



MessaGes

Myasthenia Gravis Association of Queensland Inc

AUGUST 2008



Myasthenia Gravis Association 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

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ABN 92 055 613 137

E-mail: mgqld@gil.com.au

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Neurologist
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PRESIDENT'S REPORT

Hi Everyone,

I am back from holidays to Alaska, Canada and the USA and had a very enjoyable time. We saw lots of wild life and also snow - the pictures that you see in the travel books don't do this area justice as it is just magical to see it first hand. This was my first big overseas trip so I was a bit overwhelmed by the spectacular views and scenery. I will have to save for my next trip.

It is back to business now and the next thing on the agenda for the Association is the AGM. Hoping you can all attend even if you are new and don't know any one - we will make you very welcome and you will learn a lot about Myasthenia Gravis and see how each of us copes with the disease. We have a Guest speaker who will be very informative. Friends and relatives are very welcome to attend.

We received some feedback about our new website which was very welcome. If you don't have the internet, get a family member or friend to look it up for you. You will find it very interesting.

Hoping to see you all at the Annual General Meeting.

Keep well,

Anita

PS: Two important reminders:

- If you are coming to the AGM, please let Shirley know on 1800 802 568 before 25 August.
- If you have not yet renewed your membership for 2008/2009, please do so using the form in June or July's issue of MessaGes.

Supported by



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
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
DAPHNE	03 6428 6733	SQUEAKING POINT TAS
PROSPER	08 8285 7016	ALICE SPRINGS NT

WEB-Site Update

PLEASE NOTE: Our website address is now www.mgaq.org.au. Please change your bookmark to reflect this.

You can now download current and previous issues of MessaGes and we now have links to other MG sites. Also you can email us directly from the website. Your feedback on the site would be appreciated via an email from the 'Contact Us' page on the website.

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NEW MEDI-ALERT CARD

The Association's Medi-Alert Card has been redesigned and updated with particular emphasis given to the 'drugs to be used with caution'.

The list of drugs to be used with caution has been updated using research conducted by Dr Jean Foster of Western Australia, who is a member of the WA Myasthenia Gravis group and who is herself a sufferer of MG. The amended card has been reviewed by Queensland Health.

It is recommended that members reapply for a new Medi-Alert Card by completing the application form on page 8 of this issue.

When completed, the form should be posted to:

Myasthenia Gravis Association of Queensland Inc
PO Box 16
MT GRAVATT Qld 4122

Please show 'Medi-Alert Application' on the top left hand of the envelope. Cards will be forwarded with the next available issue of MessaGes.

The new Card will look like this:

FRONT OF CARD: (Not to scale)

Myasthenia Gravis Association of Qld Inc
PO Box 16 Mt Gravatt Qld 4122 PH: 1800802568
MEDICAL ALERT
I am not intoxicated. I am ill. I have a disease called
MYASTHENIA GRAVIS
DOCTOR: Name of GP PH: 0712345678
SPECIALIST: Name of Specialist PH: 0787654321
Hosp: Name of hospital normally attending PH: 0799998888
My name is: M.G.SUFFERER
Addr: 225 SMITH ST PH: 07 12345678
JOHNSTOWN QLD 4999 D.O.B. 15.05.00
>>>PLEASE CONTACT MY DOCTOR<<<
*****See drugs caution on back of card*****

BACK OF CARD: (Not to scale)

Please exercise caution with the following drugs:

****TELITHROMYCIN should never be used****

Those marked with an '*' should be avoided while

The others should be used with caution

ANTIBIOTICS:	CARDIOVASCULAR;	PSYCHOTROPIC:
*Aminoglycosides	*Lignocaine	Lithium
*Colistin	*Procainamide	Chlorpromazine
*Clindamycin	Beta Blockers	EYE DROPS:
Quinolones	Calcium Channel Blockers	Acetazolamide
Macrolides	ANTI-RHEUMATIC:	Tropicamide etc
Tetracyclines	Chloroquine	Beta blocker drops
Quinine family	*Penicillamine	*BOTULINUM TOXIN
ANTI-CONVULSANT:		*GEN ANAESTHETICS;
Phentoin		Refer to anaesthetist

**NOTE: The above list is not all inclusive – consult
With my doctor regarding other drugs.**

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ANNUAL GENERAL MEETING

Members are invited to attend the Annual General Meeting of the Association to be held on **Sunday 31 August 2008 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 2008/9 will be announced. Guest speaker is Dr Rob Henderson, neurologist. The agenda for the AGM is published in this issue 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 25 August 2008. 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.

How do I get there: Below is a 'mud' map of where the hotel is:
(UBD Map 181 Reference N5)



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Future Planned Activities

Sunday 31 August 2008
Sunday 7 December 2008

Annual General Meeting – Details Page 6
Christmas Lunch - details to be advised closer to the event.

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.

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Agenda for the Annual General Meeting of the Myasthenia Gravis Association of Qld Inc Sunday 31 August 2008 at Carindale Hotel Carindale.

OPENING

APOLOGIES

QUORUM VERIFICATION

MINUTES OF THE PREVIOUS AGM

BUSINESS FROM THE MINUTES

PRESIDENT'S ANNUAL REPORT

TREASURER'S REPORT

ELECTION OF THE MANAGEMENT COMMITTEE.

APPOINTMENT OF AUDITOR

BANK AUTHORITY and use of COMMON SEAL

GENERAL BUSINESS

GUEST SPEAKER Dr Rob Henderson

CLOSE

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MEMBERS FORUM

"Freaked Out" (name supplied) of Brisbane writes:

'As part of my treatment I am given a plasma exchange as required. This has become a regular event every three weeks. I have had 39 exchanges now and my veins are becoming quite scarred. As a consequence surgery has been undertaken to create a fistula. I had this procedure the day after my last exchange and expected the anaesthetic to go well.

However, when I awoke I was only breathing via my diaphragm. This was no problem as neostigmine was given and I understood what was happening. The result was an improvement but a second dose was needed to restore normal breathing. Of course, the second dose was too much for the muscles not so affected and I had a cholinergic reaction involving my face, my swallowing, my eyelids and a weird buzzing in my hands and feet. Expert care was there and the effects wore off in about ten minutes. I hadn't experienced such a reaction before and would have appreciated someone explaining how it would unfold. I remained in recovery for a little extra time but had no further problems.

I would like to know if anyone else has had a similar reaction or may have other unique experiences that they might like to share?'

Please address any responses to the editor.

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KEEP YOUR BRAIN ACTIVE WITH THE TRIVIA QUIZ

Here are this month's questions for you to try. (Answers are at bottom of this page)

1. What is the capital of Bulgaria?
2. Who composed the music for the musical 'Billy Elliott'?
3. Who is the Queensland Minister for Education?
4. What is the collective noun for a group of giraffes?
5. What is the chemical symbol for Mercury?
6. Which is the only team to have won 4 consecutive VFL/AFL premierships?
7. In which ocean are the Canary Islands?
8. Who was the Roman god of pastures?
9. What is the most common Christian name of USA Presidents?
10. What is the largest web-foot bird?
11. What island has endured Mt Etna's wrath?
12. Which cosmetics giant got started in 1886 as the California Perfume Company?
13. What part of Europe has the House of Grimaldi ruled since the Middle Ages?
14. What was Harrison's Chronometer used to measure during 18th century voyages?
15. What country banned the Bible, the Koran and the Talmud in 1926?
16. What is the southernmost country in Scandinavia?
17. What is the only country in South-east Asia never ruled by a European nation?
18. What is the nearest galaxy to our own?
19. Which country lost 17% of its population in World War 2?
20. What inventor of safe automobile tyres died in an auto accident?

Answers: 1) Sofia; 2) Elton John; 3) Rod Welford; 4) A Tower; 5) Hg; 6) Collingwood; 7) Atlantic; 8) Pan; 9) William; 10) Albatross; 11) Sicily; 12) Avon; 13) Monaco; 14) Longitude; 15) The Soviet Union; 16) Denmark; 17) Thailand; 18) Andromeda; 19) Poland; 20) Michelin.

MYASTHENIA GRAVIS ASSOCIATION OF QUEENSLAND INC

PO Box 16 Mt Gravatt Qld 4122

Freecall 1800 802 568



REQUEST FOR MEDI-ALERT CARD

Family Name _____ Given Names _____

Home Address _____

_____ Postcode _____

Date of Birth _____ Phone Number _____

GP _____ Phone: _____

Specialist _____ Phone: _____

Hospital _____ Phone _____

Signature: _____

THE ABOVE INFORMATION IS REQUIRED TO COMPLETE THE STANDARD MEDI-ALERT CARD. HOWEVER, SHOULD YOU FEEL SOME OF THE INFORMATION IS NOT REQUIRED OR RELEVANT TO YOU, PLEASE FEEL FREE TO LEAVE BLANK AND/OR INCLUDE OTHER INFORMATION THAT WOULD BE MORE HELPFUL TO YOUR SITUATION, KEEPING IN MIND THE SIZE OF THE CARD. CURRENTLY THE CARD IS WALLET SIZE, BUT IF YOU HAVE A LARGER SIZE WALLET OR PURSE WE WILL TRY TO PRODUCE A LARGER CARD.

REMEMBER – THIS CARD IS TO HELP YOU FEEL SAFER SO DO NOT HESITATE TO ASK AND WE WILL TRY TO MAKE IT YOUR CARD.

THE CARD IS NO BURDEN TO CARRY AND WE HOPE THAT YOU WILL NEVER NEED TO USE IT, BUT IT COULD COME IN HANDY SHOULD THE NEED ARISE.

THE CARD IS PRODUCED FREE OF CHARGE AND WILL BE FORWARDED WITH THE NEXT AVAILABLE ISSUE OF 'MessaGes'. WHEN YOU RECEIVE YOUR CARD, PLEASE CHECK THAT THE DETAILS ARE CORRECT. IF NOT PLEASE ADVISE THE ASSOCIATION ON FREECALL 1800 802 568 AND A NEW CARD WILL BE FORWARDED.

PLEASE FORWARD REQUEST TO:

MYASTHENIS GRAVIS ASSOCIATION OF QUEENSLAND INC
PO Box 16
MOUNT GRAVATT QLD 4122

(MARK ENVELOPE WITH 'MEDI-ALERT APPLICATION' IN TOP LEFT HAND CORNER)

NOTE: MEDI-ALERT CARDS ARE ONLY AVAILABLE TO MEMBERS OF THE ASSOCIATION

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WHY WHY WHY?

Why do they put up "Dead End" signs? Won't you find out eventually?

Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?

Why do Kamikaze pilots wear helmets?