# LIVErNEWS

## Liver Patient Support Newsletter

## Autumn 2021

Liver NORTH
Registered Charity No. 1087226

# Glossary of abbreviations

Here are some frequently used abbreviations you might come across in this magazine and elsewhere in healthcare.

updated for covid-19

| | |
|---|---|
| A&E | Accident and Emergency |
| AIH | Auto Immune Hepatitis |
| ALD | Alcoholic Liver Disease |
| ALF | Acute Liver Failure |
| APEX | Advising on the Patient Experience |
| ARDS | Acute Respiratory Distress Syndrome |
| ARI | Acute Respiratory Infection |
| ARLD | Alcohol Related Liver Disease |
| BP | Blood Pressure |
| CCG | Clinical Commissioning Group |
| CRESTA | Clinics for Research and Service in Themed Assessments |
| CQ | Chloroquine phosphate |
| CQC | Care Quality Commission |
| CT | Computed Tomography |
| FLI | Fatty Liver Index |
| GIT | Gastrointestinal Tract |
| GP | General Practitioner (doctor) |
| HAV | Hepatitis A Virus |
| HCC | Hepatocellular carcinoma |
| HCQ | Hydroxychloroquine |
| HCRG | Hepatobiliary Clinical Reference Group |
| HCV | Hepatitis C Virus |
| HDU | High Dependency Unit |
| HE | Hepatic Encephalopathy |
| HEV | Hepatitis E Virus |
| HIV | Human immunodeficiency virus |
| HPB | Hepato-Pancreato-Biliary |
| HRCT | High-Resolution CT |
| ICP | Integrated Care Plan |
| ICU | Intensive Care Unit |
| ITU | Intensive Therapy Unit |
| LFT | Liver Function Test |
| MRC | Medical Research Council |
| MRHA | Medicines & Healthcare products Regulatory Agency |
| MRI | Magnetic Resonance Imaging |
| NAFLD | Non-Alcoholic Fatty Liver Disease |
| NASH | Non-Alcoholic Steatohepatitis |
| NFIB | National Fraud Intelligence Bureau |
| NICE | National Institute for Health and Care Excellence |
| NHS | National Health Service |
| NHSBT | NHS Blood & Transplant |
| NIHR | National Institute for Health Research |
| NSAID | Non-steroidal anti-inflammatory drug |
| PALS | Patient Advice and Liaison Services |
| PBC | Primary Biliary Cholangitis |
| PHE | Public Health England |
| PPE | Personal Protective Equipment |
| PPI/E | Patient and Public Involvement/Engagement |
| PSC | Primary Sclerosing Cholangitis |
| TED | technology, entertainment, design |
| TX | Transplant |
| T2DM | Type 2 Diabetes |
| UIOLI | Us It Or Lose It |
| URSO | Ursodeoxycholic acid |

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*Cover photo thanks to Pauline Thompson*

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***Circulation 2,500 print, 300 email + ? Social Media***
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**LIVErNORTH National Liver Patient Support**


Registered charity no. 1087226 (Oct 2000)
**Run entirely by unpaid volunteers**



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# Chairman

Welcome to our Autumn LIVErNEWS. When I last wrote we thought that there was a bit of light at the end of the tunnel regarding COVID and in some ways, there is. In other ways, more younger people are now in the firing line, mainly due to the slower take up of the vaccine in their age groups. Let's hope it settles down before the winter hits us - flu and COVID together doesn't bear thinking about.

There's some really interesting reading in this issue and it may get you thinking. Near the back of the magazine is a new UIOLI trivia page - you can read the answers if you hold the page up to a mirror. Let me know what you think and if you have any good trivia questions, let me have them, it's always good if you know the answer to a question that has others perplexed. In the same vein, read about the first signs of civilisation on page 8. There really are some clever people!

Many of you will have watched our brilliant PBC DVD and will know that it's getting a little dated (we made it in 2012!). Apart from the name change from PB Cirrhosis to PB Cholangitis, treatments have improved along with a better understanding of the condition. Prof David Jones is working with us to produce a new version along with Batfish Media, the original producers, but COVID is limiting our ability to conduct live consultations for filming. As an interim measure, Dave is arranging some short, staged 'stop gap' consultation videos so watch this space for details. The new 'DVD' will be digital and is a huge undertaking so this is a good solution in the short term. If it is half as popular as the first DVD, we will all be well pleased.

Moving on to another subject entirely, our Autumn Fair has been well and truly kyboshed again this year so we are once again sending out raffle tickets with the LIVErNEWS. There's almost £1,000 worth of prizes already (Pg 27) thanks to our generous supporters and all can be posted through your letterbox, so why not have a flutter? As you know, we have no paid staff so every penny will go to support liver patients or fund research.

If you were unable to join us for our recent zoom meetings, please do check out our videos on YouTube and feel free to let others watch them with you. The last two talks are very relevant during the pandemic and are full of useful information for anyone on the transplant list, those who are immunosuppressed or are worried about having the vaccination.

I won't go through every article in this issue but I will say that I'm very grateful to my fellow governors and friends for their contributions. As a result, the LIVErNEWS goes from strength to strength because of the high quality of our content. Please let me know what you think and if you have anything that you feel may be of interest to our readers, please send it in. There is some excellent reading and plenty to keep you thinking in this issue so dig deep and enjoy your reading this Autumn.

Best wishes & stay safe folks,

John

# ZOOM Diary Dates 2021

All of our live meetings and events
are postponed until further notice.

Please check our facebook and twitter pages regularly
or call us for the latest updates.

Since our last LIVErNEWS we have had two excellent online ZOOM meetings:

On 16th June the talk was THE ORGAN DONATION JOURNEY

On 15th July we had a 'fireside chat' with Professor David Jones on PBC, THE VACCINE AND IMMUNOSUPRESSED PATIENTS.

(there are reviews of both meetings on Page 7)

For those of you receiving this online,the next ZOOM meeting is on 8th September at 18:30 and is entitled 'A King's Fellow Returns' Charting the fellowship of Mr Aimen Amer, consultant transplant surgeon at King's College University Hospital it should be a fascinating talk. Email us if you want a ZOOM invitation.

Our Zoom meetings are publicised using social media (and via email to online subscribers), with around 30 people joining each meeting. A link to join the meetings is sent to everyone who requested it. If you would like to be notified of future meetings just email us at info@livernorth.org.uk and we will add you to the circulation list.

You can watch any of our 30 videos yourself by searching for YouTube then typing 'LIVErNORTH' - the full list of talks recorded are shown on the next page.

Talks are only recorded once the speaker and the audience have given their permission. To ensure anonymity on the internet, Q&A sessions following the talks are not recorded but anyone can submit a question to ask any of our speakers during the session.

WE ARE STILL SUPPORTING YOU

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ON OUR HELPLINE, ONLINE, ON OUR WEBSITE,

# LIVErNORTH on YouTube

You can access lots of our talks and videos on YouTube. Go to YouTube in your browser (https://www.youtube.com/) and type livernorth into the search bar. When it loads, click on 'videos', and you will see the 30 talks and videos that are currently available.
Or... scan the QR code on the right with your smartphone...

**BRIEFINGS & TALKS**

| | | | |
|---|---|---|---|
| Sept | 2015 | Dr Quentin Anstee | NAFLD |
| Oct | 2015 | Prof Derek Manas | Liver Transplantation |
| March | 2016 | Dr Peter Littler | Interventional Radiology |
| Oct | 2016 | Mr Jeremy French | A Case to Remember |
| March | 2017 | Dr Robert Samuel | ITCH in PBC and other liver diseases |
| July | 2017 | Dr Kate Hallsworth | NAFLD Lifestyle Interventions |
| Sept | 2017 | Mr Colin Wilson | Liver Perfusion |
| Oct | 2017 | Dr Kofi Oppong | Endoscopy in Liver Disease |
| March | 2018 | Dr Lin Lee Wong | UK-AIH Study |
| May | 2018 | Prof David Jones | The Revolution Moves On (PBC) |
| June | 2018 | Prof Dave Talbot | The Effect of the Media on Transplantation |
| Sept | 2018 | Mr Jeremy French | Human Factors in Surgical Crisis |
| March | 2019 | Rahul Bhugra | The Yellow Card Scheme |
| March | 2019 | Prof David Jones | PBC |
| March | 2019 | Dr Anand Reddy | QE Hospital Liver Services |
| May | 2019 | Prof Derek Manas | Transplant Matters |
| June | 2019 | Mr Colin Wilson | Liver Perfusion Update |
| July | 2019 | Dr Steve Masson | Research Update |
| Sept | 2019 | Dr Jess Dyson | AIH/PBC/PSC clusters & findings |
| Oct | 2019 | Mr Jeremy French | Training Transplant Surgeons |
| April | 2020 | Prof Matt Wright | Environmental chemicals and PBC |
| Nov | 2020 | Prof Quentin Anstee | NAFLD |
| Dec | 2020 | Prof David Jones | PBC - Where We Are In 2020. |
| March | 2021 | Dr Jess Dyson | What's New in AIH? |
| April | 2021 | Mr Colin Wilson | What's New in Transplantation? |
| June | 2021 | Organ Donor Team | The Organ Donation Journey |
| July | 2021 | Prof David Jones | PBC, The Vaccine and the Immunosuppressed |

**TEDx TALK** A patient's perspective | Tilly Hale | TEDxNewcastle
**DVD (not interactive)** A Patient's Guide to PBC
**MOTION GRAPHIC** Understanding Tests in Healthcare – LIVErNORTH

Brief notes on the latest LIVErNORTH ZOOM talks
For those of you who missed the latest two Zoom talks here are some brief notes to give you an idea of what was discussed. Remember you can easily access the full talk on YouTube – full details are available on the previous page.

## THE ORGAN DONATION JOURNEY - June 16th

This presentation was different in that it involved three separate groups focussing on various issues surrounding transplantation. They ranged from the actual transplant pathway, to how people are assessed and finally to a wonderful heartfelt message from Pamela Denham.
The first by Lizzie Barnes, a specialist nurse in organ donation based in Newcastle outlined the role of the organ donation team as well as the latest changes in law (Max and Keira's Law 2020). We also learnt about the "Gold Heart" pins which are given as a "keepsake" to donor families as well as the "Order of St John UK Award" presented at ceremonies across the country. More details of this Award will be provided in a future newsletter.
Peter Robinson-Smith and Siobhan Dawson, liver transplant co-ordinators at the Freeman Hospital's Institute of Transplantation discussed liver functions, symptoms of liver disease and why people may need a transplant. They did stress that it is not, "all about alcohol". In fact, last year only 25% identified as requiring a transplant were linked to alcohol. The focus was then on the liver transplant assessment process patients go through. It was emphasised that this is the start of the journey for patients dealing with the various tests which are carried out, questions on how do you get listed for a transplant and how long do you have to wait? Central to this is the support provided for patients in the Clinic.
The final personal and heartfelt talk was by Pamela Denham who gave the Lay Perspective, under the title, "it could happen to you". Despite her partner dying waiting for a heart transplant, she was so positive that he had died with hope. Her message was that that people should talk to their family and make clear their wishes regarding the use of their organs for transplantation. On a personal level this had such an impact that the following day, my family were made very clear of my wishes, everything can be used!
During the question-and-answer session, John Bedlington emphasised the need to check out the Yes, I donate Organ Donation - Take time to talk about organ donation provided by the NHS.

## PBC, THE PANDEMIC AND IMMUNOSUPPRESSED PATIENTS July 15th by Professor David Jones

A fascinating presentation which the Prof billed as a "fireside chat" dealing with some of the things he has been asked on the topic as well as what is now going on and where things are going in the future. He did emphasise that what was said was very much his own opinion. The information provided reflected the current position as of the date of the talk. Regarding the current position on COVID, the impact of vaccination was very clear as the hospitals were seeing far fewer significantly ill people. In the week of the talk, COVID was the 18th most common cause of death. During the Pandemic, PBC patients still had their regular checks. The phone clinics and blood tests done locally had worked well for existing patients, but direct contact was better for new patients. However, they are seeing a lot of problems with alcohol and liver disease. The Prof also posed an interesting question.

What two health interventions have had the greatest positive effect on people's health? (Answer at the end)
A whole range of issues surrounding vaccination were covered including their effectiveness, merits of the different vaccines, age range considerations and much more. This gave much greater insight into the range of COVID issues than the data you get from the UK daily summary. Reference was also made to the PubMed a US Government website to search for latest scientific papers.
There was good news on the research front with new trials involving the use of Obeticholic acid for brain fog in PBC patients and the AMBER trial which one of the first for Auto Immune Hepatitis.
This is just a snapshot of what was included in the talks. For full details access them on YouTube.

Answer
1. Vaccination.
2. Safe drinking water.

Alf Bennett

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## The First Signs of Civilisation in a Culture

Years ago, anthropologist Margaret Mead was asked by a student what she considered to be the first sign of civilization in a culture. The student expected Mead to talk about fish hooks or clay pots or grinding stones.

But no. Mead said that the first sign of civilization in an ancient culture was a femur (thighbone) that had been broken and then healed.

Mead explained that in the animal kingdom, if you break your leg, you die. You cannot run from danger, get to the river for a drink or hunt for food. You are meat for prowling beasts. No animal survives a broken leg long enough for the bone to heal.

'A broken femur that has healed is evidence that someone has taken time to stay with the one who fell, has bound up the wound, has carried the person to safety and has tended the person through recovery. Helping someone else through difficulty is where civilization starts', Mead said.

*from 'the internet'*

## Tips to help remember people's names

I don't know if this happens to you, but I hate it when I have been introduced to someone and immediately forget their name. It is so awkward. I was therefore delighted to see that in her book on 'Beating Brain Fog' (reviewed in the last edition of LIVErNEWS), Sabina Brennan gives practical everyday advice on how to remember people's names.

The first tip that Sabina gives is to try and pay attention when people are being introduced. This might be easier said than done, particularly in situations where there are lots of distractions. She does emphasise that, however hard, we should really try and focus on this moment if we can and block out everything else.

Sabina suggests several ways of trying to create links between the person and their name to help jog the memory later.

The first is to really look at people's faces when you are introduced and perhaps try to link something about them or their features to their name. An example might be 'Bella the bus driver with bright blue eyes.' Sabina reports that this approach or using something that rhymes, like 'tall Paul', does help people remember names. This reminds me of an incident that happened many years ago on a course. People had to add a word to their sticky name label to help everyone remember their name. For a joke one of the students chose virile Vince. For the rest of the course the teacher kept accidentally calling him virile rather than Vince - so these techniques can backfire!

Another option that Sabina suggests is linking the person's name to someone you know and making a comment about this. Perhaps they might have the same name as a family member. She uses the following example: 'What a coincidence, my mum's name was Colette' (page 47). If I ever meet someone called Ianto (a Welsh form of John), I will be delighted to tell them that Ianto was the name of our first tortoise. The second one was called Humphrey, but 'he' laid an egg so had to be re-named Humphfreda. I don't suppose I will be meeting anyone called that.

Sabina suggests that another way to try and commit a name to memory is to ask people about it. This might include asking where the name is from and how to spell it. Another example is asking what their name means. I get asked these questions from time to time (Siân is a Welsh version of Jane).

To remember a person's name, Sabina recommends using it immediately in conversation on the basis that repeating things helps commit them to memory. She suggests that repeating the person's name in your head will help too.

I never mind people asking me to repeat my name. I have had a lifetime of people having difficulty remembering, saying, and spelling my name (and calling me another name of their choice – usual culprits Siobhan, Sharon and, worst of all, Sean). If I think someone's unsure, I will repeat my name and say, 'Siân like barn' to try and help. I guess other people with less familiar names may be used to doing this and be happy to help too.

The recent Channel 4 series 'Can I improve my memory?' also tackled the issue of remembering people's names and faces. The advice their expert, Dr T (Dr Tharaka Gunarathne), provides is to try to give meaning to the person's name and face and to use images from our memories to help recall them. The first example he uses is a picture of a woman called Lucy. He said that the name Lucy might make you think she is sitting on a loo or has her head stuck in a loo and is trying to pull it out. Imagining her doing this should make it easier to remember her name. The second example was a man called Felix. One of the contestants said that the name Felix reminded her of a black and white cat she used to have. The programme showed Felix's photo with a black and white cartoon cat sat on his head. Felix is a chef, so the next tip was to use an image that reminded you of his job, like a chef's hat. One of the contestants was imagining Felix playing with a cat in a kitchen. Dr T. reported that creating 'a little mini scene', like this, helps commit the person's name to memory. Another contestant said he was imagining Felix cooking the cat – a bit gruesome, but Dr T was clear that this type of image would be hard to forget!

The 'Can I improve my memory?' series is available to watch on the All4 app. The information about remembering people's names is in the final section of Episode 1, Series 1 (just over 37 minutes into the programme). This was first shown on the 15th July 2021. In the programme more detail is given about how this technique works. The contestants then test it out in a quiz.

I am just hoping that I remember this advice when the time comes to be out and about more and meeting people again! It would be good to hear about any other tips you have about how to remember names.

Reference:

Brennan, S. (2021) Beating brain fog. Your 30-day plan to think faster, sharper, better. London: Orion Spring and imprint of The Orion Publishing Group Ltd.

Sian O'Dea (LN Governor)

*That's excellent Sian - my tip for remembering names is just to call everyone Jeffrey. I did this at work all the time and polite people will say 'It's not Jeffrey, it's Jim (or something) so then I had their name. Others would say, it's not Jeffrey you idiot, how many times have I told you it's Jim (or something). When this happened I would say 'I know!, just joking my friend' (Ed).*

## An Amusing Ambulance Journey - A Hepatic Je-Junostomy and Polyps

After blood tests done in September 2011 at my GP's in Lancashire (17 years after my transplant), Dr Mark Hudson requested I travel to the Freeman and be admitted onto Ward 16. Over the next couple of days (a weekend) I had more blood tests, an ultrasound and a liver biopsy. The doctor I saw at the time said he was happy for me to be seen in clinic, despite a build-up of bile in my liver. I returned home to Lancashire that day. After returning home I became really ill with a lot of pain over my right side. Shortly afterwards I was admitted via A&E into Blackpool Victoria Hospital. The following day I was transferred via private ambulance back up to the Freeman Hospital this time on to ward 12, being given Oramorph on the journey. Of course I was more than capable of providing directions to the ward!

After blood and urine tests, an ultrasound and MRI, I was diagnosed with a narrowed bile duct (this again after 17 years). This meant that bile was backing up in the liver which resulted in me becoming jaundiced. To resolve this I had 2 stents put in endoscopically to open up the bile duct. Over the next few days blood tests showed the bile had begun to clear and the bilerubin began to decrease. Before being discharged it was explained that this was only a temporary measure and I would require a major operation in the near future.

On January 10th, 2012 I had a Hepatic Je-Junostomy. This meant (Mr Derek Manas) cut into my duodenum, removing a section using it to make a new bile duct. I was discharged on January 19th, 2012, and was driven home to Lancashire by a hospital taxi (150 miles)! On January 25th a District Nurse came and removed my clips.

The following afternoon I began to feel unwell. By evening time I became really ill with sickness and bleeding. By the following day I was once again admitted via the Urgent Care Centre onto the Surgical Admissions Unit at Blackpool Victoria. During this time I had several 'episodes' of bleeding. Bloods were taken and my haemoglobin levels came back as 5.7 (normal is 10), so had obviously lost a lot of blood. I was immediately started on a 5 pint blood transfusion. At 11.30 that evening I had a gastro-endoscopy, which determined the bleed was not coming from my stomach. By 2.45 pm the following day I had left Blackpool Victoria and was on my way to the Freeman once again!

Hence, this was the `Amusing Ambulance Journey'..... well some of it anyway! There were 2 Paramedics and a Sister from the ward who accompanied me. This was because I was being transfused at the time. Also if I had another bleed on the journey we would be diverted to the nearest hospital, and I was being administered morphine. During the trip I chatted to the Paramedic and Sister most of the time. At one stage whilst on the M6 the ambulance required refuelling so we pulled in at a motorway service station. The amusing thing to happen here was the Paramedic driver got out, walked round to the back of the ambulance, opened up the back and asked 'does anyone want anything,? This whilst we were on a petrol forecourt!

We arrived with sirens and blue lights at the Freeman where I was once again able to give directions to Ward 12. Over the next few days I had a variety of tests including a colonoscopy. During the procedure a polyp was removed as it was the one that had been causing the bleed. Further along the large colon was a large polyp which was too large to be removed. I was discharged the following day then returned to the Freeman on February 23rd, 2012. The histology of the polyp was benign but would develop into cancer if left. It was arranged for me to see a Colorectal Surgeon Mr Horgan. We had 3 options all of which involved surgery. After an MDT meeting at the beginning of May it was decided the polyp

could be removed by colonoscopy after all! I was referred to Dr Nylander a Consultant Gastroenterologist at the RVI, and admitted to the RVI on June 19th, 2012. Dr Nylander explained that due to the size of the polyp it was an extremely complicated procedure. On June 20th, the large polyp was removed along with a smaller polyp which had grown since my previous colonoscopy on February 2nd done at the Freeman. I was discharged a couple of days later. 3 months later I was again admitted to the RVI for a repeat colonoscopy and fortunately no further polyps had to be removed.
These colonoscopies continued at regular intervals until my final one on March 3rd, 2020. Just as the first 2 patients had been admitted with COVID 19!

## Pet Meat Pie!

Do you remember Domestic Science (cookery) lessons at school? Well this is what they were called way back then! Personally that would have been around 1976……That is if my memory serves me correctly!

I was actually ok at this subject! As it was something I quite enjoyed. Hence I used to cook at home for Mum, Dad and my siblings. Most of the things I produced were enjoyed by the family whether it be a cake, tart, buns or pies.

Because there was a family run business when we were children my sister and I would help out with the household chores including cooking.

On one particular occasion I decided to make a meat pie for tea. I had looked in the fridge saw some mince. Can't remember what I prepared with it. Anyway the pie was made as per usual. The mince was fried, onions and carrots added etc., and left to simmer whilst I the pastry was made. The pie was made and baked in the oven.

A while later the family were all sat round the table enjoying tea. A one stage I think it must of been Mum said something like 'this is nice Debbie……where did you get the mince from'? To which I replied 'it was in the fridge'. Mum then abruptly stopped eating. I said 'what's wrong'? She replied 'that wasn't mince, it was pet-meat'! In all honesty as we had no dog which would of eaten pet-meat, I never even gave it a thought that it was anything else but mincemeat! It goes without saying this never happened again!

Ps: Would anyone like to come round for tea?

DEBBIE LOVELL

## Vaccination – an interesting history

Apart from COVID, if there is one word that has taken over the English language in recent times it must be vaccination. But what is its origin and what impact has it had on the human race? Today, we know that vaccination is the introduction of a biological preparation called a vaccine that gives active acquired immunity to a particular infectious disease. Vaccines typically contain an agent that resembles a disease-causing microorganism. It is often made from weakened, live, or killed forms of the microbe, its toxins, or its surface proteins.

The first example of what today we would call vaccination appears to come from China. In the 15th century, the Chinese recognised that people who had contracted smallpox once were immune to reinfection. As a result, they came up with the idea of drying out scabs from individuals who had suffered only a mild case. These were ground into a powder which was then blown up the nostril (left if you were a girl and right if a boy). Can you imagine getting this technique through the regulatory bodies of today? Smallpox was a deadly contagious disease throughout human history. Some estimates record that it caused the deaths of between 20-60% of infected adults and up to 80% of infected children.

Some of the early treatments for smallpox were bizarre. In the middle part of the 17th century a prescribed treatment involved blood letting combined with purging followed by complete bed rest in a room with all windows open and the bed clothes no higher than the waist and finally the consumption of twelve bottles of beer per day.

The basis for vaccination began in 1796 when Edward Jenner an English doctor noticed that milkmaids who had contracted cowpox, which was a milder form of the disease were protected from smallpox. Jenner reasoned that the exposure to cowpox had given protection from smallpox. To test his theory, he took material from a cowpox sore on the hand of milkmaid called Sarah Nelmes and inoculated it into the arm of James Phipps, the 9-year-old son of his gardener, with a sharp piece of wood. Months later he exposed the boy to smallpox, but he never developed the disease. After more successful experiments he published his results in 1801. Following this, vaccination as we know it today became common practice against smallpox. However, the science of what was the actual cause of an infection came about almost a hundred years later. It was Louis Pasteur who linked the presence of microorganisms with disease. He linked the presence of specific bacteria with the disease anthrax. Following this, using a weakened form of the bacteria as an inoculating agent he produced a vaccine against anthrax which is an infectious disease of both people and animals. It was Pasteur who called the process vaccination in honour of Jenner's work on smallpox derived from the word vacca, the Latin for cow. Pasteur was also responsible for developing the rabies vaccine. As a postscript, almost two centuries after Jenner hoped that vaccination would annihilate smallpox, the World Health Organisation officially declared the world free of the disease on 8th of May 1980. When smallpox was final eradicated, it had already killed over 300 million people worldwide in the 20th century.

The early smallpox vaccinations were only the beginning of the incredible vaccine developments in the 200 years since Jenner's work. Today, vaccines are available for a wide range of diseases any research will show the top vaccine preventable diseases in Europe today. They include, measles, whooping cough, flu, polio, pneumococcal disease, tetanus, hepatitis B and mumps. Those travelling to certain parts of the world will be aware of the

requirement for vaccinations against other diseases such as yellow fever, cholera or typhoid. In fact, sections of the NHS website pages on specific countries are dedicated to providing this advice.

A look at the NHS website on the NHS vaccination schedule, provides details for babies under 1 year old, children aged 1 to 15, adults, pregnant women and extra vaccines for at-risk people. As would be expected vaccinations are front loaded, with babies receiving vaccinations at 8, 12 and 18 weeks. Each occasion involves a 6-in-1 vaccine covering diphtheria, hepatitis B, Hib (haemophilus influenza type b), polio, tetanus and whooping cough.

In 200 years, we have certainly come a long way since Jenner used the material from cowpox sores to vaccinate against smallpox. The initial production of a vaccine against smallpox must surely rate as one of the most important medical interventions of all time.

Alf Bennett

## NAFLD Research Opportunity

Non-alcoholic fatty liver disease (frequently called fatty liver) is one of the most common liver conditions all over the world and in the UK. It may result in liver cirrhosis and death.

The most common cause of non-alcoholic fatty liver disease is excess weight and obesity. Currently, there is not a specific treatment for this condition apart from weight loss. As some of you know, it is not easy to lose weight by following diets and exercising which is what is recommended first to most patients affected by fatty liver.

There is clearly the option of having weight loss surgery but access to the surgery is limited and some people consider it too invasive.

Because of the problems outlined before, we are planning a study on patients affected by non-alcoholic fatty liver disease. The study compares the effect of two less invasive (do not require surgery) weight loss treatments on non-alcoholic fatty liver disease.

We would like to get patients who suffer from liver disease (especially non-alcoholic fatty liver disease)involved in the design of our study. The aim of your involvement would be to ensure that the treatments are considered acceptable and that the measured outcomes are desirable outcomes from patients' point of view. If you have time to spare (perhaps an hour initially), please get in touch with me [(zahertoumi1@nhs.net)]
We will give £25 vouchers to express our gratitude to those who get involved.

Kind regards,

Mr Zaher Toumi
Director of Research and Innovation and Consultant Bariatric and Upper GI Surgeon
County Durham and Darlington NHS Foundation Trust
Phone: Clinical 0191 333 2415 Research 01325 743248

**An interview with Fiona Hale** - who is a LIVErNORTH governor and has PBC - by her daughter.

My granny Tilly Hale was diagnosed with PBC at 42 and my mum was diagnosed at 40 after my granny suspected something was wrong. Here is my interview with my mum about her relationship with PBC and LIVErNORTH.

How long have you been involved with livernorth?
My mum Tilly was one of the initial members of LN so I've known about it since it started, but it wasn't until after I got diagnosed with PBC that I became more active.

What was your diagnosis like?
There were different stages to my diagnosis; firstly, when I was 29 I was found to have the AMA (antimitochondrial antibody), which is a marker for PBC; this was part of a study looking at PBC within families. At this stage I didn't actually have PBC. When I was pregnant, at 37 I developed obstetric cholestasis, which is when pregnancy affects your liver. After I had you, my liver function tests did not go back to normal. The timing is a bit hazy but I think it was about 3 years after that I was diagnosed with PBC.

Did you suspect you had PBC during the diagnosis process?
I tried not to think about it but I was always very tired. My mum suspected I had PBC like her, but I told myself the tiredness was to be expected with a newborn.

Why did you join LIVErNORTH?
I needed the support, I wanted to meet other people with liver diseases like mine and learn more about liver disease. My mum gained so much from being a part of it so I knew it would do the same for me.

What is your role now in LIVErNORTH?
I've had different roles in LN but now I am a governor, I try to help with anything I can.

Where do you see LN going?
Covid has already changed the way LN works, the talks are on zoom so anyone can join them anywhere. I think this is a wonderful thing! I think LN will continue funding important research into liver disease, supporting people with liver disease and making sure everyone has access to reliable information through LN's leaflets, talks and the news letter.

What is your final message to anyone reading this?
I think for lots of people who have liver disease it is vital they are able to communicate with each other and give each other support and advice because it really helps. For me, getting involved with LIVErNORTH has been the best way to do that.

By Laura Wakeford Hale

## Rediscovering the joy of vinyl

When we moved from a house to a small flat, I gave away my record collection, which was mainly from the 1980s. I hadn't had a record player for a few years, even though we had plenty of space for one, so felt like the best thing was to go completely digital now space would be tighter.

But somehow, last year during the lockdowns I started wishing we had a better way to listen to music. At Christmas, my lovely partner and daughter surprised me with a record player, and a whole load of records rescued from the attics of various family members. It's a very eclectic collection, and it's been a lot of fun getting to know the music of famous and less well-known artists including Joan Baez, Dolly Parton, Banjo Pickin' Girl, Bessie Smith, and a clutch of records that look like holiday souvenirs – 16 Top Hits from Malta, and Epic and Popular Songs from Cyprus are two examples.

Now that charity shops have re-opened, we love having a look to see if there are any jewels among the boxes of tatty vinyl. We've picked up some Motown, a bit of Tanika Tikaram, more Nina Simone, some blues and funk. Who knows, at some point we might even buy some new music on vinyl, but for now, I'm loving my collection of Golden Oldies!

Fiona Hale

## Moonshine on my pillow

Moonshine on my pillow
Starlight in my hair
Darkness deep inside me
For one who isn't there

One who lives within me
But not within himself
Who left that night in winter
I gained new life and health

Lying here unsleeping
Grateful for my chance
Disease-free now and healing
To run and climb and dance

Moonlight through my window
Diamonds on my face
Tears I've cried in sorrow,
In memory, joy and grace

Katherine Walcot

---

Yes I donate
ORGAN DONATION

**Take time to talk about organ donation**

**Many people don't realise that their family's support is needed for organ donation to go ahead.**

---

## An Irish Toast

There are good ships
And wood ships,
Ships that sail the sea,
But the best ships
Are Friendships
And may they
Always be!

As an AIH patient I was sorry that I couldn't be at the July zoom meeting, as I was en route to the Orkney Isles. I have now accessed it on Youtube and would like to express my thanks to Professor Jones and all concerned for making this informative talk available.

Best wishes
CM

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With grateful thanks for the use of the flat yet again. It is a source of comfort to know I can stay so close to the hospital as we live in Scotland.

CL

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Dear All

You have possibly seen reports of the Octave Study findings now published but here is a summary of some of them. I thought the Birmingham Study is perhaps one of the most helpful/informative. See also the information about the Octave Duo Extension Study.

Best wishes

Sue Gresham

https://www.birmingham.ac.uk/news/latest/2021/08/impaired-immunity-vaccine-response-covid.aspx

https://www.bbc.co.uk/news/health-58317261.amp

https://amp.theguardian.com/society/2021/aug/24/covid-booster-jabs-may-only-be-needed-for-40-of-at-risk-group-study

https://www.ukri.org/news/vaccine-responses-in-patients-with-impaired-immune-systems/

https://www.gov.uk/government/news/new-study-to-test-third-covid-19-vaccine-for-people-with-weakened-immune-systems

*NB: to read the articles you must copy out the links EXACTLY into a search engine such as Google. Firefox etc. (Ed)*

# LIVErNORTH LOTTERY

(FORMERLY THE NUMBERS CLUB)

Registered under the GAMBLING ACT 2005 with the city of Newcastle upon Tyne

## £250 winning numbers in 2021:

| | | | |
|---|---|---|---|
| NE | from Watford | No 90 | drawn online on 14/4/2021 |
| JH | from Cramlington | No 30 | drawn online on 16/6/2021 |
| JR | from West Yorkshire | No 108 | drawn online on 15/7/2021 |

(another four £250 draws to take place this year)

## £2500 JACKPOT winner 2021:

TBA after the draw in December 2021

**All numbers drawn online during Zoom meetings with LIVErNORTH governors until further notice.**

**Every penny raised goes to liver patient support - we have NO paid employees**

*To join the 2021 lottery please complete the form on the next page.*

*If you use online banking and would prefer to set up your own standing order please email: info@livernorth.org.uk or phone 0191 3702961*

# LIVErNORTH Lottery application form

**Your contact details**

Name

Address

Postcode

Daytime telephone

E-mail

**Preferred payment method**

☐ I confirm that I am over 16

☐ Standing order (please complete the form below)

☐ Cheque (please enclose a minimum of 1 quarterly payment of £13)

## Standing order form

**Please pay to Nat West Bank,** 2 Tavern Street, Ipswich, Suffolk IP1 3BD
**Account:** LIVERNORTH Charities Account **Account no:** 71298290 **Sort code:** 53-61-24

**Your bank/building society's details**

Bank/building society name

Bank/building society address

Postcode

Account name

Account No Sort code

**Amount to be paid until further notice**

☐ £52 annually

☐ £13 quarterly on 1st Jan, 1st Apr, 1st Jul & 1st Oct

Preferred first payment date (or ASAP)

Signature Date

**Please return the completed form to** freepost LIVERNORTH

## The New Alphabet

A's for arthritis;
B's the bad back,
C's the chest pains, perhaps car-di-ac?
D is for dental decay and decline,
E is for eyesight, can't read that top line!
F is for fissure and fluid retention,
G is for gas which I'd rather not mention.
H is for high blood pressure- I'd rather it was low;
I for incisions with scars you can show.
J is for joints, out of socket, won't mend,
K is for knees that crack when they bend.
L's for libido, what happened to sex?
M is for memory, I forget what comes next.
N is for neuralgia, in nerves way down low;
O is for osteo, bones that don't grow !
P for prescriptions, I have quite a few, just give me a pill and I'll be good as new!
Q is for queasy, is it fatal or flu?
R is for reflux, one meal turns to two.
S is for sleepless nights, counting my fears,
T is for tinnitus; bells in my ears!
U is for urinary; troubles with flow;
V for vertigo, that's "dizzy", you know.
W for worry, now what's going round?
X is for X ray, and what might be found.
Y is for another year I'm left here behind,
Z is for zest I still have ….in my mind !

I've survived all the symptoms, my body's deployed,
And I'm keeping twenty-six doctors fully employed!

HAVE A GREAT DAY ! Dorothy Barker (from the internet)

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goldengiving

You can now donate or fundraise for us via GoldenGiving.
Check it out using the link below (no donation necessary)
**https://www.goldengiving.com/w/livernorth**

# Helens Howlers

Most of the funnies you see in these pages are sent from friends and colleagues or are freely circulating via the internet. I am constantly on the look out for more material so please send in anything you have or have heard whilst out and about. It doesn't have to be 'professional' – your witty observations on life are always welcome.
If you're feeling a bit low - read on... As they say, laughter is the best medicine!
Thanks for this issue go to my many facebook friends, LIVErNORTH colleagues and 'the internet'.

**WARNING - SOME JOKES UNSUITABLE FOR CHILDREN - YOU HAVE BEEN TOLD!**

Has anyone else used WD40 to get rid of mice? Coz it doesn't work, but it stops them squeaking.

A woman I worked with locked me in her basement and kept me as a sex slave. One day she went out and forgot to lock the door. Great I thought! I ran upstairs and grabbed the phone. Half an hour later the pizza arrived and I went back down to the basement.

No matter how kind you are, German kids are kinder.

My mate who has a stutter was telling us about his NANA, by the time he was finished we were all singing Hey Jude.

The Grim Reaper came for me last night - managed to fend him off with my vacuum cleaner. Talk about Dyson with death!

My wife is leaving me because of my obsession with the Three Degrees. I said 'OK, When will I see you again'?

Did you know a professional skier will never die…they just go downhill.

My wife and I have decided that we don't want any children. We're going to tell them at dinner tonight.

If you know anyone who wants leaflets on Haemorrhoids…I have piles.

Zoologist traces pet frogs ancestry, and said it's part Irish, part English and a tad Pole.

I heard ICY is easy to spell, I see why.

According to a recent scientific study, the best way to avoid being killed by a shark is by poking it in the eyes. Now, I don't consider myself to be smarter than scientists, but I think I will stick to my current tactic of staying on dry land.

I've cut down on my drinking - I only have one glass of rum before going to sleep. Last night I went to sleep nine times.

Apparently you can't use Beef Stew as a password, it's not stroganoff.

A recent study has shown that women who carry a little extra weight live longer than men who mention it.

I used to be in a band. We were called the symbolics. Then one day Sym left us. We didn't get any gigs after that.

It's been announced that 600 rare hares have escaped from a breeding program in the Rowlands Gill area. The RSPCA stated the public have nothing to worry about, and

that they are actively combing the area.

Just been told by an old friend that after a long and distinguished career my old French teacher passed away yesterday.
Adios, amigo.

Supermarkets supposedly running low on stock. Sainsbury's got no sausages. Tesco's got no beans. Asda's got no bread and Aldi's got no petrol generators or deep sea diving suits.

Alexander the Great used to tie a rag soaked in apple juice around his wrist and could tell the time by how much the apple had darkened. It was Alexander's Rag Time Band.

Just bumped into a dyslexic Yorkshire man, he was wearing a cat flap.

I was in a relationship with Lorraine, but fell in love with Claire Lee. When Lorraine found out, she left me. Then I realized I can see Claire Lee now Lorraine is gone.

Yul Bryner was a Liverpool Football Club fan but he never used aftershave. That's right, Yul never wore cologne.

A little 75 year old lady walking out of Sainsbury's just now carrying 4 big bags of shopping and a 24 case of water.. I said "can you manage" and she said " I can son, but I don't want the Sunderland job"

Do you need a current driving licence to drive Electric cars?

Had a canny night out, until some idiot started throwing chunks of cheese at me, I thought it was a bit immature.

My overweight parrot died today.
I was upset but it's a huge weight off my shoulder.

I now really regret rubbing ketchup in my eyes, but that's Heinz sight for you...

I once hired a limo but when it arrived, the guy driving it walked off!
I said "Excuse me? Are you not going to drive me?"
The guy told me that the price didn't include a driver…
… so I'd spent £400 on a limo and have nothing to chauffeur it!

I'm having a really good day apart from newpussycat. What's 'newpussycat'? Whoaaaaa whoaaaa oooohhh...

Three women die together in an accident and go to heaven. When they get there, St. Peter says, "We only have one rule here in heaven: don't step on the ducks!" So they enter heaven, and sure enough, there are ducks all over the place. It is almost impossible not to step on a duck, and although they try their best to avoid them, the first woman accidentally steps on one. Along comes St. Peter with the ugliest man she ever saw. St. Peter chains them together and says, "Your punishment for stepping on a duck is to spend eternity chained to this ugly man!" The next day, the second woman accidentally steps on a duck and along comes St. Peter, who doesn't miss a thing. With him is another extremely ugly man. He chains them together with the same admonishment as for the first woman.
The third woman has observed all this and, not wanting to be chained for all eternity to an ugly man, is very, VERY careful where she steps. She manages to go months without stepping on any ducks, but one day St. Peter comes up to her with the most handsome man she has ever laid eyes on ...

very tall, long eyelashes, muscular, and thin. St. Peter chains them together without saying a word. The happy woman says, "I wonder what I did to deserve being chained to you for all of eternity?" The guy says, "I don't know about you, but I stepped on a duck.

A little known fact: During the time Alan Turing was working at Bletchley Park cracking the Enigma codes, his sister Kay provided drinks, snacks and sandwiches for him and his colleagues.

Two scientists walk into a bar.
"I'll have H20," says the 1st.
"I'll have H20 too," says the 2nd.
The Bartender gives them water because he is able to distinguish the boundary tones that dictate the grammatical function of homonyms in coda position, as well as pragmatic context.

Why do the Alphabet song and Twinkle, Twinkle Little Star have the same tune?
Stop singing and read on.....

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him on a car ride, he sticks his head out the window?

Does pushing the elevator button more than once make it arrive faster?

Apparently Gyms are back open today, surely it's not just me that didn't even know they were closed!

I loaf it...Bread is like the sun, it rises in the yeast and sets in the waist!

I asked my daughter to give me a phone book. She laughed at me, called me a boomer and lent me her iPhone. So, the spider is dead, her iPhone is broken and my daughter is furious...

My friend writes songs about sewing machines. He's a singer songwriter. Or sew it seams.

I dusted once.
It came back.
I'm not falling for that again.

At the baptism of their daughter, the priest asks the proud parents: "Now before we continue Mr & Mrs Royd, are you absolutely sure you want to call her Emma?"

A man walks into a London bank and asks for the loan officer. He says he's going to Europe on business for two weeks and needs to borrow £5000. The bank officer says the bank will need some kind of security for the loan, so the man hands over the keys to a new Rolls Royce, which costs quarter of a million pounds.
"The car is parked on the street in front of the bank," says the man, "and I have all the necessary papers."
The bank officer agrees to accept the car as collateral for the loan. After the man leaves, the loan officer, the bank's president and all their colleagues enjoy a good laugh at the man for using a £250,000 Rolls Royce as collateral against a £5,000 loan.
One of the employees drives the Rolls into the bank's underground garage and parks it there. Two weeks later, the man returns, repays the £5000 and the interest, which comes to £15.41.
The loan officer says, "Sir, I must tell you, we're all a little puzzled. While you were away, we checked you out and discovered that you're a multimillionaire. Why would you bother to borrow £5,000?"
The man replies, "Where else in London can I park my car for two weeks for only

£15.41?"

From Monday postmen will be working from home. They will read all your letters and ring you if it's anything important.

I've started telling everyone about the benefits of eating dried grapes.
It's all about raisin awareness!

The kids asked me, 'Dad what is it like to be married?' So I am going to ignore them for a week and then shout at them for something they did 3 years ago!

This is the best/worst joke I've heard today:
What do you call a magician who has lost his magic?
Are you ready?
Ian.

She fell in love with a plumber and got wet.
She fell in love with a tennis player but love meant nothing to him.
She fell in love with a moonshiner, because he kept her in good spirits!
She fell in love with a candy maker but it turned out to be a Rocky road.
She fell in love with the milkman but in the end it turned sour!
She fell in love with a surgeon and he left her is stitches
She fell in love with a dam operator and he left her high and dry.
She fell in love with a carpenter and got hammered.

THAT'S IT FOR NOW - MORE HOWLERS NEXT ISSUE, KEEP THEM COMING!

## How to write good

- Avoid Alliteration, Always.
- Prepositions are not words to end sentences with.
- Avoid cliches like the plague. They're old hat.
- Comparisons are as bad as cliches.
- Be more or less specific.
- Writers should never generalize.

7 Be consistent!

- Don't be redundant; don't use more words than necessary; it's highly superfluous
- Who needs rhetorical questions?
- Exaggeration is a billion times worse than understatement.

Yes I donate
ORGAN DONATION

**Take time to talk about organ donation**

**Many people don't realise that their family's support is needed for organ donation to go ahead.**

# 2021 Charity Draw

Once again, because of the pandemic, our annual Autumn Fair, which is our only group fundraising event, has had to be cancelled. The amount raised through the fair is usually in excess of £5000.00. A large proportion of that amount comes from the sale of our charity draw tickets. The tickets are £1 each with a first prize of £500.00 followed by many attractive prizes donated by businesses and supporters.

The book of Charity Draw tickets enclosed has a total value of £10.00

- If you do not wish to purchase or sell any tickets please destroy them.
- If you sell a full book (10 tickets) to the same person, you only need to complete the details on the first counterfoil.
- Please do not separate or fold the counterfoils.
- Please return all sold ticket counterfoils and payment by 20th November 2021 using the enclosed post paid envelope.
- Make your cheque or postal order payable to LIVErNORTH.

If you would like to pay online please email me at info@livernorth.org.uk for the details.

If you would like more tickets please call: 0191 3702961 or email: info@livernorth.org.uk

Joan Bedlington, Hon Treasurer and Governor

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**A Good Communicator:**

Always listens to you.
Always answers - even if it's just to say 'I heard you'.
Answers emails - even if it's just to say 'I got it, thanks'.
Answers phone calls - even if it's just to say 'Can I ring you back?'
Leaves phone messages - even if it's just to say 'just me, don't worry'.

and is never too busy to say -
'sorry, busy at the moment, but I'll answer asap.

---

Yes I donate
ORGAN DONATION

**Take time to talk about organ donation**

**Many people don't realise that their family's support is needed for organ donation to go ahead.**

## 2021 LIVErNORTH Charity Draw Prizes

*with grateful thanks to all of our kind supporters who donated prizes*

**To be drawn online via ZOOM on 1st December 2021**

| | |
|---|---|
| 1 | **£500 Cash** |
| 2 | **Barbour Voucher for Quilted Jacket**<br>Donated by The Barbour Foundation |
| 3 | **£100 John Lewis Voucher**<br>Donated by the Wakeford - Hale family |
| 4 | **£50 M&S Voucher**<br>Donated by Alf & Liz Bennett |
| 5 | **£50 Boots Voucher**<br>Donated by Alf & Liz Bennett |
| 6 | **£50 John Lewis Voucher**<br>Donated by J Bedlington |
| 7 | **£40 M&S Voucher**<br>Donated by Yvonne Gray |
| 8 | **£25 National Garden Gift Voucher**<br>Donated by Anon |
| 9 | **£25 Boots Voucher**<br>Donated by Peggy Oliver |

## What is a contronym?

Single words that have contradictory meanings (they are their own opposites) are known as contronyms - they are quite rare:

| | |
|---|---|
| Apology: | a statement of contrition for an action or a defence of one |
| Bolt: | to secure or to flee |
| Bound: | heading to a destination or restrained from movement |
| Cleave: | to adhere or to separate |
| Dust: | to add fine particles or to remove them |
| Fast: | quick or stuck or made stable |
| Left: | remained or departed |
| Peer: | a person of the nobility or an equal |
| Sanction: | to approve or to boycott |
| Weather: | to withstand or to wear away. |

## Observations for Seniors...

Talk to yourself. There are times when you need expert advice.
"In Style" are the clothes that still fit.
You don't need anger management. You need people to stop irritating you.
The biggest lie you tell yourself is: "I don't need to write that down. I'll remember it."
"On time" is when you get there.
It would be wonderful if we could put ourselves in the dryer for 10 minutes, then come out wrinkle free and 3 sizes smaller.
Lately, you've noticed people your age are so much older than you.
Growing old should have taken longer.
You still haven't learned to act your age and hope you never will.

## Solution to the Summer 2021 SUDOKU in Issue 75

Easy SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 6 | 1 | 5 | 4 | 2 | 7 | 8 | 9 |
| 2 | 8 | 7 | 1 | 9 | 3 | 4 | 6 | 5 |
| 9 | 4 | 5 | 8 | 7 | 6 | 3 | 2 | 1 |
| 7 | 5 | 6 | 3 | 2 | 1 | 9 | 4 | 8 |
| 4 | 1 | 9 | 7 | 8 | 5 | 6 | 3 | 2 |
| 8 | 2 | 3 | 9 | 6 | 4 | 5 | 1 | 7 |
| 6 | 9 | 2 | 4 | 1 | 7 | 8 | 5 | 3 |
| 1 | 3 | 8 | 6 | 5 | 9 | 2 | 7 | 4 |
| 5 | 7 | 4 | 2 | 3 | 8 | 1 | 9 | 6 |

Medium SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 8 | 4 | 7 | 2 | 5 | 6 | 3 | 1 |
| 1 | 6 | 5 | 9 | 4 | 3 | 8 | 2 | 7 |
| 2 | 3 | 7 | 8 | 6 | 1 | 5 | 9 | 4 |
| 3 | 7 | 9 | 2 | 8 | 4 | 1 | 6 | 5 |
| 8 | 2 | 6 | 1 | 5 | 7 | 9 | 4 | 3 |
| 5 | 4 | 1 | 6 | 3 | 9 | 2 | 7 | 8 |
| 4 | 1 | 8 | 3 | 9 | 6 | 7 | 5 | 2 |
| 7 | 9 | 3 | 5 | 1 | 2 | 4 | 8 | 6 |
| 6 | 5 | 2 | 4 | 7 | 8 | 3 | 1 | 9 |

# UIOLI Autumn 2021

SUDOKU... With the kind permission of the creator (Wayne Gould of Pappocom). You don't need to do any arithmetic or be good at maths - all it takes is logic so please have a go - it will help to keep your brain active. There is strict copyright so they may not be redistributed in any way whatsoever although you can of course photocopy the page if you don't want to spoil your copy of LIVErNEWS. Good Luck!

## HAVE A GO - YOU MIGHT LIKE IT

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 8 | | 7 | 4 | 1 | | | |
| | | 3 | | 2 | | | 8 | |
| 1 | | | 5 | 3 | 8 | 2 | 7 | |
| | 7 | 4 | | 8 | 6 | | 9 | |
| | | | 9 | | 5 | | | |
| | 1 | | 3 | 7 | | 6 | 2 | |
| | 2 | 6 | 1 | 9 | 3 | | | 7 |
| | 5 | | | 6 | | 9 | | |
| | | | 8 | 5 | 2 | | 1 | |

Easy SUDOKU

Medium SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | 5 | | 9 | 4 | |
| | | | | 7 | 9 | 8 | | 1 |
| | | | 6 | | 2 | | | |
| | 2 | | | 9 | 4 | | | 7 |
| | | 4 | | 1 | | 3 | | |
| 1 | | | 2 | 6 | | | 9 | |
| | | | 4 | | 7 | | | |
| 4 | | 1 | 9 | 2 | | | | |
| | 8 | 5 | | 3 | | | | |

**SU DOKU**

**As featured in the Times Monday to Saturday**

**©Puzzles by Pappocom**

**www.sudoku.com**

How to play:

Fill the grid so that every column, every row and every 3 x 3 box contains the digits 1 to 9.

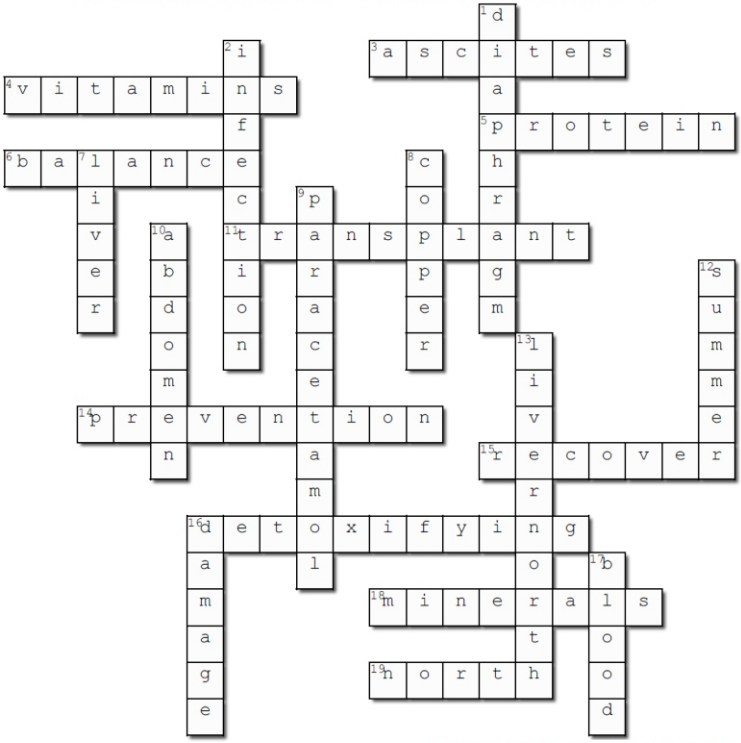
You will know if you have got it right because you will have all the numbers in the right places and only one of each in any row, column or box.

If you want some tips on getting started, have a look at the website www.sudoku.com

The correct solutions will be published in our next issue.

PS - want a difficult one, two easy ones, two medium or what? Let us know please

## Crossword Answers from Issue 75
## Based on Leaflet 5 - Look After Your Liver



Created using the Crossword Maker on TheTeachersCorner.net

### Across

**3.** Abnormal build-up of fluid in the abdomen (**ascites**)
**4.** Organic nutrients needed by the body (**vitamins**)
**5.** The 'building blocks' of the body (**protein**)
**6.** Where elements are in equal proportions (**balance**)
**11.** Operation in which an organ is transferred (**transplant**)
**14.** Better than cure (**prevention**)
**15.** Get better after an illness (**recover**)
**16.** The breaking down of toxic substances (**detoxifying**)
**18.** Inorganic nutrients needed by the body (**minerals**)
**19.** Opposite of South (**north**)

### Down

**1.** Your liver is located underneath this muscle (**diaphragm**)
**2.** A function of the liver: '... Barrier' (**infection**)
**7.** The largest gland in the human body (**liver**)
**8.** One of the minerals stored by the liver (**copper**)
**9.** Common painkiller used to treat aches and pain (**paracetamol**)
**10.** Part of the body between the chest and the pelvis (**abdomen**)
**12.** Season after Spring and before Autumn (**summer**)
**13.** UK National liver patient support group (**livernorth**)
**16.** Physical harm that impairs normal function (**damage**)
**17.** Body fluid that transports nutrients and oxygen to cells (**blood**)

With thanks to Marian Godwin-Clifford for this crossword and the answers.

You can find leaflet no. 5 on our ISSUU page and on our website.

# Little Flores Holiday Cottage, Seahouses

# *AUCTION*

To help raise funds for LIVErNORTH, one of our supporters has kindly offered the group one week in his Seahouses holiday cottage.

The cottage is centrally located close to all the amenities in Seahouses. It is a wonderful location for a relaxing holiday on the beautiful Northumberland coast. Type the link below in to your browser to see what is on offer or look up Little Flores Cottage Seahouses on Google.

https://www.holidaycottages.co.uk/cottage/59129-little-flores-cottage

The agent describes the accommodation as:

- Traditional stone cottage for romantic getaways for two
- Refurbished for the 2020 season
- Located in a quiet corner at the heart of Seahouses village
- A short walk from the harbour, shops, restaurants and cafes
- Boat trips to the Farne Islands available locally
- Excellent walks along the coastal paths and beaches
- Close to Bamburgh beach and castle
- Ideally situated for relaxing and exploring Northumberland and the Scottish Borders

The normal rent for this cottage is from £381 in low season to £725 in high season. We are offering one week of your choice (if available) by Auction.
Your bid has to be by email or letter (address: freepost LIVERNORTH). Each bid must give your name, address and phone number and state how much you want to bid.

## TRIVIA SQUARES - A NEW UIOLI (ANSWERS ARE IN MIRROR WRITING)

| | | | |
|---|---|---|---|
| In what year was the first-ever Wimbledon Championship held?<br>Eighteen Seventy Seventy | Which email service is owned by Microsoft?<br>Hotmail | Which country produces the most coffee in the world?<br>Brazil | What was the first US state?<br>Delaware |
| What is the capital city of Spain?<br>Madrid | About how many taste buds does the human tongue have?<br>Ten Thousand | What is the painting "La Gioconda" more usually known as?<br>The Mona Lisa | Ludwig Van Beethoven was born in 1770 in which city?<br>Berlin |
| What colors are the Norwegian flag?<br>Red, white and blue | Globe and Jerusalem are types of what?<br>Artichoke | Which is the highest waterfall in the world?<br>Angel Falls, Venezuela | Who discovered penicillin?<br>Fleming |
| Name the three primary colors<br>Red, Yello- and Blue | Which country invented tea?<br>China | Which is the only vowel on a keyboard that is not on the top line of letters<br>The letter A | Groups of lions are known as what?<br>Prides |
| How many pairs of wings does a bee have?<br>Two | What language has the most words??<br>English | What's the most expensive home in the world?<br>Buckingham Palace | How long does it take to hard boil an egg?<br>Seven Mins |
| Which scientist was awarded the 1921 Nobel Prize in Physics?<br>Albert Einstein | Name the world's largest ocean.<br>Pacific | What did the Crocodile swallow in Peter Pan?<br>Alarm Clock | Zurich is the largest city in what country?<br>Switzerland |
| How many phases of the moon are there?<br>Eight | What's the hardest rock?<br>A Diamond | How many bones do sharks have in their bodies?<br>No bones, just cartilage | Arachnophobia indicates a fear of what?<br>Spiders |

**LIVErNORTH Information Leaflets Available:**

1. Liver Patient Support
2. Accommodation for patients & families
3. Autoimmune Hepatitis
4. Alcoholic Liver Disease
5. Look After Your Liver
6. Primary Biliary Cholangitis (PBC)
7. Coping With Stress
8. Primary Liver Cancer
9. You and Your Consultant
10. Primary Sclerosing Cholangitis (PSC)
11. NAFLD Lifestyle Guide

11a. Non Alcoholic Steatohepatitis

12. Liver Disease
13. Skin Care for Liver Patients
14. Diet and Liver Disease

14a. Nutrition Support in Liver Disease

15. Hepatitis C
16. Travel Insurance for Liver Patients
17. Hepatitis E
18. Fatigue in Liver Patients/A Patient's Journey
19. Understanding Healthcare Tests
20. Liver Cirrhosis Self Management Toolkit*
21. Exercise & Osteoporosis in Liver Patients
22. Hepatic Encephalopathy

24. COVID-19 Self Help Toolkit

*** only from your healthcare professional - email for more information**

**Scan the QR code below to read the leaflets online**

**How to get information leaflets:**

1. **ISSUU:** https://issuu.com/search?q=livernorth
2. **Website:** http://www.livernorth.org.uk/pages/factsheet.htm
3. **Email us:** info@livernorth.org.uk
4. **Phone/FAX**: 0191 3702961
5. **Facebook pm us:** https://www.facebook.com/livernorth/
6. **Write to us:** Freepost LIVERNORTH

# Insurance Matters

members report having been able to get reasonably priced holiday cover here:

| | |
|---|---|
| Able2travel | 01483 806826 |
| Age Co (formerly Age UK) | 0345 1238008 |
| AVIVA | 0345 0308715 |
| Bib Insurance Brokers (www.bibinsurance.co.uk) | 01325 353888 |
| Boots Travel Insurance | 0333 9992683 |
| Cigna (was FirstAssist) | 01475 492119 |
| City Bond | 0333 2070506 |
| Churchill* | 0800 0326534 |
| CNA (via Brunsdon brokers) | 01452 623631 |
| Direct Travel* | 0330 8803600 |
| Freedom ^ | 01223 446914 |
| JLT Insurance | 02476 851000 |
| Leisure Care Insurance | 01702 427166 |
| Post Office | 0330 1233690 |
| RIAS* | 0345 0451320 |
| SAGA | 0800 0158055 |
| Sainsbury's | 0345 3052623 |
| Sladdin & Co Ltd. (brokers) | 01422 262614 |
| www.Insurancewith.com | 0333 9992679 |
| www.miatravelinsurance.co.uk ^ | 0800 9993333 |
| www.PayingTooMuch.com | 01243 216007 |
| www.staysure.co.uk (Staysure UK call centre) ^ | 0808 1786151 |
| https://www.world-first.co.uk/ | 0345 9080161 |
| https://www.freespirittravelinsurance.com/medical-conditions/liver/ | 02392 419080 |

* not TX patients - please check with the others also.
^ specifically includes cover for declared pre-existing medical conditions.

Please help to keep this page current and useful by letting us know of your own experiences both good and bad. You can email us at info@livernorth.org.uk or drop us a line at our Freepost address above, no stamp necessary..

The latest version of this page is always available as a PDF file. Email us and ask for a copy: info@livernorth.org.uk

All our leaflets including No.16 'Travel Insurance for Liver Patients' are available to read online by scanning the QR code on the right with your smartphone.

# CONTACT NUMBERS

**LIVErNORTH**
**National Liver Patient Support**
freepost LIVERNORTH
www.livernorth.org.uk
tel: 0191 3702916
info@livernorth.org.uk

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**Addenbrookes Liver**
**Transplant Association (ALTA)**
Gill Kitchener, secretary@alta.org.uk
info@alta.org.uk
tel: 07885 123528

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**British Liver Trust**
tel: 01425 481320
helpline@britishlivertrust.org.uk
ww.britishlivertrust.org.uk

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**Gift of Life**
**Derby Liver Support Group**
(for transplants and all liver disease)
Contact: Sister Gerri Casey
0133 234 0131 bleep 1926

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**Haemochromatosis UK**
03030 401102
helpline@huk.org.uk

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**IPC Support**
07939 871929
helpline@ipcsupport.org
or www.icpsupport.org
Registered Charity No: 1146449

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**NHS**
https://www.nhs.uk/

https://www.nhs.uk/conditions/coronavirus-covid-19/

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**Norfolk & Norwich**
**Liver Support Group**
marjorie.dingle@hotmail.com
0300 120 0796

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**PSC Support**
Martine Walmsley
help@psc.support.org.uk
Helpline 01235 25 35 45
www.pscsupport.org.uk

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**Wilson's Disease Support Group – UK**
Val Wheater - 01223 364982
val@wilsonsdisease.org.uk
www.wilsonsdisease.org.uk

**We can always make space here for your support group contact details. Email us for more information. If you are already listed here, please let us know of any changes to your contact details.**

# HELPLINE

If you are worried about liver disease and would like to talk to someone, please telephone one of our helpline numbers below

| | |
|---|---|
| JOAN | 0191 3702961 |
| ANN | 0191 4131827 |
| SUSAN | 01207 271707 |
| ALAN | 0191 4821802 |
| MARGARET | 0191 2622550 |
| SUE | 01642 706302 |
| KATHRYN | 01207 505231 |

**Get free Liver Patient and Carer Support Leaflets:**

- Download from our website (www.livernorth.org.uk)
- Read online (https://issuu.com/livernorth/docs)
- Email us (info@livernorth.org.uk)
- Phone us (0191 3702961)
- Write to us at: freepost LIVERNORTH
- Message us (https://www.facebook.com/livernorth/)
- Scan our website QR code here with your mobile phone

Join our meetings via zoom

***NIHR non-commercial Partner***
UK based research applications invited - download application form from website

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