



MessaGes

Myasthenia Gravis Association of Queensland Inc



MAY 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

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PRESIDENT'S REPORT

Hi everyone.

Not much to report this month because of my hospitalisation, but I'm back on deck and rarin' to go.

By now current financial members should have received the forms calling for nominations for the Management Committee for the year 2007/2008. I would encourage members to give earnest consideration to putting their names forward for a position on the Management Committee. As I have previously said, we (that is the current committee) are not getting any younger, and age is starting to have its toll, so we are really looking for some new blood to give us a kick along.

Also, to our members in the Brisbane and surrounding areas, please try to get to our General Meeting on 17 June as it is imperative that we have a quorum of current financial members present in order to validate any resolutions passed. Full details are in this issue.

And please keep Sunday 26 August free for our Annual General Meeting – details will be published in next month's MessaGes.

Hope all you mums out there had a wonderful Mothers Day.

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 2342	MADDINGTON WA
NATASHA	08 9319 9554	PALMYRA 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

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THANKS

Bill Bennett and family extend their sincere thanks to the members of our association who attended the funeral service for our late founding member, Ethel (Pearl) Bennett. Bill is comforted by your good wishes.

MEMBERS FORUM

In response to Rosemary's response in last month's MessaGes to Kath's experiences of dizziness, Susan of Brisbane writes:

"I recently discovered the website of the NSW MG Association and found two points included there to be of interest. Firstly, apparently there are acetylcholine receptors in the heart and as a consequence, Mestinon may cause a very slow heart rate which in turn can cause dizziness. My heart rate dropped twenty beats overnight when I commenced on a full dose of Mestinon so I am inclined to believe this and encourage Rosemary to seek a review of her medication with the specialist.

Secondly, when reading one of the personal experiences included on this site, a fellow MG sufferer referred to using Ginkgo to help himself. I researched this link on the web and there clearly is a link but the information was not as detailed as I would like. Can the Association provide any further comment or perhaps members can provide personal experiences. I take 6x60 mg Mestinon and have regular plasma exchange procedure. I improved in my general condition in February which I attributed to several factors but upon reflection it was also at this time that I commenced taking Ginkgo to counteract the effect of cortisone on my veins (I do find it helpful). Could this have been a major contributor to the improvement?"

If you have a response or an issue to raise please forward it via mail to PO Box 16 Mt Gravatt 4122 or via email to grapop@dodo.com.au.

Your questions and responses may be anonymous for publication, but we will require your full name and address to be submitted to ensure genuineness. When forwarding a response, please refer to the issue or question raised so that we may correctly associate it to the issue or question.

Issues and Responses are published in the Members Forum as-is without any recommendation as to their suitability or accuracy. The opinions expressed are entirely those of the contributor. Care should be taken if following advice or suggestions presented and it is strongly recommended that the advice of your GP or Specialist is taken in all cases.

Remember we **cannot** offer medical advice – this can only be offered by a registered Medical Practitioner.

Future Planned Activities (Provisional)

Wednesday June 6	Nominations for Management Committee close
Sunday June 17	General Meeting & a luncheon
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.

KEEP YOUR BRAIN ACTIVE WITH THE TRIVIA QUIZ

New categories this month. There are 5 questions on each of 4 different categories. Please let the editor know if you prefer this format or the old style General Knowledge quiz.

CATEGORY: Know Your Australia

1. In which Australian state is Dookie?
2. What is the highest mountain in Queensland?
3. What is the most easterly point on the Australian mainland?
4. Which highway runs between Adelaide and Perth?
5. On which Tasmanian peninsula is Nubeena?

CATEGORY: Capital Cities

6. What is the capital of Brazil?
7. Tallahassee is the capital of which USA state?
8. Ulan Bator is the capital of which country?
9. Which river flows through the French capital, Paris?
10. In what year was Canberra ratified by Parliament as the capital of Australia?

CATEGORY: English Monarchy

11. Who was King of England in 1000AD?
12. Who was Queen Victoria's Consort?
13. How old was Queen Elizabeth II when she was crowned Queen of England?
14. Who was the last of Henry VIII's wives?
15. Who was known as the 'mad king'?

CATEGORY: Stage Names

16. Margarita Cansino was better known as whom?
17. What is Elton John's real name?
18. Who is Warren Beattie's actress sister?
19. Frances Gumm was known on stage and in film as whom?
20. What were Groucho Marx's given names?

Answers: 1) Victoria; 2) Mt Bartle Frere; 3) Cape Byron; 4) Eyre Highway; 5) Tasman Peninsula; 6) Brasilia; 7) Florida; 8) Mongolia; 9) Seine; 10) 1911; 11) Ethelred II (also known as Ethelred the Unready; 12) Albert; 13) 27; 14) Katherine Parr; 15) George III; 16) Rita Hayworth; 17) Reginald Dwight; 18) Shirley Maclaine; 19) Judy Garland; 20) Julius Henry.

IT'S MEMBERSHIP SUBSCRIPTION RENEWAL TIME

It's that time of the year again when Membership Subscriptions are due.

The envelope in which this notice was enclosed will advise you when your membership expires. If you look along the top line you should see "YOUR NAME" followed by some figures in smaller print than your address.

The majority of members will have 6/07 which tells you (and us) that you are financial to 30 June 2007. Others may show 6/08 or even 6/09 to indicate they have saved time and postage by paying in advance. However, there are others whose envelopes still show 6/05, 6/04, 6/03, or 6/02 and we continue to send our newsletter and other matter to these unfinancial members because we do not know what they want. If you are unfinancial, please take a minute to ring on the FREE call number, 1800 802 568 and advise whether or not you wish to retain your membership and receive "MessaGes".

LIFE MEMBERS and PAID-UP LIFE MEMBERS do not pay further subscriptions.

Please help to make our Treasurer happy - he loves writing receipts.

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Tear off along this line

Herewith please find my cheque / money order / cash for the sum of \$ _____ being annual subscription \$ _____ and/or Donation \$ _____:

NAME: _____ **Category A – Myasthenic \$15**
Category E – Supporter \$15

ADDRESS: _____

AND FOR: _____ **Category D – Carer \$5**

ADDRESS: _____

Your receipt will be forwarded to you with the next available issue of "MessaGes" following receipt of your payment. If you do not receive your receipt, please ring us on the toll free number 1800 802 568.

We thank you in anticipation of you renewing your membership.
