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This is the third in a series of seasonal newsletters, from the *Canadian Thyroid Cancer Support Group (Thry'vors) Inc.* Your comments and suggestions are most welcome. Please direct your comments to the Listserv Committee Chair, at [thryvors@sympatico.ca](mailto:thryvors@sympatico.ca)



## Grant Received from Ontario Trillium Foundation

Hello friends.  
I have a few announcements to make that you may find interesting.

First – after a waiting period of less than a month, the *Canadian Thyroid Cancer Support Group (Thry'vors) Inc.*, an incorporated non-profit group, was granted status as a Charitable Organization by the Canada Customs and Revenue Agency (CCRA). That means that we are now able to issue tax receipts for any and all donations made to us – including small donations made by our members and very large donations made by Charitable Foundations and Corporations. Please feel free to support our important work in any way you can – no amounts too big or too small!

Second – our grant



Up to 80% of those with Thyroid Cancer are women

application to the Ontario Trillium Foundation was successful. The Foundation is an arms-length agency of the Ontario Government that utilizes a portion of gaming funds raised (e.g. from lotteries and casinos), to fund non-profit group projects in Ontario. We were granted \$14,000 over a one year period to produce and distribute brochures about

Thry'vors and informational booklets. It also covers the costs of distributing these to doctors' (and other interested persons') offices across Canada, and in establishing and maintaining our new website and our ongoing listserv.

Over the next year, we hope to raise more funds

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**Donations gladly accepted and acknowledged with a receipt for tax purposes:**

**Canadian Thyroid Cancer Support Group (Thry'vors) Inc.**  
PO Box 23007  
550 Eglinton Avenue West  
Toronto, ON  
M5N 3A8

## Grant Received from OTF... continued

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to help us cover the administrative costs of operating Thry'vors (such as our insurance costs, other printing, postage, etc.). If you have any contacts at corporations or foundations (such as banks, insurance companies, etc.) please let us know.

Last word – I'd like to point out that we are very fortunate to have very active, hands-on board members who help out in numerous ways behind the scenes. To just name a few: Diane Patching, for example, looks after most of our public relations work, Dianne Dodd is spearheading the production



of the new booklet and pamphlet, Beth Rajnovich and her partner Chris have developed the new website, Nancy Williams looks after our members list (and countless other things), Theresa de Jeu distributes our printed material across

Canada and Grace Wright is our treasurer. As well, Patricia Sharkey does a fantastic job as our listserv committee chair. There are others as well who, for example, act as liaison persons, AGM planners, and people to call upon when members want to communicate by phone. Perhaps in future newsletters, they can each say hello and tell you more about themselves.

We'd love to get your feedback about any of the above (or anything else) at: [thryvors@sympatico.ca](mailto:thryvors@sympatico.ca)

Rita Banach  
President, Thry'vors

We are very fortunate to have very active, hands-on board members who help out in numerous ways...

## Coming events

The Burlington Hamilton Chapter of the Thyroid Foundation of Canada is holding a public education meeting on Wed. Sept 24 2003 at the Hamilton Spectator Auditorium, 44 Frid St. Hamilton. This will feature a panel forum including our President, Rita Banach and our VP Nancy Schwartz Williams will also be in there along with other Thry'vors. This should be a very worthwhile evening for those able to attend.

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All members who can make

it are invited to the Guelph Gathering to meet, chat and laugh together. Come for brunch to the Swiss Chalet at 138, Woodlawn Rd. West, Guelph, Tel 519-836-8000, at 11:30am, Saturday, October 18/03. Please inform Patricia if you plan to be there by using the following address, [thryvors@sympatico.ca](mailto:thryvors@sympatico.ca) and leave your phone number in case of any blackouts or other unusual events.

A map for the restaurant is at the following URL.

<http://test.mapquest.com/s>

[www.mapquest.com/swiss/mqinterconnect?streetaddress=138+Woodlawn+Road&city=Guelph&state=ON&zip=N1H+1B2&country=Canada](http://www.mapquest.com/swiss/mqinterconnect?streetaddress=138+Woodlawn+Road&city=Guelph&state=ON&zip=N1H+1B2&country=Canada)

We are hoping for a good turnout and you will not be sorry you came!



Join us in Guelph

## Coming Events... continued

The Thyroid Foundation of Canada will hold a Thyroid Update Forum, Saturday November 1 2003 at the Holiday Inn Select Airport, 970 Dixon Rd, Etobicoke (Toronto) ON. Registration is \$25.00, including continental breakfast at 8:00am. This educational forum for patients and professionals goes from 8:30am-5:00pm. Members of Thy'vors will be in attendance.

Register by phone, fax or e-mail, payment by credit card or cheque.

Tel: 1-800-267-8822 or  
1-613-544-8364

Fax: 1-613-544-9731

E-mail: [thyroid@onaibn.com](mailto:thyroid@onaibn.com)

Website: [www.thyroid.ca](http://www.thyroid.ca)



See you in Etobicoke

Thyroid Update  
Forum, Saturday  
November 1 2003

### Waiting times poll

We conducted a poll earlier this year since it seemed that the waiting times for surgery and RAI were on the rise. This was before SARS and it is now expected that all procedures will be delayed until the hospitals catch up.

However before 2003 most people obtained surgery and RAI in weeks rather than months. Tg tests are done quicker in most hospital labs as opposed to private ones. Most members stated that they would be willing to travel in order to access more timely treatment.

It is to be hoped that doctors will prioritize procedures for anyone whose pathology shows aggressive variants of thyroid cancer.

### Did you know?

Depending on the size and type of thyca tumours and the younger age of the patient, some doctors do not recommend RAI therapy following surgery, feeling that the risk of recurrence is extremely low. At the other extreme are those who believe that anyone over the age of 45 with visible extrathyroidal extension should have EBR to the neck following surgery and RAI ablation. [From 'Thyroid Cancer' by James A Fagin].

Between the two examples mentioned above, are many variations and severities of thyroid cancer. There are practice guidelines for managing the disease, [check the Files and Links], but these are guidelines

only. Your course of therapy depends on several findings and your other health issues.

Our members are not allowed, nor are they qualified to offer medical information regarding your treatment. This is strictly between you and your health care professionals and any questions you have should be directed to them. Thy'vors may relate how they handled similar experiences but this is not to be construed as medical advice to you. Please consult the appropriate medical personnel whenever you have questions. Good doctors are only too glad to

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Canadian Thyroid  
Cancer Support Group  
(Thry'vors) Inc.

PO Box 23007  
550 Eglinton Ave. West  
Toronto, ON M5N 3A8

Phone: 416-487-8267  
Fax: 416-487-0601  
Email: [thryvors@sympatico.ca](mailto:thryvors@sympatico.ca)



*Offering information  
and support*

## Did you know?...continued

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assist their patients and will gladly offer understandable explanations. Thry'vors offers you encouragement, info and support but not medical direction.

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## A few words used on the Thry'vors Listserv

Thyroidectomy	Learning
Hypo/Hyper	Informing
Radioactive	Supporting
You	Thriving
Variants	Sharing
Oxyphilic	Empathizing
Recovery	Researching
Suppressed	Validating

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## Handy Hint

Get to know your pharmacist. S/he will advise re timing and combining your meds, also how to store them. Thyroid replacement meds lose their efficacy when kept at high temperatures and special timing is needed when calcium and iron supplements are used. Before starting LID check with your pharmacist as to whether any of your prescribed or OTC products contain banned substances such as iodine, red dye#3, salt, lactose etc. It is a good idea to let the pharmacist know about all products you take, including herbal and other supplements. Your doctors should know this too.

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## Time to relax

Take a look at the following URL. It is not something that normally would appear on the listserv but it contains many of the aims of our group as we work together to assist each other. Turn on your speakers, take some deep relaxing breaths and let what you see and hear help you to feel calm and refreshed.

<http://members.aol.com/CuttyhunkRose/geese.html>

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## And finally....

Coming soon to a computer near you: our very own Thry'vors website. We will still continue the listserv on the Yahoo! site but our own website will be accessible to anyone. To hear more about this exciting new development make sure to reset your Thry'vors profile to accept Email, Daily Digest or Special Notices. For those too busy for daily mail, by choosing Special Notices you will be kept up to date on the website, have the next newsletter delivered to your E-mailbox and be contacted re get-togethers, meetings, seminars etc.

Please send comments and suggested topics for future newsletters to the Listserv Chair, at [thryvors@sympatico.ca](mailto:thryvors@sympatico.ca)