

Thyrobulletin



Autumn 2017

In this Issue:

- The Day the World Came to Town – How Volunteering Helps Many
- TFC has a new Strategic Plan
- News from the ATA Annual Meeting
- Taking Back Control of your Health



There are people who need our help... and we cannot let them down



You are responsible for your health



Victoria Conference Centre, Victoria BC

7th Annual Light a Tree for Thyroid



Thyroid Foundation of Canada
La Fondation canadienne de la Thyroïde



FOUNDER / FONDATRICE
Diana Meltzer Abramsky, C.M., B.A.
1915 - 2000

The Voice and Face of
Thyroid Health in Canada



La voix et le visage de la santé
thyroïdienne au Canada

Thyroid Foundation of Canada
La Fondation canadienne de la Thyroïde

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Conseil national d'administration
2017-2018

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Contents:

Message from the President	2
Annual General Meeting	3
The Day the World Came to Town – How Volunteering Helps Many	4
We Have a New Strategic Plan	5
From the Finance Committee	6
News from the ATA Victoria, BC	7
Taking Back Control of Your Health	8
Events / Secondary Osteoporosis	9
Light a Tree for Thyroid	10
Important Dates	11

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Printing/Imprimerie: DigiGraphics Kingston ON

Thyrobuletin is the official newsletter of Thyroid Foundation of Canada
Registered Charity BN# 11926 4422 RR0001

Thyrobuletin est le bulletin officiel de la Fondation canadienne de la Thyroïde
No d'enregistrement d'organisation de charité BN# 11926 4422 RR0001

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A message from the president



Un message de votre présidente

Dear Readers

Great things are happening within TFC and I am pleased to have some great board members who have taken on the challenges to keep moving ahead. Setting the framework and the pace for any project or operations always requires a great deal of thought, input, analyzing and setting priorities. This past September we set aside some time for the board to meet and do just that. The outcome was quite positive which has resulted in some definite roles for all board members. We will all work on those to develop them further during the rest of the year. One immediate result will see the review of the website and some restructuring, something long overdue and finally getting to implementation.

Our “thyroid world” still has lots of issues needing to be dealt with as many patients are still finding difficulty with the proper management of their condition. The question “how can we help” has been around all too long so we need to dig further to find a means for those who are desperate for answers and help. We will be attending the *American Thyroid Association* Conference in Victoria where we hope to get a better look at just what’s happening with the management of thyroid disease. The ATA is not just US but also includes medical expertise on thyroid disease from all across Canada. We will be networking with anyone or any group who may have some good valid information we can share with members and others seeking information. I am hoping we can provide a little of that in this edition and will later provide more details to members.*

There’s still lots more to be done and lots more help required. We’re always glad to have a wide variety of skills on board to help us with the various projects we need to embark on and they “DON’T HAVE TO BE THYROID PATIENTS”. Should you know someone – a family member, a friend or acquaintance that might be of benefit to assisting TFC, we’d be more than glad to hear from you. Do you know someone who is retiring or looking for something in volunteering? It would be great if you’d pass the word along.

I’m happy to hear from anyone who has some comments they would like to share, please don’t hesitate to get in touch. Always open to hearing from others, even for just a chat.

Mabel Miller, President

*See page 7 for a report from the ATA

Chers lecteurs

De grands évènements se déroulent au sein de la FCT et je suis ravie d’avoir d’excellents membres qui ont relevé les défis pour continuer à avancer. Définir le cadre et le rythme de tout projet ou de toute opération nécessite toujours beaucoup de réflexion, de contribution, d’analyse et l’habileté de définir des priorités. En septembre dernier, nous avons réservé du temps pour que le conseil exécutif se réunisse et fasse exactement cela. Le résultat a été plutôt positif, ce qui a donné lieu à certains rôles précis pour tous les membres du conseil. Nous allons tous travailler sur ces tâches pour les développer à un plus haut degré pendant le reste de l’année. Un résultat immédiat verra la révision du site Web et une certaine restructuration, exercice qui est plutôt en retard et qui enfin verra sa mise en œuvre.

Notre “monde thyroïdien” a encore beaucoup de défis à résoudre; de nombreux patients éprouvent encore des difficultés à gérer correctement leurs maladies thyroïdiennes. La question “comment pouvons-nous les aider?” a été posée il y a trop longtemps, nous devons donc chercher davantage pour trouver un moyen pour ceux qui ont désespérément besoin de réponses et de l’aide. Nous assisterons à la conférence de l’*American Thyroid Association* à Victoria plus tard ce mois-ci, où nous espérons avoir un meilleur aperçu de ce qui se passe avec la prise en charge de toute maladie thyroïdienne. L’ATA n’est pas seulement américaine mais comprend également une compétence médicale sur les maladies thyroïdiennes de partout au Canada. Nous serons en réseau avec toute personne ou toute organisation qui peut avoir des renseignements valides que nous pouvons partager avec des membres et d’autres personnes cherchant de l’information sur les maladies thyroïdiennes. J’espère que nous pourrions en fournir un peu dans cette édition et que plus tard nous en apporterons d’autant plus de détails aux membres.*

Il en reste encore beaucoup à faire et beaucoup plus d’aide est nécessaire. Nous sommes toujours heureux d’avoir une grande variété de compétences à bord pour nous aider avec les différents projets que nous devons entreprendre et les bénévoles “NE DOIVENT PAS ÊTRE UNIQUEMENT DES PATIENTS THYROÏDIENS.” Si vous connaissez quelqu’un - un membre de famille, un/e ami/e ou une connaissance qui pourrait être utile à l’aide de la FCT, nous serions plus qu’heureux d’avoir de vos nouvelles. Connaissez-vous quelqu’un qui prend sa retraite ou qui cherche à faire du bénévolat ? Ce serait génial si vous transmettiez le mot.

Je suis contente de recevoir des nouvelles de tous ceux qui ont des commentaires à partager, n’hésitez pas à nous contacter. Je suis toujours à l’écoute des autres, même si c’est seulement pour avoir une simple conversation.

Mabel Miller, Présidente

* Pour le rapport de l’ATA, voir page 7



ANNUAL GENERAL MEETING MAY 6, 2017 OTTAWA ON

With this great nation of ours, Canada celebrating 150 years, it was only fitting to be in Ottawa, our capital city, for the 2017 AGM. The Ottawa chapter had offered to host the event and we thank the executive and members for so kindly doing so. The meetings were held at Saint Paul University and accommodations at the campus residence; a bit of a different location for us but very suitable. The weather wasn't the greatest but the enthusiasm of those attending certainly made up for that.

Representatives from Kitchener-Waterloo and Ottawa chapters were in attendance and participated in activities. Thank you to Kitchener-Waterloo who continue to provide Education meetings for area residents and always attract an excellent attendance. They are very fortunate to have the co-operation of the local community in providing free accommodations and an opportunity to advertise pro bono.

Nominations for vacant positions were held and saw two new board members, Laz Bouros and Jennifer Olchow, joining the National Board with Jennifer elected as Vice-president.

Our financials are doing well with receiving some corporate donations, a successful Light a Tree campaign, as well as some unexpected and welcomed bequests. A brainstorming session along with a mini workshop resulted in plans made for the board to meet in September for much more in-depth strategic planning. Read more about that in another article in this edition. All board members are diligently working on various projects and equally committed to doing whatever is possible to provide a better service to thyroid patients.



St. Paul University, Ottawa ON

THYROID FOUNDATION OF CANADA HARD AT WORK!

The TFC Board of Directors and President Mabel Miller met recently in Toronto for our September Board Meeting, where we finalized our Strategic Plan, co-ordinated and assigned plans and priorities for the coming years and brainstormed future goals that will assist the Foundation in becoming a leader in providing thyroid related information to patients. All left the meeting feeling positive and focussed on the future of the Foundation and dedicated in our commitment to carrying out the work of the Foundation to assist those touched by thyroid disease.

(See page 5 for our new Strategic Plan.)

Right - TFC National Board 2017-2018

From Left: Laz Bouros, Frances Salvaggio, Jennifer Olchow, Mabel Miller, President, Gabriela Albarracin-Bourlon, Jeff Griffith, Kim McNally



Good Times magazine article on Thyroid Disease

Early in the summer a journalist from Good Times magazine contacted TFC regarding an article she was doing on thyroid disease, mostly in seniors. She was referred to a couple of areas that might be of help, including our website.

The article, entitled *You and Your Thyroid*, was published in the October 2017 issue.

Good Times is a Canadian magazine for successful retirement. You can purchase this issue or subscribe at goodtimes.ca

THE DAY THE WORLD CAME TO TOWN – HOW VOLUNTEERING HELPS MANY

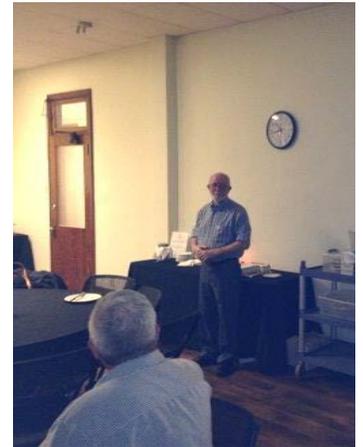
The importance of volunteering can never be underestimated.

During our AGM Saturday evening dinner, TFC President Mabel Miller and husband Ralph Miller, relayed their experiences during the 9-11 attacks on New York's Twin Towers when planes were diverted to their small town of Gander, Newfoundland. As Red Cross volunteers, they were called to action.

Over two hundred planes were diverted from landing in the US on Sept. 11, 2001 and redirected to various airports in Canada. Thirty-eight went to Gander, which saw their population of 10,000 grow within 24 hours by an additional 6,000. There were people from all corners of the world on the planes plus animals, including a gorilla on route to a zoo. Organizing and taking care of all those distressed people was a challenge, however the citizens came

together immediately and all were welcomed with open arms and made as comfortable as possible with food, lodging and kindness. From the generosity and caring shown, long lasting friendships evolved and many of those passengers regularly return to the Gander area to thank the people for their outstanding efforts at the time. The Gander experience has inspired several books, including "The Day the World Came to Town", and the award-winning theatre production "Come From Away", which is now playing on Broadway in New York.

Volunteering can be a positive experience for the volunteer as well as the recipient. As one volunteer put it, "You never know what a plate of sandwiches can do in a disastrous situation – lending a hand reaps many rewards". The message was - there are people out there – thyroid patients – asking for our help and we cannot let them down.



Ralph Miller



Gander Airport Sept. 11, 2001

CALL FOR NOMINATIONS 2018-2019

(version française p.6)

The National Board is accepting nominations for vacant positions on the board.

The National Board is accepting nominations for vacant positions on the Board for the coming year **2018-2019**. Besides the traditional candidate reviews, there will be an additional focus on a nominee's skills for some of the vacant position/s.

By Laws 2013

As per Article No. 17 (a) - 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. If vacancies exist on the Board, the Board may appoint directors up to a maximum of one-third of the Board. The term of any appointed director shall expire at the close of the next general meeting.

Last September, a five year TFC Strategic Plan was presented to and accepted by the board. An expanded National Board Organization structure was created with seven new functional directors. Functional directors will spend half their time on board

related activities and the other half on activities related to their functional area. We have filled some of the new positions from existing board members but need to recruit three positions. Two positions are new and one is an existing position:

- Director of Fundraising (new position)
- Director of Education and Publishing (new position)
- Secretary (existing position)

Nominees who are recommended for a position by the nominating committee will be presented for formal acceptance at the Annual meeting, June 2018.

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, Laz Bouros at laz.bouros@thyroid.ca and no later than March 30, 2018.

All nominators and nominees must be members in good standing in order to be considered by the Nominating Committee.

(Copies of the nomination form may be obtained at www.thyroid.ca or by calling 1-800-267-8822)



WE HAVE A NEW STRATEGIC PLAN – HELP US MAKE IT A SUCCESS!

By Laz Bouros

On September 8th, a workshop was held as part of a three-day board meeting in Toronto to finalize the Thyroid Foundation’s new five-year Strategic Plan! I am happy to report that the plan was accepted by the board! The Strategic Plan helps to focus the work of the board by providing a long term view of what needs to be accomplished and an implementation approach for completing this work. The plan defined a vision statement, a modernized mission statement and an expanded organization.

Vision

“A premiere Canadian charity, well managed, sustainable and established, recognized for its leadership in improving and supporting the thyroid health of Canadians across all parts of the country.”

Mission

“The Thyroid Foundation of Canada provides awareness of thyroid disease, advocacy for improved thyroid care, patient support and fund raising for thyroid research and support operations.”

Organization

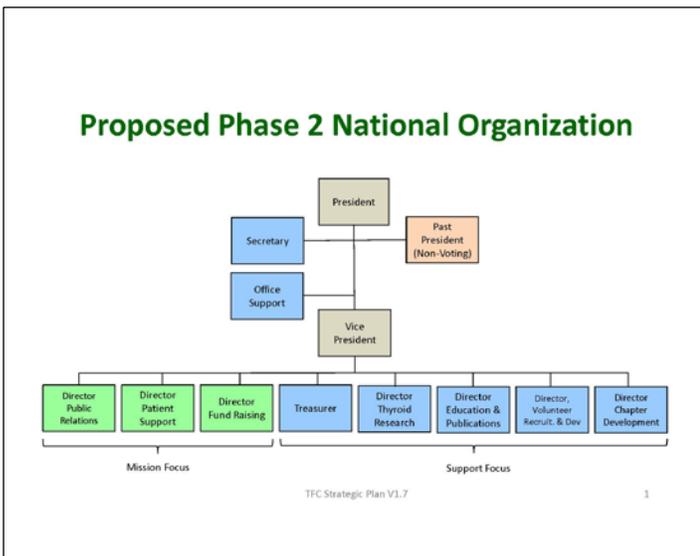
An expanded National Board Organization structure was created with seven new functional directors (see organization chart insert) to help TFC transition over the years to having an operational capability. The new functional directors will spend half their time on board related activities and the other half on activities related to their functional area.

Approach

The approach used in the Strategic Plan consists of the following sections:

- **Current Environment:** A situation analysis was conducted to assess the Foundation’s current environment. The assessment, called a SWOT Analysis, looked at the internal environment of the organization and identified Strengths and Weaknesses and the external environment in terms of Opportunities and Threats;
- **Future Environment:** As a result of this analysis, we were able to define a new TFC Vision and modernized Mission Statement, a set of strategic objectives and a number of key initiatives to be implemented over the next five years. For example, we have included developing a Long Range Fundraising Plan, the Redevelopment of the TFC Website and establishing new chapters across Canada while supporting our existing ones;
- **New Organization:** Four Organizational Transition Phases were defined over several years that will eventually lead to the hiring of a paid TFC Executive Director and operational support organization. The seven new functional director positions include directors for Public Relations, Patient Support, Fundraising, Thyroid Research, Education and Publications, Volunteer Recruitment and Development and Chapter Development. The President is accountable for all functional area work;
- **Implementation:** The main component for implementation is the creation of an annual Operational Plan, starting in 2018-2019. Each functional director will review the Strategic Plan, prepare a Functional Plan for his/her area and identify specific initiatives every year that will go into the Operational Plan. Resource requirements for initiatives or projects requiring funding will be identified and included in a draft budget which will be approved as part of the Operational Plan. Directors will be required to provide quarterly progress reporting. The Vice President will be responsible for managing the Operational Plan.

If you have any questions about the Strategic Plan, please feel free to contact our President, Mabel Miller, or myself at laz.bouros@thyroid.ca.



A MESSAGE FROM THE TFC FINANCE COMMITTEE

By Jeff Griffiths



I would like to thank all the members of the Thyroid Foundation of Canada for their continued support. Over the last 18 months, I have had the privilege of serving the Foundation as its Treasurer and it has been a tremendous experience. We continue to look forward to building an even stronger TFC. We are investigating new ways to make donations, raise funds to support the membership, educate and increase awareness of Thyroid conditions, and investigate research opportunities.

We are working to simplify the membership and donation process and we are happy to announce that we are adding PayPal as another option for membership and donations. PayPal is a highly secure worldwide online payment system that operates as a payment process for online vendors including charities. We will continue to accept cheques, money orders, Visa and MasterCard as well.

We are also in the process of setting up an account with FlipGive. FlipGive is a shop-and-raise website where community causes,

schools, sports teams and charities can raise money by shopping online. Fundraisers earn cash back when they shop online with popular retailers. The platform is used by leading associations, clubs, technology and media companies, who bring the unique "shop to give" model to their members and sponsors. The network partners allow FlipGive to deliver millions of shoppers to retailers. Among the list of retailers are Walmart, Indigo, Sport Chek, Amazon, Hudson's Bay, Old Navy and many others. You can even buy gift cards. We will be sending out an email with more details on FlipGive in the near future.

Lastly, we have reinstated the one and two-year family memberships.

We are continuing to look for new ideas and are open to any suggestions you have. Feel free to send the emails to my attention at donations@thyroid.ca.



APPEL DE CANDIDATURES 2018-2019

La Fondation canadienne de la Thyroïde Appel de Candidatures 2018 – 2019

Le Conseil national accepte des candidatures pour des postes ouverts sur son Conseil d'administration pour l'année 2018-2019. En plus des révisions traditionnelles des candidats, il y aura maintenant une mise au point sur les compétences d'un candidat pour le poste recherché.

Conformément à l'article n° 17 (a) - Le Conseil d'administration est composé d'un minimum de sept directeurs/trices et jusqu'à un maximum de 15 directeurs/trices élus par les membres en plus du/de la Président(e) sortant (e) si il / elle s'engage à continuer. Si les postes vacants existent au sein du conseil, le Conseil d'administration peut nommer des directeurs/trices jusqu' à un maximum d'un tiers du conseil. Le terme de tout directeur/trice nommé fini à la fin de la prochaine assemblée générale.

En septembre dernier, un plan stratégique quinquennal de la FCT a été présenté et accepté par le Conseil d'administration. Une structure élargie de l'Organisation du Conseil National a été créée avec sept nouveaux directeurs fonctionnels (voir l'organigramme). Les directeurs fonctionnels consacrent la moitié de leur temps aux

activités connexes et l'autre moitié aux activités liées à leur domaine principal. Nous avons rempli certains des nouveaux postes avec les membres actifs du Conseil, cependant, nous devons recruter trois candidats pour les postes supplémentaires. Deux parmi les sept postes sont des nouveaux postes et un poste déjà existe :

- Directeur des Levées de fonds (nouveau poste)
- Directeur de l'Éducation et des Publications (nouveau poste)
- Secrétaire (poste existant)

Les candidats recommandés par le Comité des Candidatures seront présentés pour acceptation officielle à l'Assemblée annuelle en juin 2018.

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 Laz Bouros à laz.bouros@thyroid.ca au plus tard le 30 mars 2018.

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



NEWS FROM THE ATA 87th ANNUAL MEETING - VICTORIA, BC

by Kim McNally

The American Thyroid Association's 87th annual conference was held recently in Victoria, British Columbia. The ATA is said to be the leading medical organization focused on thyroid biology and the prevention and treatment of thyroid disorders through excellence and innovation in research, clinical care, education, and public health. There were 1,313 attendees at the conference, primarily made up of clinicians, investigators and healthcare professionals from around the world, lecturing and presenting information on the latest clinical and scientific research on thyroid disease. There were 29 Exhibitors representing various groups.

The emphasis of this year's conference was mainly on thyroid cancer, including radioactive iodine (RAI) resistance and pregnancy in thyroid cancer; however, throughout the conference there were poster exhibits with displays of research studies relating to hypothyroidism, Graves' disease and various other types of thyroid disease.

I was very impressed by the 29 Exhibitors representing medications, pharmaceuticals, thyroid disease and treatment, thyroid support groups and the latest in gene/cell testing. I was able to meet each exhibitor, ask questions and find out information on new developments in the treatment and testing of thyroid disease. I was further able to gather information on publications, including the JCEM (Journal of Clinical Endocrinology and Metabolism) for reference within our organization to assist those who seek information. It was good to meet with Kimberley Dorris, Executive Director of the U.S. patient group *Graves' Disease and Thyroid Foundation*, and Ashok Bhaseen, President of *Thyroid Federation International*, an umbrella organization supporting and assisting the forming of thyroid patient groups in countries around the world.

While there, I was able to take in a number of sessions, including one devoted to the effects of certain medications (calcium, amiodraone and iodine contrast) on thyroid function; refractory thyroid cancer, when RAI becomes resistant in treating thyroid cancer; materials (flame retardants) that may disrupt thyroid function; and women in the world of Endocrinology. During the session on medications that can interfere with thyroid testing, there was much discussion on Biotin, a water soluble B complex. The clinician who spoke indicated that Biotin can interfere with thyroid function and patients should stop taking it anywhere from 8 – 72 hours prior to testing, depending on the dose.

I was most pleased to have been asked to participate in a Patient Forum where members of the public were invited to attend and have their questions and concerns answered by medical professionals. I had the pleasure of sitting with an MD from

Sloan-Kettering, NYC, two (female) Endocrinologists, two Medical students and another volunteer, to help field questions from a thyroid cancer patient who was in attendance. The forum generated a lot of topics of discussion, including why some medical professionals are reluctant to do more testing than the TSH. The MD at our table indicated that is simply the way it has been done for years but conceded that physicians are moving away from a "one size fits all" way of treating patients.



Kim McNally with Ashok Bhaseen, President of Thyroid Federation International

Overall, the ATA conference was informative and full of useful information. I was pleased to have represented the Foundation at the conference, where I was able to speak to other volunteers and medical professionals and provide information on the services we at TFC provide to the public. I feel that we are on the right track, continuing to offer assistance to individuals facing thyroid disease, in keeping with our founder, Diana Abramsky's vision and wishes.

Kim McNally, Director

Volunteers Needed to Support Our National Help Line

The Thyroid Foundation is looking for part-time volunteers to join our team that supports thyroid patients by answering calls from our National Help Line or responding to their emails. The team provides moral support and directs callers to a variety of medical information on thyroid disease but does not provide medical advice. This is a key life line for thyroid patients who sometimes have nowhere else to turn for assistance.

Reporting to the Director, Patient Support, applicants should be members of the Thyroid Foundation of Canada and be available to respond to one or two calls per week from their home. Knowledge of thyroid disease would be desirable as well as having good communications skills. Some Help Line telephone experience would be an asset. We are also looking for one or two French speaking volunteers to respond to our French callers. Volunteers would be provided with an orientation presentation and general Help Line call procedures. If interested, please contact Laz Bouros at laz.bouros@thyroid.ca.



TAKING BACK CONTROL OF YOUR HEALTH

by Laz Bouros

Many years ago while I was with the Ottawa Chapter, we established the first Thyroid Help Line. It was just an old answering machine that I had setup in my house. I picked up the calls when I got home from work and called back later that night. Many of the calls were from distraught thyroid patients, who were having difficulties communicating with their doctors. Their doctors didn't understand them and they felt trapped and incapable of escaping from their predicament. Many felt they weren't getting the right treatment, were still suffering with their thyroid condition, some had no idea what they should do and saw no light at the end of the tunnel.

While I was sympathetic to their situation, I was not legally allowed to provide them with medical advice. We called this providing "moral support". I started suggesting ways to improve their communications (e.g. write your questions down and take notes at your appointment). I sent them the Thyroid Health Guides so they could learn more about Thyroid disease and invited them to our Public Education meetings. The ones that came found a community of people that shared similar problems. Somehow, they began to feel that they were not alone, that they found real people that they could talk to about their problems. During those meetings, they had access to endocrinologists and other specialists to ask all their questions. And the ones that volunteered found a sense of fulfillment by helping other members of their Thyroid community.

Twenty-eight years later, I am now back and one of several board members answering calls from Thyroid patients on the National Help Line. Now it's called "voicemail" and there's no physical answering machine. But many of the callers are still experiencing similar concerns. But what I've learned from those early days has now taken the form of empowerment for the thyroid patient, which means "taking back control of your health".

The first rule is that you are responsible for your health. Your doctor is there to assist you and has a lot of knowledge and experience. But you are both the "client" as well as the "patient". As a client, you ultimately make all the decisions. For example, you may have exhausted all avenues of communications with your doctor and are still not happy with the care you are receiving. In other cases, you have a known thyroid condition, have asked your family physician for a referral to see an endocrinologist and have been consistently turned down. In these cases, you have the right to change your doctor. As a last resort, you might ask your doctor that you would like a second opinion. (This has worked for me in the past). Ultimately, it's your body, your life and your decision.

Secondly, with this empowerment comes the responsibility of learning as much as you can about your condition. Read the

Health Guides and other literature from our thyroid.ca website, go to the library, get on the internet, talk to other thyroid patients and do your research. The more you learn about your condition the better questions you can ask. The better the questions you ask the better decisions you can make. The more good decisions you make the better you will feel!

Thirdly, you need to work on improving your communications and record keeping. You have a 15-20 minute window to communicate with your doctor. It's very easy to lose focus and forget to ask your questions during this short period of time. Write down your questions ahead of time and take notes from your meeting, paying particular attention to any decisions or future actions. When you get home, expand on these notes so they are clearer and easier to understand and then file them with your medical records. Review them before your next appointment and take them with you. Use these notes and your research knowledge to prepare a new set of questions. I go to my appointments with an agenda (and questions) and my one-page minutes from the last meeting. Ask for copies of your recent tests (blood, etc.), review these when you get home, research the meaning if you need to understand them better and file them. This is your medical data and you should never be refused copies. In the near future, your medical records will be available to you online!

Over the years, I have created additional communications tools that have proved effective. For example, I have one page medical profile for myself that I update regularly. It contains my basic info (name, address, etc.), medical condition, medical history, current medications, blood type, allergies, immunization, risk factors, emergency procedures (if applicable), family history and contact information for my physicians. When I see a new doctor, I show them my medical profile and it instantly answers most of their questions. I keep an electronic copy of this profile on my cell phone just in case I don't have a printed copy with me. I also have a Medical Alert bracelet on my wrist and a medical emergency card in my wallet.

I hope this helps. It may take you sometime to get there, but taking control of your health helps you to better manage the challenges you may encounter along the way and minimize that old feeling of helplessness!

Editor's Note: Laz Bouros is a board member of the Thyroid Foundation of Canada. He has had a secondary hypothyroid condition since 1988. He has been a past Ottawa Chapter President and National Vice President. He is a Certified Management Consultant with a private practice in Ottawa.



EVENTS

Regina SK - Curves Health and Wellness Fair

In mid-September 2017, the Curves fitness clubs for women in Regina SK held Health and Wellness Days for their members. They invited a number of health organizations such as Osteoporosis Canada, Canadian Diabetes Association, Heart and Stroke Foundation, the Canadian Cancer Society, the Alzheimer Society and the Thyroid Foundation of Canada.

The club managers mentioned the importance of the Thyroid Foundation of Canada being represented as a very significant number of members indicate that they have a thyroid disorder on their health intake form. This was confirmed by the many members who stopped at the table and indicated either that they had been on thyroid medication for many years and all was good or, in a few cases, stated frustration that their symptoms weren't recognized by their doctors. Several members also stated frustration that they cannot get their T3 or T4 levels tested. Some women said they didn't know there was a Thyroid Foundation.

A good connection was made with the representative from Osteoporosis Canada. She pointed out that their publication "Secondary Osteoporosis" specifically mentions the relationship between thyroid disorders and medications and risks of osteoporosis (*see article below*).



One Curves member made an anonymous donation and another expressed keen interest in developing a local group and having more public displays. All in all, it was worthwhile for the Thyroid Foundation of Canada to have a presence at the Curves Health and Wellness Days.

Thank you Curves!



Secondary Osteoporosis

Osteoporosis that results from having another disease or condition or from the *treatment* of another condition is called *secondary osteoporosis*.

Medications that can Cause Bone Loss, Falls and/or Fractures

Excessive Thyroid Hormone Replacement

Normal thyroid hormone blood levels maintain good bone health. In individuals who are on thyroid replacement therapy (Synthroid®, Eltroxin®), the dose needs to be monitored to ensure that the blood levels of thyroid hormone stay in the normal range. Monitoring is especially important in older adults because the dose required may decrease with age. Excessive thyroid replacement in older adults has been associated with abnormal heart rhythms and muscle weakness, both of which increase the risk of falls and fractures.

Excessive thyroid hormone replacement can also reduce bone mineral density and bone quality, which may also lead to fractures.

Conditions that can Cause Bone Loss, Falls and/or Fractures

Untreated Hyperthyroidism

Normal thyroid hormone levels maintain good bone health. Too much thyroid hormone interferes with the body's ability to absorb calcium into the bones and increases bone turnover, which can cause bone loss over time.

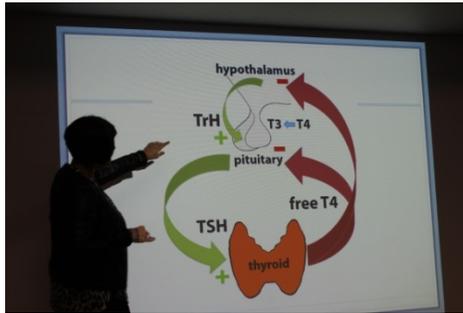
(Extracts from Fact Sheets on Secondary Osteoporosis. To read the complete articles and related articles contact Osteoporosis Canada at: **1-800-463-6842** - or go to: <http://www.osteoporosis.ca/osteoporosis-and-you/secondary-osteoporosis>.

EVENTS *(continued)*

Kitchener-Waterloo Chapter Education Meeting Oct. 24, 2017

We had a very successful meeting with 42 in attendance. Of course, the weather was predicted to be rainy and very windy. When the weather co-operates, we have had as many as 100 in attendance.

Our speaker, Dr. Nadira Husein, MD FRCP, Endocrinologist in Kitchener-Waterloo and Assistant Clinical Professor, McMaster Medical School, Hamilton gave a very informative presentation on "How to Identify and Manage Thyroid Disease". Many new attendees were present which proves we are helping more people as they find out about the Thyroid Foundation of Canada. Two attendees came from a distance away.



We are very fortunate to have the assistance of the **Kitchener Public Library** with their great staff, advertising and beautifully renovated facilities.

The **Kitchener Record**, our local newspaper, also provides us with a grant of over \$5,000 per year to advertise our meetings.



We also have a very dedicated, efficient **board** to assist with every meeting. They conduct a free Education Table, take memberships from new members or renew regular ones and sell a few keepsake items as well. Our President, Cassandra Howarth, conducts the business part of our meeting and also explains how our organization works.

FUNDRAISING



Regina SK

Once again this year, Past President Donna Miniely received permission to put coin canisters in the liquor stores in the Regina area. She collected over \$500. Since 2014 Donna has raised over \$3,000 as well as spreading awareness of thyroid disease. Great work Donna!

DO YOU HAVE A FUNDRAISING IDEA?



Do you have experience with a fundraising event that could be good for TFC?
Or an idea for one?
We would love to hear from you.
Please contact us at: info@thyroid.ca
1-800-267-8822

It's our
7th annual campaign
Light a Tree for Thyroid!



We are pleased to be holding our *Light a Tree for Thyroid* campaign once again this year. Your generous contributions last year enabled us to continue our programs of **awareness, support and research**, and we hope you will support us again as we look to reach out to thyroid patients across Canada. Please look for our mail-out package coming soon and choose either a one-time or a monthly donation. You can also use the Membership/Donation form on the back cover of this issue, or go to the TFC website at www.thyroid.ca and donate online. Whether you're a member, donor, or volunteer, we all want to improve the health of ourselves and other thyroid patients.



IMPORTANT DATES in 2018

Apr 15-21	National Volunteer Week 2018
May 21-27	International Thyroid Awareness Week 2018
June 2	TFC Annual General Meeting
June 1-30	<i>June is Thyroid Month in Canada!</i>

Is it time to renew your membership?





Thyroid Foundation of Canada
La Fondation canadienne de la Thyroïde

Membership and Donation form

Name: _____ Title: Ms Mrs Mr
 Address: _____ Postal Code: _____
 Telephone: _____ Email: _____

MEMBERSHIP : ONE YEAR TWO YEAR

Regular \$35 Senior \$30 Family \$45 Regular \$60 Senior \$50 Family \$65

\$ Membership *Members receive **Thyrobulletin**, official newsletter of the Thyroid Foundation of Canada*

\$ Donation *All donations support the work of the Thyroid Foundation of Canada*

\$ TOTAL PAYMENT

PAYMENT Visa MasterCard Cheque *(payable to: **Thyroid Foundation of Canada**)*

Visa/MasterCard No.: _____ Expiry Date: _____

Name on Card: _____ Receipt: By regular mail By email

Please Mail to: P.O. Box 298, Bath ON K0H 1G0 An official tax receipt will be issued for all membership and donations.
 You can also make your payment online at www.thyroid.ca *Thank you for your support!*

Happy Holidays!

*To you and your families
From the Board of Directors
Thyroid Foundation of Canada*



Joyeuses fêtes!

*Le Conseil d'administration vous souhaite
des Joyeuses Fêtes de fin d'année à vous
et à vos familles!*