

C.A.T.S. GIVING THYROID SUPPORT TO PATIENTS FOR OVER 25 YEARS

Contacting us

There are a few ways to contact us

By telephone: **01229 869705**

By post: **The C.A.T.S. Office, The Old Cottage, Garden Terrace, Baycliffe, Ulverston, Cumbria, LA12 9RP.**

By email: **moyramm@yahoo.co.uk**

Or by our website: **www.cumbriancats.co.uk.**

And use the contact us button

Best Wishes

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C.A.T.S. information guidelines

Please note that all information supplied to C.A.T.S. will be used in the strictest of confidence and will not be passed on to any other source

ALL C.A.T.S. VOLUNTEERS WORK TO STRICT CONFIDENTIALITY RULES AT ALL TIMES

Any information produced in this newsletter is to help those people suffering with Thyroid disease.

Whilst every effort is made to provide accurate information, it is impossible to ensure that all information is relevant to every individual. No responsibility is accepted by C.A.T.S. and it is recommended and essential that if in any doubt about your condition that you should always consult your doctor, specialist physician or surgeon to seek medical advice.

C.A.T.S. recommends that you always seek your doctor's advice

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HOPE

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CUMBRIA ADVISORY THYROID SERVICE
GIVING HOPE TO THYROID PATIENTS EVERYWHERE

HELLO EVERYONE

Hello and welcome to our latest update, a warm welcome is being sent out to our new members who joined us recently. Apologies to everyone for the shortened version of our newsletter this time, as I am just waiting for my appointment to go to Leeds to have my facial neuralgia surgery and wanted to get the newsletter out to everyone before that goes ahead. Please note we will have to close the C.A.T.S. office while I am away in Leeds, please text 07721575153 for updates about this. As usual the office has been busy with lots of letters, phone calls and e-mails requesting information about Thyroid problems. As we've got some new member's I thought I would cover the way our Thyroid glands can cause problems in our body if this tiny little gland is unbalanced. Gill our group co-ordinator always says that our Thyroid glands are the computer chip of our body, and when you read the enclosed information in this newsletter you will see how true this statement is.

AUTUMN 2025

THYROID THE COMPUTER CHIP OF OUR BODIES

If our Thyroid isn't working properly this can cause problems in other parts of our body leading to other health conditions developing. So, I thought I would mention some of the more common issues, however there are over 300 health conditions that link in with a poorly functioning Thyroid gland and it would be impossible to list every one of them in this newsletter but if you require further information about this subject, please just let me know.

- ** Mental Health issues, Depression, Anxiety and Panic Attacks, Alzheimer's Disease and Dementia are all common with Thyroid problems
- ** Joint and Muscle Disorders, Fibromyalgia, Rheumatoid Arthritis, Osteoporosis, Polymyalgia and Arthritis pain are common as we get older but can also be linked with Thyroid problems.
- ** Trapped nerve problems, Carpal Tunnel, Morton's Neuroma, Neuralgia or irritated inflamed nerve pains, and Neuropathy are common problems with an underactive Thyroid gland
- ** Blood disorders, low B12 or Iron leading to Pernicious Anaemia or Anaemia, at least 70% of Thyroid patients will have low B12 or low Iron levels
- ** Bowel and Digestive disorders, Irritable bowel syndrome, Coeliac Disease, Diverticulitis, Gastritis, Acid reflux caused by too much gastric acid and Acid reflux caused by too little acid to digest foods. Hiatus Hernia, Leaky gut syndrome, and lastly Constipation is very common with Thyroid conditions
- ** Endocrine disorders, Our Thyroid gland is part of the endocrine system of glands in our body, research suggests that if one endocrine gland is not functioning correctly other parts of the endocrine system can be affected too. Common problems that occur are Diabetes, Pituitary growths, Adrenal problems and Parathyroid disorders
- ** Skin conditions, Eczema, Psoriasis, very dry thin skin that damages easy and causes wounds that are hard to heal
- ** Auto-immune disorders, in at least 80% of Thyroid patients the cause of their Thyroid dysfunction will have been auto-immune activity caused by antibodies attacking the Thyroid gland and stopping it from working properly Our research shows that if you have one auto-immune condition you are quite likely to develop more auto-immune conditions. Some of the conditions I have mentioned above are linked to auto-immune activity and some are Thyroid linked but some can be linked to both. Other, conditions not already mentioned are Asthma, M.E, Lupus, Myasthenia Gravis, Sjogren's disease and Sleep Apathy. Our bodies are amazing as each part works in harmony with each other making it very important to have a fully balanced Thyroid gland along with the right levels of Thyroid hormones for you.

GOLD STARS THYROID FRIENDS

Our Thyroid friends club was set up in 2004 to give extra support to Thyroid patients Membership costs just £6.00 per year and includes regular newsletters, 1 to 1 support via our telephone helpline, postal information service or our online support service due to be up and running very soon. You will also receive invites to any meetings or special events we host We are a community not for profit group so any money raised from our membership subscriptions will be used to help Thyroid patients gain a better quality of life. So, if you would like to support the work, we do please consider becoming a Thyroid Friend ** If your newsletter includes a gold star form, this indicates that your membership subscription is due We accept cheques, cash (please send your payment to the C.A.T.S office) (details on back page of newsletter) or payment by PayPal (please contact me for details about this)

COFFEE SHOP MEETING

As you are aware we have been unable to host any coffee shop meetings this year due to Gill taking a break from C.A.T.S following their sad family bereavement, along with myself having to deal with a few health hiccups. If all goes to plan, I am hoping that we are going to be able to host a meeting in late November in Barrow, but won't be able to announce any details until I come back from Leeds. So please keep checking our Facebook page and website for more information

WEIGHT LOSS INJECTIONS

I have been asked about these injections and the effect they may have on our Thyroid glands, as weight is a thing many Thyroid patients struggle with and being able to lose weight this way sounds like an answer to many folk's prayers. Unfortunately, I haven't had time to do enough research to be able to write an article just yet but hope to have something sorted soon.

CHANGING YOUR PERSONAL DETAILS

If you move house or change any other personal contact details such as e-mail addresses or phone numbers. Can you please let me know so I can update our records. This is only so we can contact you if we need to. All information supplied to C.A.T.S. is treated with the strictest confidence and will not be passed on to any third party.

THAT'S ALL FOR NOW FOLKS

Once again, we have come to the end of our newsletter. We hope you find the information interesting, if there are any topics you want me to cover in future newsletters or any questions you need answers to please let me know. We will be back again in November with our Christmas edition until then Keep well, keep safe and keep happy.