

# Thyrobulletin

The bike accident  
that saved me



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1915 - 2000**

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la Fondation canadienne de la Thyroïde**

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2013-2014**

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**Important Notice:** The information contained within is for general information only and consequently cannot be considered as medical advice to any person. For individual treatment or diagnosis consult your health care professional.

**Avis Important:** Les renseignements contenu à l'intérieur sont à titre d'information générale et conséquemment personne ne doit les considérer comme conseils médicaux. Pour traitement ou diagnostique individuelle veuillez consulter votre médecin.



## A message from the president

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## Un message de votre président

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Dear TFC members and readers:

In 2015, we will be entering the 35<sup>th</sup> year of TFC's existence; that is slightly more than 1/3<sup>rd</sup> of a century. It has been an eventful existence and period of growth for the foundation. During this period, TFC has produced two *Order of Canada* and one *Governor General Caring Canadian* award recipients; many others have significantly contributed to the growth of the organization. I would like to mention two ladies, Dr. Margaret Evans, the 1<sup>st</sup> President of the Kitchener-Waterloo Chapter, who celebrated her 100<sup>th</sup> birthday, and Marjorie Miniely, the 1<sup>st</sup> President of the London ON chapter, who celebrated her 90<sup>th</sup> birthday, in January and March respectively. One of the great things about both these ladies is that they inspired others and successfully created new leaders to take over the organization in their chapters. This is a great mark of leadership when you can provide continuity to an organization. In this edition of Thyrobuletin, we touch upon their lives and contributions to the TFC. They have both been an inspiration to many patients suffering from thyroid issues. When we dig deep, we find several members who have inspired others over the last 3 and a half decades of our existence.

I agreed to come back for a year (2013-14) as your President after serving 3 years before; I would like to thank those who bestowed their trust in me. This is a time to reflect upon the 4 years that I served as a President and total 7 years on the board. What did we achieve in these years?

- We formed an honest, well-meaning, caring, productive team.
- We built a structure that was able to govern and grow the organization
- We inspired others to get involved in volunteer life
- We brought the organization back to solid ground and its grassroots purpose
- We kept the team engaged in TFC and leveraged the differences for productive outcomes
- We developed new leaders to move the organization ahead
- We formed partnerships that were conducive to our growth
- We learned to do more with less
- We revitalized our online presence and patient materials
- We celebrated landmarks, engaged stakeholders, and brought back those who wanted to contribute

Chers Membres et Lecteurs de la Fondation :

En 2015, nous célébrons la 35<sup>e</sup> année d'existence de la FCT, cela marque un peu plus qu'un tiers de siècle. Ça fut une existence mouvementée et une période de grande croissance pour la Fondation. Pendant cette période, la FCT a eu deux bénéficiaires des décorations de l'Ordre du Canada et un Prix du Gouverneur Général pour l'entraide. Plusieurs d'autres personnes ont contribué de manière significative à la croissance de notre organisation. Je voudrais mentionner deux mesdames : le Dr Margaret Evans, première présidente du chapitre de la région de Kitchener-Waterloo, qui a célébré son centième anniversaire, et Marjorie Miniely, la première présidente de la région de London, Ontario, qui a célébré son quatre-vingt-dixième anniversaire, en Janvier et Mars derniers respectivement. Un des grands atouts de ces deux femmes, c'est qu'elles inspirent les autres et elles ont créé avec succès de nouveaux leaders qui prennent en charge l'organisation dans leurs chapitres régionaux. Il s'agit d'une grande caractéristique de leadership lorsque vous pouvez assurer la continuité d'une organisation. Dans cette édition du « Thyrobuletin », nous reflétons sur leurs vies et leurs contributions à la FCT. Ces deux femmes ont été une source d'inspiration pour nombreux patients souffrant de problèmes de thyroïde. Lorsque nous cherchons profondément, nous trouvons plusieurs membres qui ont inspiré d'autres patients au cours des trois et demi décennies de notre existence.

J'ai décidé de revenir pour une année (2013-14), tant que votre président, après avoir servi trois ans auparavant; je tiens à remercier tous ceux qui ont accordé leur confiance en moi. Il s'agit d'un moment à réfléchir sur les quatre années que j'ai servi comme président et en total sept ans comme membre du Conseil d'administration. Qu'avons-nous obtenu ces dernières années?

- Nous avons formé une équipe honnête, bien intentionnée, attentionnée et productive
  - Nous avons construit un cadre qui a été en mesure de gouverner et de développer l'organisation
  - Nous avons inspiré les autres à s'impliquer dans la vie de bénévolat
  - Nous avons remis l'organisation sur un plan ferme et nous avons retrouvé notre raison d'être dans les bases
  - Nous avons gardé l'équipe engagée dans le FCT et nous avons influencé les différences pour des résultats productifs
  - Nous avons développé des nouveaux leaders pour bien progresser
  - Nous avons formé des partenariats favorables à notre croissance
  - Nous avons appris à faire plus avec moins
- Nous avons revitalisé notre présence en ligne et nos documents visés aux patients



- We faced issues and converted those into opportunities for TFC

We restored TFC as a prominent member on the TFI map; TFC still leads in many first time initiatives

Volunteerism brings definite challenges, however, it is a very satisfying and humbling experience. I had to face very tough challenges when I took over the Presidency in 2008; however, when I look back, I feel it was worth all the effort. I would like to thank my wife and two boys who sacrificed their time with me when I was busy with the TFC revitalization process. I could not have done this without their support and help. 'Thyroid' is one of the most commonly used words that they hear from me on a daily basis.

I would like to thank all those selfless volunteers who have contributed their time, effort and money to strengthen this organization. Thanks to each member of my team who believed in this cause and provided their time, efforts and money to strengthen the organization. I also want to thank all the physicians over the years that have helped the TFC and provided their precious time for patient education.

Some of my dreams for TFC remain partially unfulfilled. I would like to see the organization have:

- A more modern and user-friendly website i.e. thyroid.ca
- The TFC name associated with cutting edge research in the Thyroid field
- More web-based interactive sites that help patients understand their disease state
- A stronger, vibrant, dynamic and interactive presence on social media that provides appropriate and authentic messages for patients
- Pictorial and video details that take a patient directly inside a thyroid gland to understand better its functioning and how it impacts other body functions.
- Sustainable institutional support and long-term funding, which will help keep TFC viable and thriving.
- More thyroid awareness programs held in towns and cities across Canada.

As I say goodbye to you on May 31<sup>st</sup>, I will be turning my focus to those underdeveloped countries which desperately need iodine supplementation and thyroid organizations to bring much needed awareness of thyroid-related concerns. If you get time, please check out thyroidweek.com and Thyroid week.org

It has been a pleasure serving you and I will continue to do so in the near future. Keep that volunteer spirit going; time is something precious that you can give to charitable organizations like ours.

Ashok Bhaseen

- Nous avons célébré sites, engagé les parties prenantes et ramenés à ceux qui voulaient contribuer
- Nous avons confronté des problèmes et nous les avons transformés en opportunités pour la FCT
- Nous avons restauré la FCT comme membre significatif dans le cadre de la FIT; la FCT est toujours en avance à conduire de nombreuses initiatives en premier

Le bénévolat pose des défis précis, cependant, c'est une expérience très satisfaisante et une grande leçon d'humilité. J'ai dû faire face à des défis très difficiles lorsque j'ai pris la présidence en 2008, mais, quand je regarde rétrospectivement, je pense qu'il valait tous les efforts. Je tiens à remercier ma femme et mes deux garçons qui ont sacrifié leur temps quand j'étais occupé avec le processus de revitalisation de la FCT. Je n'aurais pas pu faire cela sans leur soutien et leur aide. « Thyroïde » est un des mots les plus couramment utilisés qu'ils entendent de moi quotidiennement.

Je tiens à remercier tous les bénévoles dévoués qui ont contribué leur temps, leurs efforts et leur argent pour renforcer cette organisation. Merci à chaque membre de mon équipe qui a cru en cette cause et donné leur temps, leurs efforts et leur argent pour appuyer l'organisation. Je tiens également à remercier tous les médecins au cours des années qui ont aidé la FCT et qui ont donné de leur précieux temps pour l'éducation des patients.

Certains de mes rêves pour la FCT restent partiellement insatisfaits. Je souhaite que l'organisation ait:

- Un site web plus moderne et conviviale dire, « thyroid.ca »
- Que le nom de la FCT soit associé à une recherche de pointe dans le domaine de la thyroïde
- Plus de sites web interactifs qui aident les patients à comprendre leur état de maladie
- Une présence, forte, vibrante, dynamique et interactive sur les médias sociaux qui fournit des messages appropriés et authentiques pour les patients
- Plus de détails picturaux et des vidéos qui mènent le patient directement à l'intérieur d'une glande thyroïde afin de mieux comprendre son fonctionnement et les impacts sur autres fonctions du corps
- Plus appui institutionnel et le financement à long terme, ce qui contribuera à maintenir la FCT viable et prospère
- Plus de programmes de sensibilisation de la thyroïde qui soit tenues dans les villes à travers le Canada

Comme je vous dirai au revoir le 31 mai prochain, je donnerai mon attention en vers les pays sous-développés qui ont désespérément besoin des suppléments d'iode et des organisations de la thyroïde pour sensibiliser les préoccupations liées aux maladies de la thyroïde.

Si vous avez le temps, s'il vous plaît consulter « thyroidweek.com » ainsi que « thyroidweek.org. »

Il a été un grand plaisir de vous servir et je continuerai à le faire dans un avenir proche. Gardez l'esprit de bénévolat vif, le temps est certainement précieux que vous pouvez donner à des organisations caritatives comme la nôtre.

Ashok Bhaseen



**THYROID FOUNDATION OF CANADA**

**ANNUAL GENERAL MEETING**

**SATURDAY MAY 31, 2014**

9:00 am – 11:30 am

*Followed by:*

**THYROID AND MENTAL HEALTH**

**PUBLIC FORUM**

1:30 pm

**Dr. A. George Awad, MD, BCH, PhD, FRCP(C)**

Professor Emeritus, University of Toronto

Chief of Psychiatry, Humber River Hospital

A Question and Answer period will follow Dr. Awad's presentation

**EVENING RECEPTION AND DINNER**

(time and details TBA)

**NOVOTEL HOTEL NORTH YORK**

3 Park Home Ave., North York ON

*Please join us*

*For more information:* 1-800-267-8822  
info@thyroid.ca





**Thyroid Foundation of Canada  
CALL FOR NOMINATIONS 2014-2015**

**La Fondation canadienne de la Thyroïde  
APPEL DE CANDIDATURES 2014 – 2015**

**The National Board is accepting nominations for vacant positions on the board for the upcoming year 2014-2015**

**Le Conseil national accepte des candidatures pour des postes vacants sur son Conseil d'administration pour l'année 2014-2015**

At present, there are 4 directors' positions on the National Board that will be vacant this year. Those positions of directors are not designated to any specific title or responsibility. This will be determined subsequent to the AGM at the first meeting of members of the National Board. A vacancy in particular will be the position of National President.

Quatre postes à titre de membre du Conseil national seront vacants cette année. Ces postes d'administrateur ne comportent pas de responsabilités ou de titres spécifiques. Ceux-ci seront établis suite à l'assemblée générale annuelle et après la première réunion des membres du Conseil national. Un poste vacant, en particulier: Président(e) National(e).

According to By-Law No.1, the President's position is elected from the Board of Directors that is duly elected at the AGM.

Selon le Règlement #1, le président est élu par le Conseil d'administration dont les membres sont dûment élus lors de l'AGA.

**17 a. Number of Directors**

The Board shall consist of a minimum of seven directors and up to a maximum of 15 directors elected by the membership plus the immediate past-President if s/he agrees to serve as per By-Law No. 1.

**17 a. Nombre d'administrateurs**

Le Conseil sera composé d'un minimum de sept administrateurs et d'un maximum de 15 administrateurs élus par les membres y compris le Président sortant, si il/elle accepte de servir **selon le règlement n ° 1.**

Directors **may not** be elected for more than TWO (2) consecutive terms.

Les administrateurs **ne peuvent pas** être élus pour plus de deux (2) mandats consécutifs.

If you are interested or know of anyone who might be interested, please have them complete the Nomination form and forward along with a CV to the Nominating Committee Chair:

Si vous êtes intéressé ou connaissez quelqu'un qui pourrait être intéressé, s'il vous plaît remplir le formulaire de candidature et l'expédier, accompagné du CV du candidat au président du Comité de mise en candidature:

**[nominations@thyroid.ca](mailto:nominations@thyroid.ca)**

Or mail to: PO Box 298, Bath, ON K0H 1G0

**[nominations@thyroid.ca](mailto:nominations@thyroid.ca)**

Ou envoyer par la poste à : PO Box 298, Bath, ON K0H 1G0

*(Copies of the nomination form may be obtained at [www.thyroid.ca](http://www.thyroid.ca) or by calling 1-800-267-8822)*

*(Des copies du formulaire de mise en candidature peuvent être obtenus à [www.thyroid.ca](http://www.thyroid.ca) ou par composant le 1-800-267-8822)*

**NATIONAL VOLUNTEER WEEK IS APRIL 6-12**

*If you would like to join our TFC Volunteers:*

- ☐ Call: 1-800-267-8822
- ☐ Write: [volunteer@thyroid.ca](mailto:volunteer@thyroid.ca)
- ☐ Visit: [www.thyroid.ca/volunteer](http://www.thyroid.ca/volunteer)





# The Bike Accident that Saved Me

*Melanie Solmon*

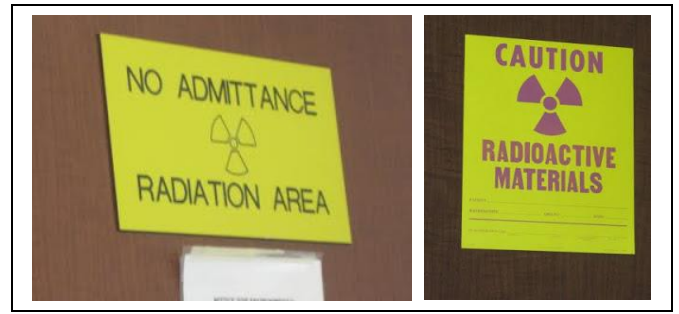
In the summer of 2008, I was having a great time participating in sprint distance duathlon races. I was feeling really good and even ended up placing in the top 3 for my age group. Unfortunately, a few days later, I had a serious bike accident. Flipped over the handlebars, blacked out, and needed to have surgery for a displaced wrist bone! Three months later at a follow up appointment for my concussion, when the doctor scrolled through my report on the computer, I saw her quickly pass over something about an abnormal thyroid nodule. I asked her to go back so I could see the comments and right there, in black and white, it said I had an abnormal nodule in my thyroid gland. Really? This information has been there for 3 months and no one mentioned it to me! I just found out about it and she matter-of-factly said to follow up with my family doctor, and that's where my story began.

The ultrasound showed that the nodule was large enough to be of concern, but not so large that I noticed it. I had a fine needle biopsy which was not supposed to create any significant problems, but I felt strange afterwards. Lesson #1: Always bring someone to new procedures in case you cannot drive after!

Next was the big discussion about how the biopsy did not determine the probability that the nodule could be cancerous. However, I was not supposed to worry because Thyroid Cancer is the cancer with the small 'c'. It was recommended that I just have one side of the thyroid gland removed in case it was NOT actually cancer. Of course, the downside would be if it was cancer, then it would be necessary to have a second operation. Well, I like to be positive, so I hoped for the best and did a hemi-thyroidectomy. I had to wait a few months, for the surgery, as I was not a priority case since it was not known if I even had cancer.

The operation was successful, except I discovered I was allergic to morphine during recovery when I had a really strong itchy reaction. At my post-surgery exam, I found out that I had stage 2 Papillary Thyroid Cancer, but told again not to worry, "it's Cancer with a small 'c'". "Great!" I tell myself, but why am I not feeling that calm about it? Another operation for the real reason, cancer....Here I go again.

Well operation 2 was even a better success (because there was no morphine), but now came the fun stuff. Radioactive



Iodine. Just in case there was any leftover cancerous thyroid tissue as it is so close to the parathyroid glands and the vocal cords, often some tissue is left behind. I was advised not to take any thyroid medication as it could interfere with the uptake of the Radioactive Iodine. As a result, I became pretty weak and tired as I was in a severe hypothyroid state when it was finally time for the treatment. I also had a tremendous loss during this time as my father died 10 days after my surgery. I was so absorbed with my father's death that I almost forgot to start my salt free diet!

The day I went for the Radioactive Iodine treatment is still very vivid. I was taken to a room with signs, "Danger Do Not Enter", but this is where I get to stay for my treatment! As soon as the doctor opened the cup with the radioactive pill, there was smoky vapour pouring out and everyone left quickly. I was all alone in this room, that was now unsafe for anyone else and anything I brought for my stay, including clothes, must be thrown away after because of this pill I just swallowed. I felt like I would be the next superhero, Radioactive Girl.

My food was delivered through a slot and when I opened the door to get the food, I could see the face of horror of the person across the hall. Radioactive waves could come to attack her! Even when I went home, I had to sleep downstairs and stay away from everyone for a week. I felt like I had some highly contagious disease. Radioactive Mom, couldn't even drive her kids to school. It was tough but I made the best of it.

One week later, it was time for me to go back to the hospital for my full body scan to make sure that all of the cancer was gone. I made the mistake of driving to the appointment myself. I was so tired that I wanted to nap at every stoplight on the way there. Lesson #2: Remember Lesson #1. I could not even walk across the street in one traffic light. I actually had to pause on the median at the half-way point. I remember thinking how quickly everyone was moving. Pretty funny considering how well I was doing at races one year previously! Well, guess what, ALL CLEAR! Great, I can start taking thyroid medication now. I am officially a Thyroid Cancer Survivor. OK so it's smooth sailing now? Cancer with a small 'c', here I come....NOPE, not even close! Why? Well no one seems to know for sure, but there were several factors involved.

First of all, my immune system went wild. About 10 years before my thyroid was removed, I developed a chronic skin rash, atopic dermatitis, and after my thyroid was removed my



skin condition became much worse as a result of an overactive immune system. I ended up having to take very strong allergy medication just to have some relief from constant itchiness everywhere. I also had to start taking immunosuppressant medication which is not usually advisable for cancer patients.

In one year, I gained 30 pounds which is a significant amount for a 5'3" petite person like me! Even though I was not exercising anything close to the same level that I was doing during my racing days before the operation, the increase in weight did not make sense based on the amount of food I was eating. I was used to being one of those lucky people who had a very high energy level and metabolism since childhood. However, those days seemed to be gone for me.

My endocrinologist kept lowering my thyroid medication after every blood test, until he was finally happy with my thyroid levels. However, I felt worse than ever with such a big weight gain, lack of energy and very uncomfortable and unsightly skin rash all over my body!

Fortunately I had a breakthrough thanks to the great advice I received from a Naturopathic Doctor, Natasha Turner. One of my friends heard her speak at a conference about some issues that seemed to be quite relevant for me and gave me a copy of Dr. Turner's best-selling book, "The Hormone Diet". I was so impressed by the connections between her book and my own situation that I planned to make an appointment to see her.

Dr. Turner was REALLY concerned about my situation, and she discussed my liver, my blood cell count and other things that no one else commented on. She also recommended a special diet plan and supplements. According to her, my body was so toxic that I basically had to begin a detoxification process so that I could detoxify further without going into complete shock! So I left her office with my new diet, bought my detoxifying supplements and off I went to start my new regime.

I LOVE CHOCOLATE, COOKIES, BROWNIES, and used to be able to eat them and keep my weight consistent, but now I was advised to go gluten free, avoid all starchy vegetables, like corn and potatoes and the worst part....NO SUGAR! The results? In less than 3 weeks, I lost 13 pounds! I also got my energy back and even my skin was improving! So why did I go gluten free? By taking a detailed history, Dr. Turner learned that I was intolerant to gluten as a baby (got rashes then too) and once you have that problem, apparently IT NEVER GOES AWAY! So all those years that I was enjoying bread, pasta, and chocolate chip cookies, I was actually destroying my immune system leading to the chronic eczema later in life and my digestive system was not absorbing nutrients properly. Celiac

Disease is genetic and sometimes it becomes active for the first time after surgery.

After I cut out gluten, I began to see another doctor (MD) who advised me that some people don't do well on synthetic thyroid (T4) and they do better on desiccated/porcine thyroid (from a pig) thyroid T3. So I tried that, and off came the next 20 pounds! I had my body back at last. The only problem was that my endocrinologist was very unhappy about this new medication I was taking, but nothing he was suggesting worked and I finally felt great and no one was going to take that away from me!

So what did I learn from all of this? There is a great need for far more research to consider other aspects in treatment outside the usual plan. Thyroid Cancer had a big "C" for me, and I had no expectation of this at all based on what all the doctors said. It took several months for me to sort through the fallout from my surgery and it was only because I was determined to find answers to feel good again. I felt like I was battling uphill to find the right answers and seek opinions from two professionals outside of the original recommended experts who were directly involved in treating me. But one thing for sure, I'm really lucky I had that bike accident. In fact, I think it saved me!!



Melanie (centre) and family

Read more about Papillary Thyroid Cancer, other forms of thyroid cancer and treatments in our *Health Guides on Thyroid Disease* which can be found on our website: [www.thyroid.ca/educational\\_material](http://www.thyroid.ca/educational_material)





# New Concepts in Thyroid Hormone Metabolism

For decades, a certain percentage of hypothyroid patients have expressed frustration that the conventional medication therapy does not work for them. Increasingly, patients are demanding consideration be given to combination therapy which involves treatment with both T4 and T3. To clarify which patients would benefit from a different treatment protocol, several researchers around the world are looking more closely at how thyroid hormones are metabolized in various organs in the body.

A recent article in the publication, *Endocrinology*,

*Diabetes and Metabolism Case Reports*, 2 2014, reports on two patients with hypothyroid symptoms who were found to have low T3 syndrome. The researcher studied abnormalities in deiodinase activity (involving the enzymes that convert thyroid hormones in the body). This line of research may eventually lead to new treatment protocols for some hypothyroid patients.

Check out the article, "Two patients with atypical low triiodothyronine syndrome: primary deiodinase abnormalities?" at [www.edmcasereports.com/](http://www.edmcasereports.com/) for the full article.



## Please Support Us!



We have opportunities all across Canada for you to help, especially

### "Fundraising"

Have you participated or managed a fundraising project?? If so, we could really benefit from your help. Any event you have expertise in and could be adapted to our needs would help us greatly.

Get in touch with us and tell us about your ideas. We'd love for you to get involved.

You could be helping yourself - your family or a friend as we provide more and more valuable information on Thyroid Disease.

Call 1-800-267-8822 or email us at [info@thyroid.ca](mailto:info@thyroid.ca) with your ideas.

Other Volunteer opportunities: National Board members, Area representatives, Information Technology, Financial expertise or any speciality you feel could be an asset.

Become part of an enthusiastic team helping Thyroid Patients!!!



# Two Special Volunteers

## DR. MARGARET EVANS – 100<sup>th</sup> Birthday Celebration - January 18, 2014 – Kitchener-Waterloo ON

Our special Margaret was born Anna Margaret MacLaren on January 18, 1914 in Hay Township, Huron County, Ontario. She has two sons and a daughter and after losing her husband when the children were very young, she did a marvellous job of raising them into the very successful adults they are today.



Margaret Evans with Derek and Joan De Ville

Margaret was working very hard as a professor and department chairman at the University of Guelph. When she was diagnosed with Graves' disease – hyperthyroidism in 1980, she had been undiagnosed for several years and was determined not to let it run her life. It affected her voice and led her to stop teaching.

Concerned about the lack of information on thyroid problems, she had heard about the Thyroid Foundation in Kingston and founded the Kitchener-Waterloo Area Chapter of the Thyroid Foundation of Canada on November 9, 1982. She was

President for 5 years and held other positions since then. Until recently, she handled all of the 1-800 Hotline calls and assisted with mailing the new program out to members, hospitals, doctors' offices and pharmacies. Without any funds, she creatively obtained a free place to meet, formed a working board and had education meetings in order to start a local Chapter. Margaret spent many hours discussing thyroid disease with patients and informed them of the local Chapter meetings and Endocrinologists available on a referral

basis. She also kept current on ongoing thyroid research and used her wealth of knowledge, educating patients and family members through speeches at meetings and on radio and television programs. Other members who helped to start the K-W Chapter and have been involved since are Helen Goldsworthy and Fatima Vitorino.

Because she was Chair and served on the Waterloo Public Library Board, she was allowed to conduct the first meeting of the K-W Chapter at the Waterloo Library. Since 2003, the meetings have been conducted at the Kitchener Public Library with tremendous assistance from their staff. In November, the Chapter will be 32 years old.

Thank you Margaret for all of your dedication and hard work.

*Cassandra Howarth, President, K-W Chapter, one of Margaret's inspired followers*

## MARJORIE MINIELY – 90th Birthday – London ON - If they can do it, we can too!

For five years, in the early 1980s, Marjorie Miniely struggled with getting treatment for her thyroid condition as family physicians and endocrinologists disagreed about the dosage of medication she required. The Thyroid Foundation of Canada (TFC) was the only place she could turn to for help. "I read about the founding of the Thyroid Foundation in Kingston," she stated recently. "It was a time when I knew I had thyroid problems and not much information." She eagerly read anything that came from the TFC and she appreciated the encouragement and support she received. One letter she received from the national president at the time stated, "My own endocrinologist could not understand why I didn't behave like a laboratory experiment! Textbook medicine must be tempered with clinical assessment."



chapter (Kitchener- Waterloo) and spoke with Margaret Evans. "Margaret was an inspiration even though she may not have known," Marjorie says.

Trained as a teacher, Marjorie recognized the need for greater patient awareness in her city(London), so she contacted the closest

With a committed group of patients forming a volunteer Board and Dr. Merrill Edmonds as Medical Advisor, the London Chapter was launched in January 1986. For 25 years, they

delivered up to 5 public awareness sessions annually on topics such as "Thyroid Tests", "Thyroid Surgery", "Sjorgen's syndrome", "Thyroid Problems in Children", and "The Eyes and the Thyroid". Marjorie says, "When I started the London Chapter, Margaret Evans was President of the Kitchener-Waterloo Chapter and the closest chapter for me to consult with. I never met her till the 2012 AGM in Kitchener-Waterloo but I thought 'If they can do it, London can do it too!'"

In 1989, the London Chapter presented Marjorie with a plaque that states: "Marjorie saw a need and was committed to answering that need. Because of her vision, we are all assembled this evening. Because of her drive, we have a fully functioning chapter that is the envy of other chapters across the country. Her counsel is sought on the national board and she has earned the respect of all who know her. She has dedicated herself to the cause of the Thyroid Foundation and to  
*/cont...*



those whose lives have been affected.”

Although the London Chapter has closed, the passion lives on in the London Fashion Show which raises funds for thyroid research and continues to raise awareness. Marjorie recently celebrated her 90th birthday.

She acknowledges that tremendous progress has been made since 1980 when there was almost no information about thyroid disease available to patients, but she feels that there still need to be improvements in the testing that reveals the right dose of medication for patients. She

also feels that endocrinologists need to be trained to realize that not everyone responds the same way to medication. She remains passionately committed to the TFC and encourages TFC to “Keep up the good work! There are lots of people out there needing information.”



### Have you renewed your membership?

Membership terms run from January 1st to December 31st. Please complete the form below with your payment or renew through our secure online site at [www.thyroid.ca](http://www.thyroid.ca)

Already renewed? We thank you for your support. Without **you** TFC could not continue its programs of awareness, support and research.

Please pass this form along to a friend who would like to make a donation or someone who could benefit from a membership with the **Thyroid Foundation of Canada**.

Thyroid Foundation of Canada Membership and Donation Form				La Fondation canadienne de la Thyroïde Formulaire d'adhésion et dons			
Name/Nom:				<input type="checkbox"/> New /Nouvelle		<input type="checkbox"/> Renew /Renouvellement	
Address/Adresse:				Postal Code postal:			
Tel.:			Email/Courriel :				
<b>ONE YEAR / UN AN</b>				<b>TWO YEAR / DEUX ANS</b>			
Regular/Régulier <input type="checkbox"/> \$25	Senior/Agéé <input type="checkbox"/> \$20	Student/Étudiant <input type="checkbox"/> \$20	Family/Famille <input type="checkbox"/> \$30	Regular/Régulier <input type="checkbox"/> 40\$	Senior/Agéé <input type="checkbox"/> 30\$	Student/Étudiant <input type="checkbox"/> 30\$	Family/Famille <input type="checkbox"/> 50\$
				<input type="checkbox"/> Cheque enclosed/Chèque ci-joint ( <i>payable to/à l'ordre de: <b>Thyroid Foundation of Canada</b></i> )			
Membership/Adhésion:		\$		<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard		Date d' échéance/	
Donation/Don:		\$		Visa/MC #:		Exp Date :	
Total payment/Total paiement:		\$		Name on card/Nom sur la carte:			
Members receive <b>Thyrobuletin</b> – please indicate preference:				<input type="checkbox"/> Regular mail/ courrier ordinaire		<input type="checkbox"/> Email	
				<input type="checkbox"/> No/ pas de Thyrobuletin			
Please send completed form to / S'il vous plaît envoyer le formulaire dûment rempli à: <b>Thyroid Foundation of Canada, PO Box 298, Bath, ON K0H 1G0</b>				An official receipt for income tax purposes will be issued for both membership fees and donations./Un reçu fiscal pour votre fins d'impôt vous sera remis pour dons et adhésion. (BN: 11926 4422 RR0001)			
<i>Thank you for your support! ☺ Nous vous remercions de votre soutien!</i>							



## Coming Events

### KITCHENER-WATERLOO, ON

**What Affects Your Thyroid Medication?  
Ask the Expert!!**



**Tues. April 15, 2014**

**Ron Yochim, Pharmacist**

Riepert Pharmacy - Pharmasave - Kitchener ON

Education Table available 6:00 pm

Business Meeting 6:30 pm

Speaker 7:00 - 9:00 pm

Kitchener Public Library - Forest Heights Branch

251 Fischer-Hallman Road, Kitchener ON

Wheelchair accessible

**Please register: (519) 743-0644**

### LONDON, ON

*A Touch of Spring!*



**Thurs. May 1<sup>st</sup> 2014**

5:30 pm

Dinner, Silent Auction & Fashion Show  
Hellenic Community Centre, London ON

Join us for a fun evening and annual fundraiser for Thyroid Research. For information, tickets, if you are interested in helping with this event or donating an item for our silent auction, please **contact us at 800-267-8822.**

### MAY 25-31<sup>ST</sup>, 2014

**International Thyroid Awareness Week**

**Theme: *Thyroid High Five***

- Iodine deficiency
- Weight problems
- Infertility
- Autoimmunity
- Thyroid Cancer



*June is Thyroid Month in Canada*

*Awareness*

*Support*

*spring is coming*

**Research**

**Thyroid Foundation of Canada**

**- The Voice and Face of Thyroid Patients in Canada**

**Check back for updates at - [www.thyroid.ca/events](http://www.thyroid.ca/events)**