e) of the Constitution calls for the AUDITOR to be appointed at the Annual General Meeting.

Provided the auditor appointed is prepared to continue this role into subsequent financial years, the appointment will be confirmed at the next AGM.

Where, for whatever reason, the auditor so appointed is not able to act in this role for a further period, the Committee of Management will appoint a new auditor. When this appointment is made, the action will be recorded in the minutes of the Committee of Management.

NOTE: This By-law is made as authorized in Section 28 of the Constitution.

- PRESIDENT'S ANNUAL REPORT
- TREASURER'S FINANCIAL REPORT
- ELECTION OF MANAGEMENT COMMITTEE.
- APPOINTMENT OF AUDITOR
- BANK AUTHORITY and use of COMMON SEAL
- GENERAL BUSINESS
- CLOSE

ANNUAL GENERAL MEETING

Members are invited to attend the Annual General Meeting of the Association to be held on **Sunday 26 August 2007** at the **Carindale Hotel located at Carindale Rd Carindale Qld**. (It is part of the Carindale Shopping Centre complex). The hotel has excellent facilities and lunch may be purchased after the AGM from a menu which is reasonably priced and comes highly recommended. Car parking is available in the Shopping Centre .We will have access to the venue from 10am, with the AGM proceedings to commence at 10:30 sharp. After the various reports have been presented, the composition of the Management Committee for 2006/7 will be announced. Sufficient nominations have been received to fill all positions on the Management Committee. The agenda for the AGM is on page 7 of this edition of MessaGes.

Following the AGM there will be a short General Meeting for the purpose of setting Subscription Fees for the next year.

To help us and the caterers, please advise of your intention to attend by calling our FREECALL 1800 802 568 as soon as possible, but not later than Monday 20 August 2007. If the phone is unattended, please leave a message advising your name and how many will be attending the AGM.

We look forward to a great roll up and know you will have a great day out.

Here is a 'mud' map of where the hotel is: (UBD Map 181 Reference N5)


