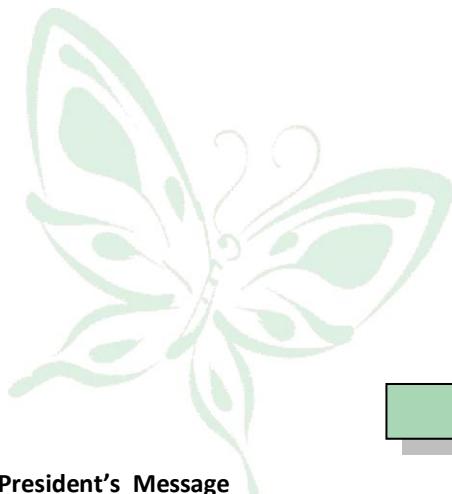


Thyroid Foundation of Canada

La fondation canadienne de la thyroïde

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thyrobulletin is the official newsletter of Thyroid Foundation of Canada

CRA registered charity BN# 1196 4422 RR001



Founder: Diana Meltzer Abramsky, C.M., B.A.
Fondatrice: Diana Meltzer Abramsky, C.M., B.A.

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TFC is the Voice and Face of
Thyroid Disease in Canada.

Conseil National de la fondation Canadienne de la Thyroïde 2011-2012

Présidente: Mabel Miller, Gander, T-N-L
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Commission consultative médicale: Dr. Richard Payne,
Dr. Michel Tamilia & Dr. Tabah



Where we are in the World **Thyroid Federation International**

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 contenus à l'intérieur sont à titre d'information générale et conséquemment personne ne doit les considérer comme conseils médicaux. Pour traitement ou diagnostic individual veuillez consulter votre médecin.

AUSTRALIA	ITALY
BRAZIL	JAPAN
CANADA	MEXICO
DENMARK	THE NETHERLANDS
FINLAND	RUSSIA
FRANCE	SWEDEN
REPUBLIC OF	UNITED KINGDOM
GEORGIA (EU)	USA
GERMANY	



President's Message



On behalf of The Thyroid Foundation of Canada, I bring all of you greetings of good health and happiness for 2012. We are the Voice and Face of Thyroid disease in Canada, continuing to promote Education, Awareness and Research. As we move forward and work together we will once again benefit from partnering with the medical community and the community at large.

The work involved as a member of the Board of Directors and especially as your president has been very demanding to say the least as we try to accomplish as much as we possibly can to enhance our organization. There are many lives being affected every day with difficulties in dealing with diagnosis and/or treatment of their concerns with thyroid disease, whether it is thyroid cancer, hyperthyroidism, hypothyroidism , graves disease, etc.. That goes for people of all ages from newborns to seniors where we see more and more a need for research and the ability to provide the public of the findings. This is very evident from listening to stories from patients who are often desperate to find answers to the many unanswered questions regarding their conditions.

London Thyroid Volunteers,
in conjunction with the
Thyroid Foundation of Canada
National Board,
Once again proudly presents:

~~~~~

Dinner, Fashion Show & lots of Excitement!!  
Another great event continues...  
You don't want to miss it!!  
Tickets and More information will be available soon.

Check out our website: [www.thyroid.ca](http://www.thyroid.ca)

Would you like to help? - Call and leave your name and phone no.  
We'll be sure to get back to you. Call: 519-473-6682

We as volunteers, all have busy lives these days and no doubt our families and society demand more and more of us. However, what better way to feel a sense of worthiness knowing you have done something for others that will be of benefit to them, especially those who are associated with thyroid disease. I look forward this year to more of you offering some of your time to assisting us in various ways and in various areas across Canada. Your help will be greatly appreciated – please consider getting involved.

In June we will be holding our AGM in Kitchener-Waterloo, ON and hope to see many new faces willing to get involved and help TFC with our work as a dedicated organization for thyroid patients. I look forward to seeing you there so get in touch with us and let us know you can help. You will be greeted with open arms from a group of dedicated and welcoming people.

Thank you to all who have contributed in any way during the past year and look forward to working with you in the days ahead. Once again, please get in touch. I welcome any of you to contact me at any time.

*~ Mabel Miller, National President Thyroid Foundation of Canada*

*Recipient of the Governor General's Caring Canadian Award & Queen's Golden Jubilee Medal.*

## “A Touch of Spring”



12<sup>th</sup> Annual Fashion Show  
Hellenic Community Centre  
London, Ontario  
Wednesday, May 9, 2012



## ***Un message de votre présidente***



Au nom de la Fondation canadienne de la thyroïde, j'aimerais vous transmettre mes vœux de santé et de bonheur pour l'année 2012. Nous sommes les porte-parole des maladies reliées à la thyroïde au Canada et nous poursuivons activement la promotion de l'éducation, de la sensibilisation et de la recherche. Alors que nous progressons et travaillons ensemble, nous bénéficions de l'appui du milieu médical et celui de la communauté en général.

La charge de travail comme membre du Conseil d'administration et spécialement à titre de président est très exigeante, c'est le moins que nous puissions dire, alors que nous essayons continuellement d'améliorer notre organisation. Plusieurs personnes ont des craintes et de la difficulté à vivre avec un diagnostic de maladies reliées à la thyroïde, que ce soit le cancer de la thyroïde, l'hyperthyroïdie, l'hypothyroïdie, la maladie de Graves, etc. et ces maladies affectent des personnes de tout âge, des nouveaux nés aux personnes âgées.

Nous remarquons qu'il y a un besoin de plus en plus grand en recherche ainsi que de fournir de l'information au public. Ceci est d'autant plus vrai lorsque nous écoutons les histoires de patients qui sont désespérés de trouver réponse à leurs interrogations au sujet de leur état de santé.



La FCT tient à remercier FR @ SNM pour leur soutien continu de notre site Web.

TFC wishes to thank FR @ SNM for their continued website support.

En tant que bénévoles, nous avons des vies très chargées et il va sans dire que la société et notre famille nous en demandent de plus en plus. Cependant, quel sens d'accomplissement lorsque vous savez que vous avez aidé autrui, spécialement ceux qui sont atteints de la maladie de la thyroïde. J'espère que plusieurs parmi vous pourrez donner de votre temps afin de nous aider dans nos actions à travers le Canada. Votre aide sera grandement appréciée. S'il vous plaît, impliquez-vous.

En juin, nous tiendrons notre AGA à Kitchener-Waterloo en Ontario et nous espérons voir plusieurs nouveaux visages qui voudront nous aider dans notre travail comme organisation dédiée aux personnes atteintes des maladies de la thyroïde. J'espère vous rencontrer à cette assemblée et n'hésitez pas à nous contacter si vous désirez vous impliquer car votre aide sera la bienvenue. Vous serez accueillis à bras ouverts dans un groupe de personnes dévouées et accueillantes.

Je tiens à remercier tous ceux qui ont contribué de quelque façon que ce soit lors de la dernière année. Encore une fois, n'hésitez pas à me contacter en tout temps.

*~ Mabel Miller, La Présidente Nationale, La Fondation canadienne de la thyroïde*

*Le Récipiendaire du conférent « Governor General's Caring Canadian Award » et « le conférent Queen's Jubilee Medal »*

**JUNE is**   
**Thyroid Month in Canada!**

Thanks to your generous support, the Thyroid Foundation of Canada has made great strides in raising awareness and improving the diagnosis of thyroid disease.

With your support to continue our work, we will be able to help the millions of Canadians who live with thyroid disease.

*All donations support TFC's programs.*

*Awareness ~ Support ~ Research*



## Hyperthyroidism (Hyperactive Thyroid, Graves Disease)

*This article is a true account of the experiences with thyroid disease of an 86 year old lady (R.D.) from southern Ontario. Here she outlines what happened to her over the years.*

Her story:

I have experienced three episodes of hyperthyroidism. The first, in 1949 at age 23 presented with extreme fatigue and muscle weakness, a feeling of fullness in the throat, protruding eyes, heart palpitations, a fine tremor of the hands and weight loss. A basal metabolism test (BMR) which measured the amount of oxygen used by the body confirmed the diagnosis. Interesting enough the physician I saw had recently had surgery for the same condition and he recognized the clinical picture instantly. Bed rest for two weeks plus a course of propylthiouracil for about six months resulted in the gradual disappearance of all symptoms. Before seeking medical advice I had assumed I was merely stressed out by a heavy final year at university.

In 1958 at age 32 I experienced a second episode with similar symptoms. My doctor ordered another BMR and prescribed iodine drops ("Iugol's solution") in milk. Little improvement was noted but in spite of this I went to London, England where I had planned to spend the next year. There I was referred to a "consulting physician" (internist). The BMR was repeated and I was prescribed neomercazole. Eight months or so of treatment resulted in a return to good health.

The third episode (1986, age 59) I was starting a holiday in Australia when I experienced extreme fatigue and a sense of heavy pressure in my chest. The casualty department at the small coastal town's hospital assumed I was having a heart attack and did a cardiac workup. I thought I was having a really bad case of jet lag. The hospital evaluated me daily and after four days I was deemed stable enough to travel home to Canada.

Back home I had a full modern thyroid investigation which included appropriate blood tests and a radioactive iodine uptake.

At that time I had been taking a beta blocker for hypertension which had muddied the clinical picture until heart symptoms had "broken through".

Four or five months of propylthiouracil resulted in complete remission of symptoms. (To my great disappointment I had no weight loss this time).

Although I have a strong family history of thyroid disease, my father was not affected but his four sisters all had large protruding goitres. I also felt that stresses (emotional and environmental) might have played a part in precipitating the onset of symptoms. Also, a niece has Hashimotos disease.

Since 1986, I have had yearly diagnostic thyroid blood work done. I have not experienced any more episodes of hyperthyroidism.

### R. D. Age 86

### *Mark this date !!! Annual General Meeting Thyroid Foundation of Canada*

*Four Points by Sheraton  
Kitchener-Waterloo, ON*

*June 2-3, 2012*

- Come be part of a great experience and participate with us.
- Find out about the great work TFC is doing all across Canada.
- Election of officers for 2012-2013.
- Join with Kitchener-Waterloo Chapter members in celebrating 30th Anniversary of the formation of their chapter.
- Meet old friends - meet new friends!!
- More news to follow shortly!

Check our website [www.thyroid.ca](http://www.thyroid.ca) or call 1-800-267-8822 for up to date information.



## Iodine in Salt in Canada

By **Donna Minely**

Did you know that not all salt in Canada is iodized?

In 1929, a conference was held to discuss the use of iodine to prevent goitre. At that time, goitres from enlarged thyroid glands were a frequent problem. A committee of medical researchers found that the level of potassium iodide in iodized salt sold in different countries varied. There was also uncertainty as to how much iodine people required.

After careful consideration, the committee concluded that all animals, including humans, require iodine; that individuals' requirements for iodine vary since the iodine content of food and drinking water varies greatly; that iodizing salt is a satisfactory way to administer iodine; that a satisfactory level is one part in 100,000 (much lower than the level that had been used); and that the sale of endocrine preparations containing thyroid for the treatment of goitre and obesity should only be available by doctor's prescription.

Iodizing salt was a strategy adopted to assist in healthy thyroid functioning. So, why do we now find that half of the salt sold in our stores is not iodized? Some reasons may have to do with personal preference and religious reasons, but there is another reason for thyroid cancer patients. They may be placed on a "low-iodine diet" (LID) prior to a radioactive iodine scan or

treatment in order to deplete their body's stores of iodine and increase the effectiveness of the scan or treatment. The Thyroid Cancer Survivors' Association's website provides recipe suggestions for those on a low-iodine diet.

Health Canada publishes guidelines about the recommended sodium intake for Canadians, and questions currently being considered are: If people reduce their sodium intake (for reasons such as hypertension), do they risk not getting enough iodine in their diet? If people are cutting back on salt in their food, then should the proportion of iodine in iodized salt be increased? Or should iodine be added to other foods? Some natural sources of iodine are dairy products, seafood and seaweed.

As dietary habits change, thyroid associations and government health departments internationally are interested in learning more about the optimal levels of dietary iodine for promoting thyroid health.

For more information, see the following websites:

"Health Canada to weigh in on table salt and iodine":

<http://www.ctv.ca/CTVNews/Health/20101028/iodized-salt-101028/>

"The Use of Iodized Salt in Canada" – Archive article from June 1936.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1561773/pdf/canmedaj00513-0173a.pdf>

ThyCa: Thyroid Cancer Survivors' Association, Inc. "Radioactive Iodine" <http://www.thyca.org/rai.htm>

### *Inscrivez cette date à votre agenda!!! Assemblée Générale Annuelle Fondation Canadienne de la Thyroïde*

*Four Points by Sheraton  
Kitchener- Waterloo, ON  
2 et 3 JUIN 2012*

- Venez vous joindre à nous et participer à une expérience enrichissante.
- Prenez connaissance du travail formidable accompli par la FCT à travers le Canada.
- Élection des représentants pour 2012-2013.
- Rencontrez de vieux amis - et aussi des nouveaux!!
- D'autres nouvelles suivront bientôt!!

Renseignements sur notre site web : [www.thyroid.ca](http://www.thyroid.ca)  
ou appelez nous au : 1-800-267-8822  
pour plus d'informations.



## What do you know about Thyroid Disease in Children??

*A thyroid patient, a mother and a grandmother's point of view.*

We don't often hear about Thyroid Disease in Children as much as we do with adults – and then it's mostly females who talk about it. The basic reason for this is thyroid disease is mostly diagnosed later than childhood and often children don't talk about their condition as much as adults do. If not for the testing thyroid disease in North America of all babies at birth, I'm sure we would see many more cases diagnosed well into childhood.

Most people don't realize - the Thyroid Gland affects every cell, tissue, and organ in the body. It affects growth and development and is therefore essential for life. For those of us who deal with thyroid disorders ourselves, most of us have come to realize that. The condition is mostly genetic so if I have a problem with my thyroid, I'd better be sure to let all my family know there is a possibility of others developing thyroid disease too.

This includes children – especially children!!

Children can't express that something is wrong with how they feel nor do they know if someone in the family has thyroid disease. The onus is on family to recognize what might be happening to the child when they are not feeling well or behaving abnormally. A simple

blood test can determine whether there may be a problem or not. If a thyroid problem be diagnosed, children can return to a normal functioning level with proper treatments.

For example, hypothyroidism can be treated with medications. Once the treatments are working well, the condition is stabilized. With other thyroid conditions, such as hyperthyroidism or thyroid nodules, other approaches are used and can be very effective.

Even though thyroid disease can develop less often in children than adults, the symptoms leading up to a diagnosis can be very similar.

<http://www.thyroid.ca/childhood.php>  
<http://www.thyroid.ca/hypothyroidism.php>

If your child has thyroid disease, find out about the disease – you need to know the symptoms, the effects, how it can impact the child in various ways. Recognize when the child's thyroid condition may be affecting many things that are happening to them. Becoming better aware and better informed can make life a lot better for the whole family.

The prime thing to remember is – know what thyroid disease is all about – know that it affects children as well as adults and can have a big part to play in the proper development of the child – their growth, their ability to learn and function normally.

Female Thyroid Patients of child-bearing age who anticipate getting pregnant or are pregnant should also

be aware that the proper functioning of their own thyroid can play a big part in the development of the fetus. Pregnant mothers with thyroid disorders who are not receiving proper treatment for their condition risk developmental problems of the baby prior to delivery.

I firmly believe for any of us who have a health problem (whether it be thyroid condition or not), it is our responsibility to follow through with treatments and management of our condition. As parents, it's also our responsibility to ensure our children's health is well taken care of. Keep up to date on new approved methods that are available and check them out with medical professionals.

**Mabel Miller**



CanadaHelps is a registered charity with a goal to make giving simple.

CanadaHelps is a one-stop shop for giving. We made donating online easy and secure.

Through CanadaHelps, you decide how much to give, who to support, when to give, how often to give and who gets your personal information.



**Thyroid Foundation of Canada**  
**CALL FOR**  
**NOMINATIONS 2012-2013**

**The TFC National Board is accepting nominations for vacant positions on the board for the up coming year 2012-2013**

At present, there are two (2) 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. One (1) vacancy in particular will be the position of National President.

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

**As per By-Law No. 1**

Directors shall be elected by the members at each annual meeting to fill the position of those directors whose term of office have expired or have otherwise become vacant for a term of **THREE (3) years** to bring the board to **SEVEN (7) members** excluding the Past-President.

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

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: Ashok Bhaseen  
E Mail: [a.bhaseen@thyroid.ca](mailto:a.bhaseen@thyroid.ca)



**Thank you Abbott Laboratories**

A heartfelt Thank you from Thyroid Foundation of Canada to Abbott for the generous Education Grant. It will help greatly in promoting Education and Awareness of Thyroid Disease.

**Fondation canadienne de la Thyroïde**  
**APPEL DE**  
**CANDIDATURES 2012 – 2013**

**Le Conseil national accepte des candidatures pour des postes ouverts sur son Conseil d'administration pour l'année 2012-2013**

Deux (2) positions à titre de membre du Conseil national seront ouvertes 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. Une (1) vacance à combler, en particulier, sera celle de la position du président national.

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

**Selon le Règlement # 1**

Les administrateurs seront élus par les membres à chaque assemblée annuelle pour combler les postes des administrateurs dont le mandat est échu ou dont les postes ont été libérés. Ces postes sont d'une durée de **trois (3) ans** afin et visent à établir le nombre de membres du Conseil à **sept (7) personnes** à l'exclusion du président sortant.

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

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 : email : Ashok Bhaseen [a.bhaseen@thyroid.ca](mailto:a.bhaseen@thyroid.ca)

***Special Thank Yous to:***

*Pierre & Ana*

*Danielle*

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## Have you had your thyroid checked lately??

No matter where you are – where you go or whom you talk to – you are sure to find thyroid disease. Just mention thyroid or Thyroid Foundation of Canada in a casual conversation and you are sure to have someone tell you they have a connection with thyroid disease – either themselves or family or friends or co-workers.

All too often we hear about the difficulty thyroid patients have with their condition from taking a long time to be diagnosed to zoning in on the right approach to management or treatment of the condition. Sometimes the stories we hear are very traumatic – why – because of the family doctor not having the knowledge or the awareness of the symptoms presented by patients. One prime example is, the symptoms of hypothyroidism and hyperthyroidism presenting itself in some form of mental illness. It's so easy for a medical professional to write on a slip of paper a prescription for anti-depressants rather than to start the routine of testing for the malfunctioning of the thyroid gland.

My own experience – which, unlike many - I am thankful for. When I presented my family doctor with my symptoms – so tired I could not keep my head up at work, etc. – he asked, “did I have my thyroid checked lately?” I looked at him in amazement – almost wanting to laugh – asking why - not having a clue why he was asking me about my thyroid. I had suggested to

him I might need antibiotics, as I was feeling so unwell, and other conditions, which I didn't even realize at the time – thinking my problem was a virus of some kind. I was tired all the time, forcing myself to do what was necessary at home for my husband and four children as well as at work.

Being part of a management team I could not afford to be tired and not see that things were being run properly, especially in client related operation, which is partially what forced me to seek medical help. A blood test followed and within short time I was diagnosed with hypothyroidism.

When I recall the management of my condition, I often wonder how things have changed with treatments or did my doctor really know how to treat my thyroid condition. The general rule today is one pill of a designated dose per day, which keeps the body in somewhat of a normal functioning state. That's the method of treatment I have been using for the last 25 years with blood tests done on a regular basis to determine my levels, adjusting whenever necessary. To say the pill a day fixed my thyroid problem – I can't say it did but it did help me have much better quality of life than I would have without it. When first diagnosed my family doctor decided I needed to be treated with very heavy dosages of the medication at once. So instead of prescribing one pill per day, I was given a dosage of 4 pills a day for a period of time – then 3 pills a day for another period of time – then 2 per

day until I reduced my dosage down to 1 per day. Thinking back I wonder if this was right or wrong – my thinking it wasn't right. Could that have caused damage to my body – I don't know? Hopefully it didn't but maybe could have if the process continued for any longer a period of time.

To me, the term **thyroid** sounded like a part of a motor vehicle – “**tie-rod**” (most men know what that is). That term, I was more familiar with rather than “**thyroid**”. My husband being an Automotive Technician Instructor, automotive terms were part of the daily vocabulary at home. Well, I came to find out that maybe there is a connection nevertheless between the meaning of the 2 terms “tie-rods and thyroid”. As stated by the automotive experts– if a tie-rod fails – you are in serious risk of losing control of your car. And so it goes without saying – we know now if our thyroid fails, we too could be in serious risk of losing control of ourselves.

There are so many stories out there from misdiagnosis of thyroid disease - many have felt the lost feeling of losing control mostly due to the lack of knowledge of what exactly was happening to their bodies. Also a lack of knowledge or awareness of the symptoms of thyroid disease in the medical community is a deterrent to following the right path for diagnosis. Often stories are told by patients of the horrific experiences they encountered due to doctors not having knowledge enough to look at a simple test which can determine whether the thyroid is the problem or not.



(continued)

**Awareness** is the key – so we can do something about it and get properly diagnosed. The need for programs such as are available through the Thyroid Foundation of Canada are a vital part of helping the public understand what the malfunctioning of a thyroid can do.

**Research** is desperately needed to take a deeper look at what thyroid disease is all about and if traditional medicine is the only way to treat those who find themselves with a failing thyroid gland.

**Support** to those who find themselves with thyroid disease of any sort is a must. With thyroid cancer on the increase (or being diagnosed earlier) the need for information about the management of this condition which carries this dreaded word “cancer” is a must. And so it goes for all other thyroid conditions i.e. hypothyroidism, hyperthyroidism, graves disease, thyroid nodules and on it goes.

Let's all jump on board and help The Thyroid Foundation of Canada with their efforts in the management of thyroid disease. You could be helping yourself, a family member, a friend, a co-worker or neighbour and on it goes.

Just ask someone tomorrow did they ever hear of thyroid disease – I doubt very much if you'll get “no” for an answer.

*A personal story that's still evolving as time goes by and into the golden years.  
M. Miller.*



### *Thyroid Foundation of Canada Volunteer of the Year Award 2011-2012*

The TFC National Board is now accepting names for volunteer of the year award for 2011-2012

This is an award given to a member or a non-member who has gone, “above and beyond” to make a significant contribution to the TFC. The following criteria will be helpful in making our decision.

- A person who significantly contributed to the TFC, through a charitable program or by giving significant contribution to the TFC.
- A member who brought glory to the TFC from their contribution to the world of Thyroid issues
- A person who went above and beyond to make a contribution to TFC or raising awareness to Thyroid issues
- A person who made a significant lifelong contribution to TFC and should be recognized and was NOT recognized by TFC in the past
- A Thyroid patient (any age) who thought outside the box and made a contribution to TFC that also generated awareness about TFC
- A company or individual who significantly contributed to TFC
- A TFC member who went above and beyond to contribute to TFC
- An external officer or public servant who significantly contributed to the TFC through their good deeds or actions.

Your nomination for this person and what they did to deserve this award should be sent to Ashok Bhaseen no later than April 15<sup>th</sup>, 2012.

Email: [a.bhaseen@thyroid.ca](mailto:a.bhaseen@thyroid.ca)



*The Thyroid Foundation of Canada  
National Board congratulates  
Kitchener-Waterloo Chapter  
On the 30<sup>th</sup> Anniversary of their chapter.*

The Kitchener Waterloo Chapter has had a lot of success with Education meetings and often sees the facility they hold their meetings in filled to capacity. Recently, Dr. Prakash Chandra, MD, MBBS, MSc., AGIM from Brampton LMC Centres spoke on Thyroid Cancer. The meeting was well attended and saw a lot of participation from those present. Being able to meet such professionals face to face and obtain answers to questions helps patients immensely. This is invaluable in being able to understand what is happening with various aspects of thyroid disease and provides clearer explanations to the patient.



Joan DeVille, presents Dr. Prakash Chandra with a Thank You gift for speaking at an Education meeting on Thyroid Cancer.

**CharityCar.ca**  
100% of the proceeds go to a charity of your choice  
All vehicles recycled by our eco-friendly recycler network  
**Click Here To donate Your Car to Charity**



**CharityCar.ca**

The Thyroid Foundation has partnered with CharityCar.ca under the umbrella of GreenVehicleDisposal in order to utilize its eco-friendly recycling technology and CharityCar's 100% grass roots charity program. It's the new innovative and eco-friendly way of donating.

Do you have an old car that has reached the end of its' life and not sure what to do next?? Turn that old car into a charitable tax receipt by donating the proceeds to our charity, and feel good about the benefits that you provide. Your contribution can have quite an impact on your community and on our planet as a whole. You will be part of something bigger than yourself in helping those that are facing some of life's most difficult challenges. Any of the vehicles going through our program are dismantled and treated in a 100% environmentally friendly manner. The program takes any used car, truck or van, provides a free pickup to you, and the CharityCar assigned licensed recycler will send the cheque for the funds directly to us on your behalf. We will then send you the tax receipt for your generosity.

It's an easy and simple process to be part of such a valuable initiative. Simply click on the CharityCar badge link on our website, (or below) and fill out the form. A local recycler will contact you, generally within 48 hours. You make whatever arrangements are convenient for you for the pickup of your vehicle, and they do the rest. For more information visit [www.charitycar.ca](http://www.charitycar.ca)



# TFC Membership Form

*There is a huge need for Research into Thyroid disease. How do we get that research done???*  
*We need your help. Call us at 1-800 267-8822*

|                                                                                                                            |                   |                 |                |                 |                |                 |                |
|----------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|----------------|-----------------|----------------|-----------------|----------------|
| Date:                                                                                                                      | New               | Renew           | Gift           |                 |                |                 |                |
| Name :                                                                                                                     | Address Change:   |                 |                |                 |                |                 |                |
| Address :                                                                                                                  |                   |                 |                |                 |                |                 |                |
| Town/City :                                                                                                                |                   |                 |                |                 |                |                 |                |
| Prov/State :                                                                                                               | Postal/Zip Code : |                 |                |                 |                |                 |                |
| Telephone:                                                                                                                 |                   |                 |                |                 |                |                 |                |
| Email :                                                                                                                    |                   |                 |                |                 |                |                 |                |
| <b>Membership Level: One Year</b>                                                                                          |                   |                 |                | <b>Two Year</b> |                |                 |                |
| Regular<br>\$25                                                                                                            | Senior<br>\$20    | Student<br>\$20 | Family<br>\$30 | Regular<br>\$40 | Senior<br>\$30 | Student<br>\$30 | Family<br>\$50 |
| <b>Membership</b>                                                                                                          |                   |                 |                | \$              |                |                 |                |
| <b>Donation:</b> All donations support the work of the <b>Thyroid Foundation of Canada</b>                                 |                   | <b>Donation</b> | \$             |                 |                |                 |                |
| <b>Total Payment</b>                                                                                                       |                   |                 |                | \$              |                |                 |                |
| <b>Payment Method:</b>                                                                                                     |                   |                 |                |                 |                |                 |                |
| Cheque enclosed (Please make cheque payable to <b>Thyroid Foundation of Canada</b> )                                       |                   |                 |                |                 |                |                 |                |
| Visa                                                                                                                       | Visa #:           |                 |                | Expiry Date:    |                |                 |                |
| MasterCard                                                                                                                 | MasterCard #:     |                 |                | Expiry Date:    |                |                 |                |
| Name on credit card:                                                                                                       |                   |                 |                |                 |                |                 |                |
| Please send completed form to: <b>Thyroid Foundation of Canada, PO Box 9, Manotick, ON K4M 1A2</b>                         |                   |                 |                |                 |                |                 |                |
| An official receipt for income tax purposes will be issued for both membership fees and donations. (BN: 11926 4422 RR0001) |                   |                 |                |                 |                |                 |                |



**The National Board is always looking for persons who might have some time to spare**

- someone with administrative experience
- someone with computer skills working with websites and graphic designs
- someone with communication skills
- someone with financial skills

**No matter what skill you might have, we could use your help!!  
 You could be helping someone you know, a family member,  
 a friend or a co-worker!!**

*They matter and so do you!! Contact us – 1-800-267-8822*

