

Dates and Programme for 2022

Monday 12 December – Christmas lunch



Dates for 2023

Monday 9 January (AGM & Quiz)

Tuesday 21 February

Monday 3 April - Improving Sleep, Stephanie Melia

Tuesday 16 May – Dr Philip Crea, Consultant Haematologist MRI

Monday 26 June

Tuesday 8 August

Monday 18 September

Tuesday 31 October – Underground Manchester, Keith Warrender

Monday 11 December (Christmas Lunch)



Committee Members

Chair - Christine Hacking 07980 398109

Secretary - Joan Smith 0161 766 4669

Treasurer - Mel Smith 0161 766 4669

Chris Hodgson - 0161 654 8963

Ian Hodgson - 0161 654 8963

Martyn Warburton - 0161 797 9730

Karen Lees - 0161 761 36999



Future Items

If you have any items for future newsletters or mini reports on the meetings please contact Joan Smith 0161 766 4669 or joansmith.parrfold@btinternet.com



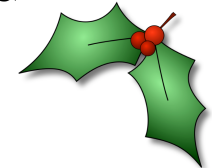
West Pennine Myeloma Support Group

Issue 91

November 2022

Next Meeting

Our Next meeting will be **Christmas Lunch** at **Owens Restaurant, Railway Street, Ramsbottom BLO 9AL** on **December 12th** at **12:30**. If you have not already booked it is now too late to do so. If for any reason you are no longer able to come please contact Joan on 0161 766 4669 as soon as possible.



If you are not coming to Christmas lunch we hope you have a Merry Christmas and best wishes for 2023. We hope to see you on 9 January 2023 at our AGM at the normal time of 13.00 at the Fusilier Museum. There will be a sandwich lunch available on that day. The business part usually last just over half an hour and is followed by a fun team quiz, with prizes!

MYEWORD



Christmas Lunch : December 12th, Owens Restaurant, **12:30**

Trips for next year

At the AGM in January we will be choosing two venues for outings in 2023. So do come along to help us decide. A list of possible places will be sent with the next newsletter.



P	T	N
O	A	M
M	I	E

Trackword 17

Can you find the **9** letter word by tracking from one square to the next, going up, down, sideways or diagonally but only using each square once?

Answer in the next issue!

Another word puzzle:

Rearrange the letters of

ATTACH PARANORMAL EVENT

To give **three** types of holiday accommodation.

What are they?



Previous meeting (Blood Tests: What do they mean?)

Members warmly welcomed 'Haematology Advanced Nurse Practitioner' Amanda Lane from the Northern Care Alliance NHS Foundation Trust. Amanda who is based at Oldham Hospital was already known by several members who had met her during the course of their respective myeloma treatments.

Amanda presented comprehensive information around all things 'blood test' and 'full blood count'. She outlined how blood tests can be used in a number of ways, such as assessing a person's general state of health and helping to diagnose a condition, checking for infection and numbers of blood cells, seeing how well certain organs, such as the liver and kidneys are working and, screening for certain genetic conditions. Perhaps most importantly too helping to diagnose cancer conditions such as myeloma where blood tests measure the amount of immunoglobulins (antibodies) in the blood and look for abnormal proteins often referred to as light chains / paraproteins – certainly features we are likely familiar with.

Describing in some detail 'what is blood?' - the role of red cells (haemoglobin which carries oxygen around the body), white cells (including neutrophils and lymphocytes which fight infection) and platelets (help clot the blood) gave members an insight of how doctors can use these blood tests to monitor how active the myeloma is and how well treatment is working. Amanda presented several photographs and tables showing differing blood cell types, lifespan in the blood and function. She discussed associated topics including renal profile, liver profile, bone profile, serum light free chains, immunoglobulin characteristics and functions. Altogether a very comprehensive insight on issues involving a measure of complexity and detail. A thoroughly entertaining and informative presentation which led to members asking an array of questions and, upon conclusion, giving a lengthy round of applause for her very valued input.

(Many thanks to Martyn for this comprehensive summary)

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