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*Thy'vors News* edited  
by Patricia Sharkey

This is the 9th in a series of seasonal newsletters, from the *Canadian Thyroid Cancer Support Group (Thy'vors) Inc.* Your comments and suggestions are most welcome. Please direct your comments to Listserv Committee at [thyvors@sympatico.ca](mailto:thyvors@sympatico.ca)

## President's Message

This issue of *Thy'vors News* highlights Thyrogen® — a relatively new drug that has been approved for use in the management of thyroid cancer. Also included in this issue is a review of the new LID Cookbook and a reminder about the October *Thyroid Cancer Update* event in Burlington, Ontario. I hope to meet you in person in Burlington!

Rita Banach, B.Sc., D.C.S.

## Thyrogen® Update

Increasingly, doctors are prescribing a drug called Thyrogen® (rhTSH) to increase TSH levels for radioactive iodine (RAI) scanning and stimulated Thyroglobulin (Tg) measurements. Thyrogen® replaces the need to have patients withdraw from their hormone replacement, a process that normally takes at least six weeks. Thyrogen® is fast-acting, but requires two visits to your doctor for injections. Patients are typically given two doses by injection on a Monday and Tuesday, having their test-dose RAI on Wednesday. The scan and bloodwork for Tg testing are done on Friday.

themselves (the 2005 cost for two injections is approximately \$1,618 Cdn) or apply to their private health insurance for coverage. If you need help to determine if Thyrogen® is covered by your provincial or private insurance plans, the manufacturer, Genzyme Inc., has set up a Reimbursement Helpline.

*(Continued on page 2)*



Most patients have fewer side effects from Thyrogen® and are delighted to avoid going hypothyroid. While Thyrogen® is a relatively new product, most provinces now cover the cost of the drug in their provincial health insurance programs. The DIN is 02246016. In cases where it is not covered, patients must pay for it



(Continued from page 1)

## Thy'vors Members Share Their Experiences Using Thyrogen®

**Cathy:** "I used Thyrogen® for my follow up scan, 1 year from my first RAI treatment. I had to ask my doctor for it and he was surprised that I knew what it was. I had two shots one on the Monday and the next on the Tuesday. I had no real side effects, and certainly felt much better using it than not using it."

**Donna:** "In November 2003 I was given the option of using Thyrogen® for a follow up scan. The previous 2 years I had been through surgery and did 2 rounds of RAI treatment. I had to prepare for the RAI by becoming hypothyroid. I found being hypothyroid had a huge impact on my physical and emotional health for a very long period of time. I was apprehensive with regards to a different approach but was willing to try something different as to avoid the consequences of being hypo.

My experience with Thyrogen® was extremely positive. Over the week the only negative symptoms I developed were a mild headache and mild nausea. My only minor inconvenience was that I was one week off work and had to drive back and forth to London for 4 days . I would do it again in a heartbeat."

**Lynda:** "I've used Thyrogen® three times, without scanning because by the time Thyrogen® came on the scene I already knew I was RAI resistant. I used it in two instances simply to get an unsuppressed Tg reading. In the first instance it was quite elevated and led to further investigation, which led to further surgery on mets to neck nodes. In the second instance it was just to check the Tg; and in the third instance it was in preparation for a PET/CT scan. My Tg remains slightly elevated with the use of Thyrogen®. I had no adverse affects whatsoever. My doctor warned me I might feel nauseated, especially after the second injection, but I did not."

**Mike:** "Yes I did have the Thyrogen® shots and I believe that is was worth every penny. I did suffer a little from each shot, fever, headache and such, but as far as I am concerned these side effects were minimal compared to being hypo. The only concern I had was that my family doctor had never administered this shot before. There was a little confusion as to how to mix the Thyrogen® and the timing, but all went well in the end. Lastly, despite not being covered by the provincial health insurance program, my health insurance company (Sunlife) came through for me and sent me a cheque for 80% of the Thyrogen® cost (\$1,617.17).

### Thyrogen® Reimbursement Helpline

The manufacturer of Thyrogen®, Genzyme Canada Inc., has set up a helpline to assist you with determining if the drug is covered by your insurance plan, and how to go about being reimbursed. The number to call is:

1-866-401-8323

The Thyrogen® Reimbursement Helpline is open from 8:00 am until 8:00 pm EST. Monday through Friday.

**Mimi:** "Overall my experience with Thyrogen® was a great one. I sure wish I had decided to go with Thyrogen® the first two times I had to go hypo. I watched for the adverse side effects or a bad reaction to the drug, but fortunately, none came!!! I can't tell you how happy I was to have avoided being hypo. The only snag in the whole thing was that I ordered the drug at the pharmacy and then found

out that it required a pre-approval from my insurance company after I already paid for it. I knew it would eventually be covered, but it delayed my reimbursement because I needed to get forms signed by my doctor and then wait for the insurance company to approve it. So, I'd recommend checking if a pre-approval is required in advance. The good news is that the approval is valid for one year (in my case)."

Thyrogen® is the subject of ongoing medical research, which will help define the various applications for this product in the overall management of thyroid cancer. Thy'vors Medical Advisory Panel Members answer some questions about the current applications of Thyrogen® and future potentials in the *Ask Thy'vors* section of this newsletter.

## Ask Thy'vors – Member Questions About Thyrogen®

**Ask Thy'vors** is a pilot project launched earlier this year to provide our members with an opportunity to ask questions of our Medical Advisory Panel (MAP) . Take a look at our list of experts at:

<http://www.thyrvors.org/AboutThyrvors.html>

Watch the first of each month when YOUR question and an expert answer will be posted on the listserv, and in upcoming **Thy'vors News**. We invite and encourage our members to participate in **Ask Thy'vors**. It's as simple as sending your questions by email to: [askthyrvors@sympatico.ca](mailto:askthyrvors@sympatico.ca).

### Our thanks to:

Dr. Daniel Drucker, MD, FRCP(C);

Dr. Al Driedger, MD, Ph.D., FRCP (C), FACP, FCPE; and

Dr. Shereen Ezzat, MD, FRCP(C), FACP

for their replies to our Fall 2005 newsletter questions.

### What is Thyrogen® made of and in layman's terms, how does it work?

#### Dr. Driedger's Response:

"Thyrogen® is the copy of human thyroid stimulating hormone (TSH). It is produced in a cell culture using cells that have been modified by addition of the human gene for TSH. As the cells grow, they produce TSH and release it into the fluid in which they are growing. The TSH is harvested from the fluid and prepared in a sterile facility for human use."

"Whenever there is shortage of thyroid hormone in the blood the pituitary gland at the base of the brain normally produces TSH and it circulates in the blood to all body tissues. TSH is a message that reads roughly, "We have a shortage of thyroid hormone; please make some if you can." Thyroid cancer cells frequently remember how to make thyroid hormone. The production of thyroid hormone requires that these cells concentrate iodine because it is a major component of the hormone molecule. If the iodine is radioactive, the concentration of iodine in the cells will result in their death from the local radiation effect. When the cancer cells are thus turned on, they produce a protein called thyroglobulin (Tg) and secrete it into the blood; this protein is a sensitive marker for the presence of thyroid cancer."

"When Thyrogen® is injected into patients who are not hypothyroid, it can be considered as a "false message" that the cancer cells respond to in the same fashion as if it came from the pituitary. It induces the cells to take up iodine in the same fashion as if the patient were hypothyroid. It also stimulates the cancer to produce Tg and this is a very important signal to the presence of cancer."

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### How does Thyrogen® compare with thyroid hormone withdrawal in terms of effectiveness of scanning/Tg stimulation? How good is Thyrogen®? What do doctors think of Thyrogen®?

#### Dr. Driedger's response:

"Like hormone withdrawal, Thyrogen® stimulates Tg production and it is a very important diagnostic test in follow up after treatment. Thyrogen® is as effective in this application as hormone withdrawal. Tg measurements are likely to replace diagnostic radioiodine scanning as they are very sensitive and specific for the presence of disease."

"I cannot speak in general of doctors' opinions of Thyrogen®. In my opinion, this drug is reducing patient inconvenience compared to hormone withdrawal for diagnostic studies. The high cost of Thyrogen® is offset to a large degree by reduced time off work for many patients as well as their maintenance of performance in the home situation."

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**How often should patients get a RAI scan or stimulated Tg reading? What factors should patients and their doctors consider when developing a post-treatment monitoring program?**

**Dr. Driedger's Response:**

"The frequency of testing should be considered in relation to the individual patient's risk issues. In our experience, patients with undetectable Tg at the time of ablation therapy will do very well and we currently do not repeat Tg stimulation or scanning for at least 3 years. Those with measurable Tg or abnormal post-therapy scans need more attention. We review these at intervals of about 6 months."

**Dr. Drucker's Response:**

"The answer to this question is not yet clear, and will differ depending on the type of cancer, initial findings after treatment, years after initial treatment, and potential presence of other associated risk factors and medical conditions."

**Some treatment centres are using Thyrogen® for treatment doses of RAI, how does the effectiveness of Thyrogen® compare to thyroid hormone withdrawal in this situation? Has Thyrogen® been approved for treatment doses of RAI, and if not, what is the status of the product application review?**

**Dr. Driedger's Response:**

"We participated in the international trial of Thyrogen® in thyroid ablation and the result was that Thyrogen®-stimulated therapy was equally effective with treatment given under hypothyroid conditions. The European Community countries have now approved Thyrogen®-stimulated therapy and the American FDA will make a decision on this some time soon. I do not know the status of Health Canada's review. We have used Thyrogen® for ablation of remnants on more than 300 cases now and are satisfied that this is an effective use of the drug. Physicians are permitted to use drugs in non-approved applications as "off-label" uses and so the lack of Canadian approval to date is not a limitation."

"There is still uncertainty as to the proper role of Thyrogen® in treatment of known metastatic disease. At the Memorial Sloan Kettering Cancer Center in New York Thyrogen® is being used routinely in this application and they report results as good as those seen after treatment under hypothyroid conditions. We have encountered, hopefully rare, cases in which hypothyroid therapy seemed to work better than Thyrogen® stimulation of metastases. There are some patients who should not be subjected to hormone withdrawal and these are often treated successfully with Thyrogen® stimulated radioiodine therapy."

**Dr. Drucker's response:**

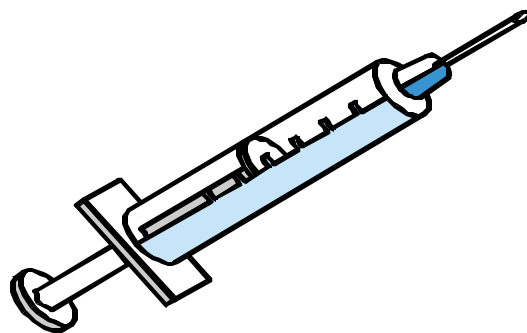
"Thyrogen® has not yet been approved for *treatment and ablation*. There is some data in the literature indicating that this approach may be effective, but we need larger studies and FDA approval to formally endorse such an option."

**What are some of the most significant research findings about the use of Thyrogen® in the treatment and monitoring of thyroid cancer?**

**Dr. Driedger's Response:**

"Recent significant research findings are showing us that low values of Tg obtained under either Thyrogen® stimulation or standard thyroid withdrawal are associated with very low risks of disease recurrence for at least the following 5 years. In our experience between 1998 and 2004,

*(Continued on page 5)*



no patient with an undetectable Tg at the time of ablation has had a recurrence of disease. Those with Tg values less than 10 the recurrence rate has been significantly lower than in those with higher values.”

#### Dr. Drucker's response:

“Question is very open ended. With respect to *treatment*, see answer to above question. With respect to *monitoring*, a key question that needs answering is the correlation between test results and long term follow-up. We need to understand precisely how the test performs over a 10 year time frame, and we need to understand how often we should be doing the test in low versus high risk individuals.”

#### Dr. Ezzat's Response:

“The fact that we can obtain the same information regarding the presence or absence of residual or recurrent thyroid cancer as by withdrawing patients from thyroid hormone is very important. As many of us know, being off thyroid hormone for a month can be very difficult. It also takes another month to get back up to speed. A number of on-going studies also seem to indicate that Thyrogen® can be used to help drive radioactivity into thyroid cells for treatment purposes. This again would mean that patients don't have to stop their thyroid hormone for a month before given radioactive iodine treatment.”

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#### What are some of the most significant research questions yet to be answered on Thyrogen®?

#### Dr. Driedger's Response:

“The role of Thyrogen® in treatment cancer that has spread to other parts of the body needs still to be investigated.”

“The most vexing problem in thyroid cancers today concerns the patients with metastatic disease that does not concentrate radioactive iodine. We know that these tumors still bind Thyrogen but they do not take up iodine. It may prove possible to design a Thyrogen® derivative with greater affinity for the TSH receptor and that could be radioactively labeled in order to treat the tumours that do not take up iodine. This is analogous to the neuroendocrine tumors that have receptors for a hormone called somatostatin: in that case, a modified form of the hormone (Octreotide) with a radioactive label has been developed specifically for treatment purposes. It remains to be determined whether a similar advance can be made in terms of thyroid cancers.”

#### Dr. Ezzat's response:

“Some tumors do not appear to be able to take up iodine efficiently. This is critical in determining the effectiveness of radioactive iodine treatment. It would be very useful if we can turn non-avid tumors to tumors that are more efficient at taking up the radiation. Whether Thyrogen® alone or with some other compound can achieve this goal remains to be shown. “

#### Links for more information on Thyrogen®

Thy'vors Information Sheet on Thyrogen® [http://www.thryvors.org/pdf/Thryvors\\_thyrogen.pdf](http://www.thryvors.org/pdf/Thryvors_thyrogen.pdf)

A description of Thyrogen® use in Canada by Dr. Daniel Drucker <http://www.mythyroid.com/thyrogenincanada.html>

Frequently Asked Questions About Thyrogen by Dr. Daniel Drucker <http://www.mythyroid.com/tsh.html>

Patient information provided by the manufacturer of Thyrogen – Genzyme Inc. <http://www.thyrogen.com/>

The Canadian Thyrogen® instructions. Available in English and French  
[http://www.genzyme.ca/thera/ty/ca\\_en\\_pt\\_thera-ty.asp](http://www.genzyme.ca/thera/ty/ca_en_pt_thera-ty.asp)

# Book Review: The Low Iodine Diet Cookbook

by Norene Gilletz, Trafford Publishing, 2005 [www.lidcookbook.com](http://www.lidcookbook.com)

by Shelley Nasby, Lloydminster, Saskatchewan

Thyroid cancer survivors have a new resource to help guide us through the unique adventure of the low iodine diet.

Norene Gilletz has published a new cookbook titled ***The Low Iodine Diet Cookbook***.

Norene is a renowned cookbook author who is experienced with special diets and substitutions — particularly diets that do not allow dairy, or store-bought breads. Her company, Gourmania Inc. (<http://www.gourmania.com/>) does nutritional analysis of recipes for cookbooks, menus and the food industry, and does cookbook publishing and distribution.

Norene's motto is "Food that's good for you should taste good!" and we know that's not always easy to do while on the low iodine diet.

Dr. Ain *introduces* the book "What is the Low Iodine Diet and why do you need it?". He explains the history of the low iodine diet (LID) and provides simple, straight forward guidelines on how to follow the diet. The section "Avoiding Unnecessary Restrictions" advises patients how to avoid making the diet too complicated. I was way too strict and during my second LID ended up getting sick from not eating because nothing tasted good and I felt nauseated at the thought of eating anything I had on hand for the LID. The introduction also discusses vitamins and dye from a CT scan, and how long to follow the diet.

The *first chapter* is entitled "The Low Iodine Cupboard: What to buy and how to shop for the

Low Iodine Diet". It describes how to prepare for the LID, what packaged foods are suitable, what types of pastas and rice, beverages, meats, and milk substitutes are LID-friendly. It also gives guidelines for those on the LID who have to follow other diets for health reasons, such as vegetarian, low-fat, low-carb, gluten-free, and lactose intolerant (which isn't a problem on the LID).

*Chapter Two* gives tips on how to plan your LID menus.

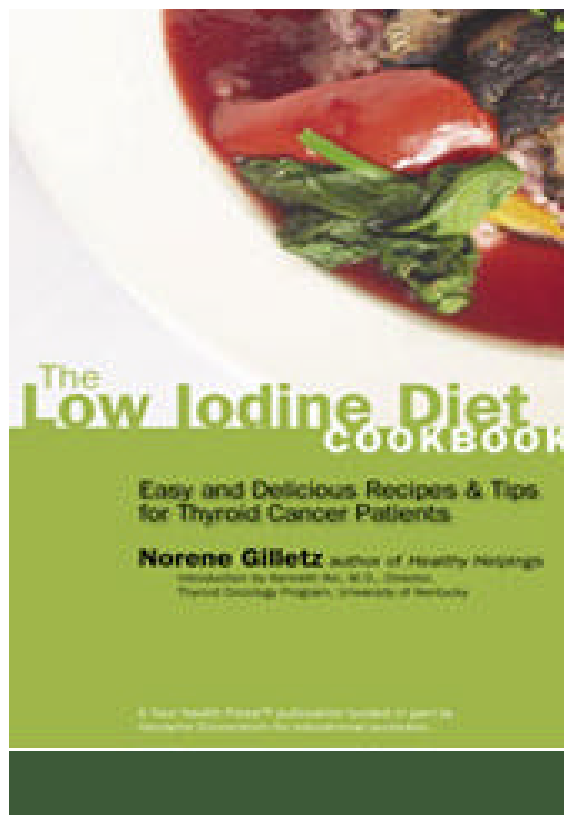
*Chapter Three* talks about "LID on the Town" and what a person can do if you have to eat out in a restaurant. It explains some of the problems eating in different types of restaurants.

*Chapters Four through Nine* contain all the recipes: breakfasts, lunches, dinners, desserts, snacks and Children's menu with child-friendly recipes.

Thankfully there are a lot of breakfast recipes to help with one of the hardest meals to plan for while on the LID. One of the best things about this cookbook is it takes

some very common recipes and adapts them for the LID, such as Shepherd's Pie, Meat Loaf, but it also has "fancier" recipes for those who don't like to eat "plain", such as Cacciatore, Saucy Chicken Livers (yuck), Moo Goo Guy Pan. One thing I was very happy to see was a recipe for homemade ketchup - which is a staple in my diet!!! The book has many dessert recipes and a section devoted to snacks (even a recipe for homemade potato chips). For those who prefer to shop rather than cook, the

*(Continued on page 7)*



(Continued from page 6)

book also lists what snacks are safe to buy packaged.

The back of the book has a *Nutritional Analysis Chart* that I will use even when not on the LID.

The Low Iodine Diet Cookbook by Norene Gilletz is a very useful tool for the thyroid cancer patient. It sets out very clearly and precisely what is and isn't acceptable to eat on the LID. There are so many versions of the low iodine diet out there, it can be very confusing and upsetting to patients. The recipes are very easy to follow, use easy to find ingredients, and indicate whether they can be frozen, which is great when a person is hypothyroid. The recipes cover wide range of tastes & styles and are clearly written, even for the hypo-cook. I am extremely happy to have this cookbook as I am not a very creative cook and doing the Low Iodine Diet was very challenging for me.

Bottom line, I've tried a lot of the recipes and *The Low Iodine Cookbook* contains recipes that I will use even when not on the LID. For me, the book has made the Low Iodine Diet feel like fun, trying new recipes, not too much work or thinking involved. I know if I follow the recipes in the book that I am fine and don't have to constantly worry that I am not following the LID closely enough. The cookbook is just over 300 pages and I think there's something in there for everybody and every taste bud. My first two LIDs were definitely stressful and boring, but thanks to this book, the third time was a lot easier.

## New on the Thry'vors Website

Information on Travel after a Radioactive Iodine Scan or Treatment, from the American Thyroid Association  
<http://www.thryvors.org/Links.html>

Update of Thyroid Cancer Information Resource List [http://www.thryvors.org/pdf/Thryvors\\_Resource\\_List.pdf](http://www.thryvors.org/pdf/Thryvors_Resource_List.pdf)

Update of A Patient's Guide to Thyroid Cancer <http://www.thryvors.org/Booklet/TableofContents.html>  
[http://www.thryvors.org/pdf/Thryvors\\_booklet.pdf](http://www.thryvors.org/pdf/Thryvors_booklet.pdf)

Update: Thyrogen Information Sheet [http://www.thryvors.org/pdf/Thryvors\\_thyrogen.pdf](http://www.thryvors.org/pdf/Thryvors_thyrogen.pdf)

Minutes of the May 2005 Annual General Meeting in Ottawa [http://www.thryvors.org/pdf/Thryvors\\_AGMminutes2005.pdf](http://www.thryvors.org/pdf/Thryvors_AGMminutes2005.pdf)

## New in Books

**Patient Resource:** (For a patient review of the following book, see page 6 of this newsletter.)

**Author:** Norene Gilletz

**Title:** The Low Iodine Cookbook

**Publisher:** Trafford Publishing

**ISBN:** 1-4210-6691-3

**Sources:** Purchase through Trafford Publishing or order 1-888-232-4444 [www.lidcookbook.com](http://www.lidcookbook.com)

Written by a renowned cookbook author, Norene Gilletz, who is experienced with the issues involved with special diets and substitutions—particularly diets that don't allow dairy, or store-bought breads. This unique cookbook contains kitchen-tested recipes and nutritional analysis charts.

**Come out and meet Norene at the *Update on Thyroid Cancer Forum*, Burlington Ontario, Saturday October 15 and sample some of her recipes. More info on page 10 under UPCOMING EVENTS.**

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## New in Books... continued

(Continued from page 7)

*Fiction:*

**Author:** Nadine Gordimer  
**Title:** Get a Life  
**Publisher:** Farrar, Straus and Giroux (November 29, 2005)  
**Hardcover:** 208 pages  
**ISBN:** 0374161704  
**Sources:** multiple, including amazon.com

The next novel of Nadine Gordimer, Nobel Prize Winner for literature in 1991, is about the experiences of a thyroid cancer patient.

**Description from Amazon.com:** "After being treated for thyroid cancer, South African ecologist Paul Bannerman finds that he is temporarily radioactive and retreats to his childhood home to protect his wife and child. Not surprisingly, it's a chance to rethink his life. This book is an extraordinary exploration of passionate individual existences."

## New Recipes Added to the Thry'vors LID Recipe Index

Our Thry'vors index contains over 200 recipes. The recipes below have been added to our FILES at the Thry'vors listserv homepage: <http://www.groups.yahoo.com/group/thryvors/files>

BREADS, TORTILLAS, SANDWICHES: Lavash Cracker Bread

DIPS, SALSAS, DRESSING & MARINADES: Cranberry Sauce

SOUPS: Orange Pumpkin Soup

VEGETABLES, PASTAS & GRAINS : Italian Vegetable Stew; Maple Roasted Squash; Mennonite Corn Salad; Wild Rice Salad

MEAT & POULTRY DISHES: Stuffed Flank Steak; Turkey Breast with Apple Stuffing

DESSERTS: Nut Butter Squares; Honey-Spiced Baked Fruit

HALLOWEEN ( in Dessert File Folder): Brittle Bones (meringue cookies); Dragon's Skins (fruit leathers); Caramel Corn with Peanuts; Honey Popcorn Balls; Pumpkin Candy; Pumpkin Seed Brittle; Witch's Teeth (toasted pumpkin seeds).

**A special thank you to Katie in New York for the  
Halloween recipes !**

**Please post your favourite recipes to the listserv  
and they will be added to our index.**



# Thry'vors Thanks its Supporters and Donors

**Thry'vors** is a relatively small organization with a relatively big effect. It is incorporated as a not-for-profit group (provincially) and as a charitable organization with Canada Revenue Agency (federally). We are governed by a hands-on volunteer board of directors and several committees. In all, about 30 active volunteers help to operate the group which now consists of more than 400 members. Since our official beginning in 2002, we have touched the lives of at least 5,000 thyroid cancer survivors through our website, printed matter, phone support, in-person "con-neckions", newsletters, meetings and especially via our listserv. All of these things have been done with the help of a group of dedicated volunteers and with shoe-string budget.

We have been fortunate to have benefited from several donations over the past six months which have made our work possible:

In order to print a second run of our very well-received booklet "***A Patient's Guide to Thyroid Cancer, for those diagnosed with papillary, follicular or hürthle cell cancers***", we recently received funds from:



Genzyme Canada Inc.



Manulife Financial



RBC Financial Group

As well, over the summer months four McDonalds Restaurants in south-western Ontario (2 in Stratford, 1 in New Hamburg, and 1 in Exeter) ran a special educational campaign and promotion of thyroid cancer and **Thry'vors**. Via their drive-thru windows and counter-top displays, they distributed small information cards about our group and our unique cancer. The displays were accompanied by donation boxes. Nickels and dimes add up, as almost \$ 2,000 was raised! A special thanks to the patrons of McDonalds and to the owners of the franchises — Jennifer and John Prober, and Michelle and Robert Reid.



Last, but certainly not least we thank all members of **Thry'vors** who have made personal donations to our group. No gift is too big or too small and over the years people have written personal cheques ranging from \$10 to \$2,000. At this time we do not charge membership fees and rely upon donations for our operations and projects. As an official charitable organization recognized by the Canada Revenue Agency, all donations are tax-deductible and acknowledged with a receipt and a lovely thank you card.

We encourage you to show your appreciation to Thry'vors for making our important work possible by making a yearly donation. Starting next year, we will send you a reminder letter to help support us, but in the meantime please support us in any way you can.

**Donation cheques can be made payable to:**

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

**Mail to:**

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

PO Box 23007, 550 Eglinton Ave. West

Toronto, ON M5N 3A8

Canadian Thyroid  
Cancer Support  
Group (Thry'vors)

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

## Upcoming Events

### ***Update on Thyroid Cancer***

Genzyme Forum in Partnership with  
Thry'vors and the Thyroid Foundation of Canada

Saturday October 15, 2005

Burlington, Ontario

8:30 am to 1:15 pm

Royal Botanical Gardens, Auditorium B

#### **Featuring:**

**Kenneth Ain, MD** – "Treatment and Follow-up Care for Thyroid Cancer Patients".

**Ally Prebtani, MD** – "Thyroid cancer treatment - what should I expect"

**M. Sara Rosenthal, PhD** – "Ethical Issues for the Thyroid Cancer Patient: Information and Expectations"

**Norene Gilletz** – Culinary Expert and author of *The Low Iodine Cookbook*

Please see the Thry'vors website: <http://www.thryvors.org/NewsAndEvents.html> for more information.

For registration, please contact Karen Baker 905-271-8019 or [karen@karenbaker.ca](mailto:karen@karenbaker.ca)

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### ***88<sup>th</sup> International ThyCa Conference***

US Thyroid Cancer Survivors' Association

October 21-23, 2005 Denver, CO

For more information, please see: <http://www.thyca.org/conferences.htm>

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### ***Ask the Expert - Thyroid Disease***

Kitchener-Waterloo Chapter of the Thyroid Foundation of Canada

Wednesday, October 26, 7:00 pm

Kitchener Public Library, lower level, 85 Queen Street North, Kitchener

Dr. Cameron Purdon and two student residents from the St. Joseph's Health Care Centre, London, will answer questions.

All welcome. Wheelchair accessible (elevator).

For information call: 519-884-6423

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### **Help Promote Thry'vors**

Thry'vors needs your help to make others aware of our support group. If you are willing to tell your doctor, clinic, cancer treatment centre, pharmacy, public library, employee services department, or any other organization about Thry'vors, please e-mail us at [thryvors@sympatico.ca](mailto:thryvors@sympatico.ca) and we will send you samples of our brochure, patient booklet and an order sheet to bring to your doctor/facility. Our members are our very best promoters!

**Coming Up in the Winter 2006 Edition of *Thry'vors News*  
Helpful hints and Personal Experiences from the Mini-Bio Project  
and**

**News from the Burlington Forum: Update on Thyroid Cancer**