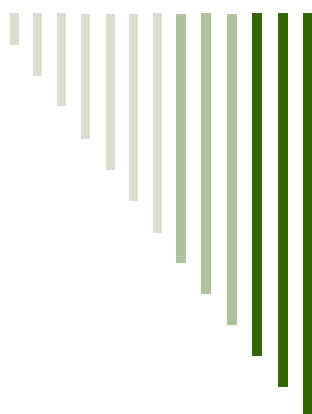




Thyroid Patient
Advocacy



Thyroid Patient Advocacy

TPA Conference
2nd October 2010
Birmingham



This is the first year we have organised one of our TPA meetings outside of Yorkshire. We had realised that there were many people 'down south' who were unable to travel all the way to 'up north' and vice-versa, so it was agreed that we would try a venue in Birmingham – and I am very glad that we did. The meeting went splendidly and a good time appears to have been had by all. I will remember that weekend because most of us staying overnight travelled to Birmingham on the Friday (1st October), from every corner of the UK in quite appalling weather conditions with horrendous rain and wind, causing many traffic jams on various motorways. This was not a good start.

Chung Ying Gardens

However, Saturday dawned bright and clear and we made our way to Chung Ying Gardens Chinese/Thai Restaurant situated in Chinatown, right in the centre of Birmingham. It was a real pleasure to meet so many of you for the very first time, and good to meet up again with those of you who have attended our meetings in Yorkshire. James, the Manager and his staff had set out the Restaurant upstairs beautifully, with our own bar, and plenty of waiters, each loading up our tables with bowl after bowl after bowl of different dishes of Thai and Chinese food. They really did us proud. All members and their guests were seated at large round tables (seating 10) and the first half hour was taken up with people moving from table to table introducing themselves to the others. We had a large 'top table' where the speakers sat and there were plenty of microphones to go round. All the raffle prizes were set out behind the speakers' table so the audience could see them.



Introductions

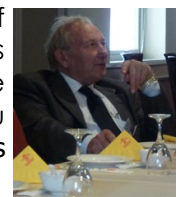


After we had tucked in to our big meal, I opened the proceedings by introducing Dr Peatfield, Jenny Stenning who was to present a statement written by Dr Skinner and act on his behalf as he was in Spain having mixed up his dates, Dr Mantzourani, our dear friend and great helper on our support Forum Nick Foot, and professional Homoeopathist Sheila Banks. You can see them in the photo opposite in order from right to left.

Hear my introductory speech at this link [A01 Sheila' s Intro.mp3](#). To read the Introduction, click here [sheila 2010.pdf](#)

Dr Peatfield: Adrenal Dysfunction

Dr Peatfield set the ball rolling by talking about one of his favourite subjects, adrenal dysfunction and the connection to those suffering the symptoms of hypothyroidism, which, he says is one of the worst missed diagnoses than any other disease, and that it is a national disgrace. I won't write about his speech, because it is all there for you to listen to or read. You can listen to Dr Peatfield at this link [A02 Barry's Speech.mp3](#). To read his speech, click here [dr_peatfield_2010.pdf](#)



Dr Skinner: World Thyroid Register of Counter-examples to T4 only Therapy

I then introduced Jenny Stenning, who was speaking on behalf of Dr Skinner. He had sent me his speech which Jenny read out giving an update on his World Thyroid Register and other points. Well done interpreting the 'language' Jenny, in more ways than one. You can hear Jenny's presentation at this link [A03 Jenny's Reading of Dr Skinners Letter.mp3](#). To read this update, click here [jenny for dr skinner 2010.pdf](#)



Dr Skinner's wonderful idea of such a register was formed to address the parlous situation of patients who are hypothyroid and have yet not been diagnosed and indeed patients who are being managed with an unacceptably low level of thyroid replacement. The situation has significantly worsened in the last one year pursuant to pronouncements in the United Kingdom from the Royal College of Physicians and the Royal College of General Practitioners who inter alia, have suggested that patients should not be diagnosed with hypothyroidism if the TSH is greater than 10.0.

Moreover, they suggest that natural thyroid extract is a 'bad' preparation because the proportions of T4/T3 may not reflect the human proportions while contemporaneously suggesting prescription of T4 alone; this makes no sense at all.

It may also be necessary if there is no final movement on this issue to consider legal redress but we sincerely hope that this will not be necessary. However, at the end of the day, we cannot allow thousands of patients to be abandoned to a poor quality existence because of inexplicable obduracy among the medical profession and the medical establishment. If legal redress needs to be considered at some future date, then I am sure you will all agree that the TPA Register of Counter-examples to T4-only Therapy would provide irrefutable evidence. You can learn more about this Register of Counterexamples to Thyroxine only therapy elsewhere in this Newsletter.

If you have not yet had the opportunity to sign Dr Skinner's Thyroid Register, then please do so here <http://www.worldthyroidregister.com>. This is where we can all do our bit towards getting justice for all who are being left to suffer by such organisations as the RCP (London) and BTA. There are almost 2000 signatures to date, is yours one of them? We need thousands more. You may be interested to read the letter Dr Skinner sent to the Editor of The Daily Telegraph 4th November 2010 <http://www.worldthyroidregister.com/Letters.html> As far as I am aware, the Editor did not take up Dr Skinner's suggestion. Perhaps if we all wrote to this same Editor asking him why, and giving him our story, he just might reconsider.

Please don't leave this to the next person to do, do it yourself now.

You will also be pleased to know that the conditions of registration which were imposed by the General Medical Council on Dr Skinner's practice on November 2007 for 3 years, ended November 2010. These conditions were of an administrative nature and the GMC did not seek to influence the conductance of his medical practice, which he hopes has continued to provide a useful service towards the diagnosis and management for patients with hypothyroidism. Well done Dr Skinner – and thanks to Jenny for doing a sterling job.

Dr Mantzourani: Functional Medicine

I then introduced Dr Theodora Mantzourani who spoke about one of her favourite subjects, 'Functional Medicine' which is a new speciality. This is very big in the USA and is a new model of Health



Care for the 21st Century. Theodora had a lot of new information for all of us and set out one particular clinical study for us which was extremely interesting, but sadly, time was limited and we couldn't go on to her next case study. You can hear Dr Mantzourani's talk at this link [A04 Theodora's speech.mp3](#) To read her speech, click here [dr_mantzourani_2010.pdf](#)

Raffle

We then went into a comfort break and took the opportunity to re-charge our glasses and decided during this break to draw the raffle. The raffle prizes had been donated by several of our members and included:

- Luxury Chocolate Hamper - Marie Holloway
- Weekend B & B break in Bridlington, Yorkshire - Jacki Dunkley
- £25.00 M & S Voucher - Julie Cameron
- Bottle of Whisky - Christina Icke
- 2011 Calendars - Kathleen Range
- 3 sets of 4 Place Mats – Kathleen Ranger
- Bottle of Wine & Skincare Kit - Karen Dempster
- Handmade Quilted Cushion Cover - Jenny Stenning
- Book - Hypothyroidism in Childhood and Adulthood - Donna Roach and Coralie Philips
- Book - 'Your Thyroid and How to Keep it Healthy - signed by Dr Peatfield
- Book – Diagnosis and Management of Hypothyroidism - signed by Dr Skinner
- Bath lotion/cream products (Neal Yard) - Jenny Lester
- 2 Decorative Acrylic Jam pots with decorated lids and spoon - Amanda Hodgkinson (Galathea)



- Original Oil Painting 'The Dalesway', Nr. Ilkley, Yorkshire' – Sheila Turner
- Wine, Glasses and Case Set – Sheena and Vince Fisher

We raised a staggering £521 with the raffle and donations which was absolutely wonderful. I felt it was a shame the table was on the stage because people didn't really feel free to go behind the top table and take a look. This is something we will need to watch next time. Many thanks to all who so generously donated and to all who bought raffle tickets.

Sheila Turner: World Register of Counter-examples to T4 only Therapy

After the raffle and break, I delivered a short plea to all members who had not yet

completed the 3 short questions in our World Register of Counterexamples to T4-only therapy – and who only regained their health when they changed to a T3 hormone containing therapy to register their thyroid status. We have had 486 responses to so far. We know there are many, many counterexamples. We need to find these so that they can demonstrate that the BTA/RCP dictates only apply to those sufferers with thyroid gland deficiencies and not to those with deficiencies in peripheral metabolism or deficient peripheral hormone reception, i.e. 'Type 2 Hypothyroidism' or 'Euthyroid Hypometabolism'. You can hear my plea on this link

[A05 Sheila's Plea for everyone to sign the register.mp3](#) .To read Sheila's plea, click here [sheila plea 2010.pdf](#)



The discoveries in 1967/1970 of resistance to thyroid hormone reception by the peripheral cells, and of the peripheral conversion of T4 to T3 explains **WHY** patients, who have continuing symptoms, need T3. The RCP unaccountably chooses to ignore these discoveries. By ignoring the basic science, all other related interactions are also being ignored. T3 is vitally necessary for the very existence of those suffering with deficient peripheral metabolism.

The objective of this Register of Counterexamples is to draw to the attention of those responsible authorities the dire need for an urgent re-examination of the existing protocol for the diagnosis and management of the symptoms of hypothyroidism.

Please don't let the work we have put into this Register so far count for nothing, which it will if you fail to complete these questions. Again, like Dr Skinner's World Thyroid Register <http://www.worldthyroidregister.com> , we need your participation http://www.tpa-uk.org.uk/register_of_counterexamples.php

Nick Foot: Reverse T3

I next introduced Nick Foot, a long standing member of TPA, and who has done a lot of work with Val, the owner of the Yahoo Reverse T3 Support Forum. Reverse T3 is something we have all heard about, but few of us really understand the mechanics, so it was really good to have Nick talk to us in a language we patients found easy to understand. Reverse T3 (rt3) is a reversible condition with the right treatment. Nick has studied this subject long and hard and has put the following web site together which is so helpful and easy to follow. www.thyroid-rt3.com It summarises the findings and treatment protocol that has been found to work. This is a must for everybody who may be suffering from this condition.



Thank you Nick and thanks for all the great help, support and information you give to our members. You can hear Nick at this link [A06 Nick Foote's Speech.mp3](#) To read Nicks presentation click here [nick foot 2010.pdf](#)

Sheila Banks: Homeopathy

Last, but not least, I introduced Sheila Banks who works in the field of homeopathy – another subject that many of us know little or nothing about and find the work in this field intriguing, especially as I have recently been personally involved in using a

specific homeopathic treatment. You can hear Sheila's talk at this link [A07 Sheila Banks Speech on Homeopathy.mp3](#)

Q & A

After the speeches, the floor was open to give guests the opportunity to ask any questions about the topics discussed, which were answered by the speakers. To read the Q&A's, click here [questions and answers.pdf](#)

Attendance this year

Just over 80 people attended this meeting which turned out, I believe, to be the best one yet and I suspect the numbers attending will continue to grow. I would like to thank everybody who helped make this occasion such an enjoyable experience.

Next Year's Conference

Next year, our TPA Conference will be held at

The Black Horse Hotel,

16-18 High Street,

Skipton

BD23 1JZ,

West Yorkshire.



The Black Horse seats up to 180 in its large function room above the pub which has a large garden at the rear backing on to the Canal. It is situated on the High Street that was voted 'Best UK High Street' a couple of years ago. We have booked the room from **12.00 Noon** (for as long as we need it) on **Saturday 11th June 2011** – so please put this in your next year's diary now. As soon as I have all the details to hand, I will write to you giving you these.



If you have not attended our meetings before, I would highly recommend you do so. Skipton is the gateway to the Yorkshire Dales and the scenery is beautiful and the locals very friendly. If you are travelling from a distance, we have lots of B&B accommodation in the surrounding area so you could make this occasion a mini-holiday, or even a maxi-holiday. I would strongly advise booking early though because Skipton is a tourist town and accommodation can be

hard to come by during the summer months.

Finally

I sincerely hope that you will be able to attend and look forward to meeting lots of already familiar faces and lots of new faces in Skipton next June. If you have any questions concerning this forthcoming event, please do not hesitate to contact me sheila@tpauk.com