Myasthenia Gravis Association

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Myasthenia Gravis Association

MGA NEWSLETTER WINTER 2004

Supporting those diagnosed with Myasthenia Gravis

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TOP BRANCH

Regional Organiser Steve Annable presented the Charles Read Memorial Trophy for 2003-4 to South Yorkshire Branch Committee at a recent meeting.

This trophy is awarded each year to the branch which raises the largest amount of money through fundraising.

South Yorkshire raised over £14,600.

The branch also has a new Vice Chair in Barry Gregory who also keeps the branch web site up to date.

MGA's RAG DOLL - MeGAn

Hello, my name is MeGAn. You can read all about how my name came about inside this edition.

Thank you for putting forward suggestions for my name.

MGA's Simultaneous Low Impact Work Out (SLIW)

Final results will take some time to come in, but at the time of going to print, MGA has achieved a Guinness World Record (GWR) for the High-Five event.

The SLIW itself looks as if we will not achieve a GWR as we have just found out that Kazakhstan has done one where all the citizens were invited to take part (If 'invited' is the right word) and they had about 5,000,000 (five million) people taking part. Never mind, the UK event which benefited MGA and BBC's Children in Need will have raised some funds for both charities and even more importantly, raised the profile of Myasthenia Gravis in the public eye with over 500 Clubs throughout the UK and Ireland taking part. Please read Gerry Kennedy's report from Camber Sands on page 11.

We will keep you updated in the next edition of the MGA Newsletter.

VALEANT Pharmaceuticals Ltd.

Sponsor for MGA's Publications and Literature

Message from the MGA Chairman

The AGM at Leeds was a great success. Although attendance was limited we received nearly 200 proxy voting forms. For the first time this enabled members to cast their votes on each motion on the agenda exactly as they wished. Fortunately (from my viewpoint!) there were no nasty surprises - and the board is very gratified that you have shown your confidence in our efforts. The credit for this successful outcome must go mainly to Max Sherman who put in a huge effort to get the whole new voting system up and running. It worked like clockwork on the day - thank you Max.

Sadly, I have to tell you that Dr. Ian Hart has reluctantly resigned from the Board because he felt he could not commit enough of his time to the work; thank you Ian for your support. Fortunately, Dr. David Hilton-Jones, who is a consultant neurologist at the Radcliffe Infirmary, has agreed to join the Board, so we will maintain a valuable specialist medical presence on the Board.

As I write we are waiting to evaluate the results of the high-profile fund-raising effort we made in co-operation with the BBC 'Children in Need' appeal. We expect a substantial injection of funds from that event. Meanwhile, partly as a result of your generous contributions to our special appeal earlier this year, we have been able to safeguard the post of a specialist nurse at the Oxford Myasthenia clinic.

On behalf of the Board and myself I wish you all a happy Christmas and New Year.

PETER FINNEY, *Chairman of the MGA Board*

An Update from Alasdair Nimmo (CEO)

Hello everyone,

Well you certainly have taken up the gauntlet of canvassing your MP's to date. You have galvanized 59 MP's throughout the UK and Ireland to ask the question, "How is the government supporting those who are diagnosed with Myasthenia Gravis?" Your questions have been raised in the House of Commons, Welsh Assembly, and the Scottish Parliament. Thank you.

Going forward, Jim Dobbin MP for Heywood and Middleton and I are putting together a campaign over the next 18 months to enhance awareness, raise some of our issues and hopefully achieve results. I will keep you informed as we proceed.

Volume 5 of our literature has now been printed and is available. It covers Medical Information for Medical Professionals, so please let your GPs know, or indeed send them one.

As we go to print our Awareness campaign with Children In Need has gained momentum and Support in Derby have sent out in excess of 500 packs to support the "Simultaneous Low Impact Workout - Guinness World Record Attempt".

My thanks to all those Branches and people who have been involved in producing the Regional Meetings. This year has seen attendance rise, and encouraged debate.

Thank you.

ALASDAIR NIMMO, *CEO*

The following MP's are supporting us. Is your MP listed?

Mr. Andrew Turner, MP, IOW
Rt. Hon. Michael Ancram, MP, Devizes
Mr. John Baron, MP, Billericay
Mr. Harold Best, MP, Leeds North West
Rt. Hon. Virginia Bottomley, MP, Minehead
Mr. Peter Bradley, MP, The Wrekin
Mrs. Annette Brooke, MP, Mid Dorset & North Poole
Mrs. Angela Browning, MP, Tiverton and Honiton
Mr. Paul Burstow, MP, Sutton and Cheam
Mr. Martin Caton, MP, Gower
Mr. Tony Colman, MP, Putney
Ms. Margaret Ewing, MSP, Moray

(Continued on page 18)

News from Westminster

Jim Dobbin MP

I am the Member of Parliament for Heywood and Middleton and I became aware of Myasthenia Gravis when my two grandchildren were diagnosed with Congenital Myasthenia.

Recently I met with Alasdair Nimmo in Parliament to discuss with him the way information on MG can be spread among politicians and to ensure that awareness on issues surrounding MG could be raised.

There are many ways that Parliamentarians become knowledgeable on issues affecting their constituents. We were able to assess the number of letters that many of you have written to your MPs. That is definitely an important way to foster interest. Any individual can contact their MP asking for help or advice on a particular issue such as benefits, transport, health, education, insurance, research and funding. These are all issues of concern to people with MG and your MP will write back. In addition, most MPs run advice surgeries each month where you can meet your MP and explain your concerns in person.

EDMs or Early Day Motions is a colloquial term for requests by MPs for a debate "on an early day" but for which no date is set. Very few are debated but it is a way for MPs to put on record their opinions on a subject and canvass support for it from other MPs. It is almost like a petition that MPs can sign. Some EDMs end up with over 300 signatures. It is a good way to raise awareness and Alasdair and I are working on such an EDM to publicise MG. I'll keep you informed of progress on this.

Written questions to ministers asking what the government is doing on an issue or asking for specific figures is another way of keeping the subject alive. Likewise questions to ministers at question time in the House of Commons engender good publicity for any cause. This is harder to achieve as it is a bit of a lottery whether you are selected to ask a question.

We also discussed the possibility in the future of a short 90 minute debate in Westminster Hall to raise awareness of some of the issues facing people with MG. These debates are formal discussions on a topic of interest to private members where people take it in turn to speak. They are held twice a week and are used to raise awareness of issues.

Although there is no vote a Minister is assigned to listen and respond to members concerns.

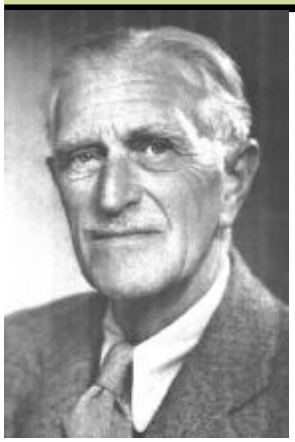
All Party Groups are groups of MPs and members of the House of Lords who share a particular interest in a subject. The groups are usually formed by back benchers, i.e. members who hold no official position in government or party. They sit on the back benches in the chambers of the House of Commons and the House of Lords. We are looking at this as a possible move in the future. When we are ready to set up such a group we would organise a reception and launch in Parliament with the attendance of a Minister.

This is just a short resume of where we are at in getting Parliament involved and we need you and your families to help in making each MP in the UK aware of what the difficulties are in various areas for people with MG and what government can do to help. If you have not already discussed your problem with your MP, now is the time to start. You have nothing to lose.

Jim Dobbin, MP

. . . STOP PRESS . . .

We are extremely proud and pleased to inform you that one of our members, **Mrs. Marjorie Dix**, has been awarded an MBE in the New Year Honours for her services to the Myasthenia Gravis Association.



Sir Geoffrey Langdon Keynes

(1887-1982)

by Prof Nick Willcox

We have all heard the name – indeed our current MGA offices are located at Keynes House, Derby. But who was Sir Geoffrey Keynes? (pronounced Canes). His memoirs have been keeping our very own Professor Nick Willcox out of mischief for some time. Keynes lived so long - and did so much - that we have had to split this short account of his varied and interesting life over two editions. This first part concentrates mainly on Keynes the Surgeon. ***If any readers have their own stories or memories of the great man, then do please write in and let us know about it.***

1. Geoffrey Keynes made original and long-lasting advances in at least four remarkably different fields in his long life. He is a particular hero for us because he was the first to establish thymectomy as one valuable treatment for MG. He began his career at a time when anaesthetics were still fairly new and surgery was progressing fast. Unusually, he served in both World Wars, and they speeded up this progress even more - as happened in many other fields (eg radar).

2. As we will see more in Part 2, Keynes must have used his spare time very efficiently. He devoted much of it to collecting works of art and books; also to tracking-down and cataloguing the complete works of several of his favourites, especially William Blake (of Jerusalem and Tiger, Tiger...), publishing many scholarly bibliographies. He also found time to raise four children and cultivate a very wide circle of friends. In those days the intellectual world was small; he played tennis with H. G. Wells, lunched with Noel Coward and stomach-pumped Virginia Woolf (her first suicide attempt). So he got to know celebrities in many fields, ranging from First World War poets like Rupert Brooke to men of action like Lawrence of Arabia; also many people from the worlds of letters and ballet as well as medicine and surgery.

The early years, and medical training

3. Geoffrey was the youngest of three children. Their father was originally an academic who served as Registrar of Cambridge University for 33 years; their mother later became Lady Mayor. Geoffrey spent much of his youth in awe of his brother, John Maynard Keynes, the brilliant economist and architect of F. D. Roosevelt's New Deal. His sister Margaret was no slouch either; she later married the Nobel prize-winning muscle biochemist A. V. Hill (one-time MP for Cambridge University). Geoffrey went to Rugby school where he became close friends with Rupert Brooke and his circle. He was interested in butterflies (like all the best people), and then in rambling, camping and mountain climbing, and got to know George Leigh Mallory, who was to die on Mt Everest in 1924 ("because it's there").

4. While a medical student at Cambridge (Pembroke College), Keynes began his lifelong love-affair with books and literature. He became close friends with many scholarly librarians, friendships he cherished for decades. He even persuaded the distinguished American novelist, Henry James, to come and hold court with student chums. He took advantage of a fourth year at Cambridge to convert his fascination with William Blake, the artist, poet and visionary, into solid achievement, eventually publishing the definitive bibliography of his work, as he was later to do with many other authors including John Donne, Jane Austen and Sir Thomas Browne.

5. In spite of all that, he found time to get a first class degree. He then moved on to do his clinical training at St Bartholomew's Hospital, London, having already decided to become a surgeon. He qualified as a doctor in 1913; passing his specialist surgical exams was delayed until 1919 by the First World War - and by the examiners, who failed him twice.

World War I and blood transfusion

6. Keynes joined up immediately after the declaration in August 1914 (expecting to be home by Christmas). He soon found himself in a series of makeshift operating theatres near the front, often coming under shellfire. He and his colleagues had little training in dealing with so many ghastly wounds; they were often working round the clock, and must have learned very fast. In typical "No, we'll never tell them" style in his memoirs, he does not linger long on his WWI experiences. But he was clearly a very humane man, and was endlessly impressed by the courage of his patients. He also enjoyed the comradeship of his fellow officers, though few of them shared his high-brow interests. During occasional lulls, he even found time for some literary work.

7. Keynes also got married during a week's leave in May 1917, a marriage that was to last for 57 years. Born into one very brainy family, he married into another. His wife Margaret was a grand-daughter of Charles Darwin, many of whose descendants were highly distinguished in their own right (evolution in action?). Her sister was the artist Gwen Raverat, who later wrote a delightfully amusing account of those heady days in Cambridge ("Period Piece" - a title suggested by Keynes himself).

8. In 1916, after a long slog of about two years, including almost a year at the front, Keynes began working further back in Casualty Clearing Stations, where soldiers would arrive as soon as one hour after being wounded. Here he could make better use of the great body of experience he had now built up. He soon found himself working with his future Chief, (later Sir) George Gask, who became a great friend as well as a major influence on his career. Together, they would deal with the more difficult cases that couldn't be managed at the front but had survived the journey. In those days, many casualties died largely because of blood loss. Always on the alert for new progress, he quickly became an expert at blood transfusion, which he learned from fellow doctors from America, where it had recently been developed. With his practical skills, he developed his own blood-grouping kit, and also devised a simple drip system to show how fast the blood was flowing, and so save over-loading the patient. That alone must have saved many lives.

Re-starting his career; thyroid surgery, and radiotherapy for breast cancer

9. Back in civvy ward/ theatre at St Bart's from 1919, Keynes worked as Gask's Assistant. He found that many of his colleagues still didn't appreciate the true value of blood transfusion, so he devoted much effort over the next ten years to preaching the gospel. He wrote a short book on it in 1922, and helped the Red Cross to start the London Blood Transfusion Service, and to establish the principle of using unpaid volunteers as donors.

10. About this time, he got to know the brilliant young Australian surgeon (later Sir) Thomas Dunhill, who specialised in patients with overactive thyroid glands. Removing part of the thyroid was the only treatment then known. Dunhill's results were so good that nobody in London believed them - until they saw for themselves. He was adept at preventing bleeding. More seriously, he and Keynes learned to steer clear of the laryngeal nerves - which run right through the gland. Damaging them could lead to sudden death from choking (caused by paralysis of the vocal cords). That experience not only saved more lives: it was to stand Keynes in great stead nearly 20 years later (see 14).

11. Surgical Assistants were expected to do research, and Keynes was given the novel topic of radium treatment for breast cancer. Heroic radical surgery was the order of those days, but many patients felt very mutilated, so that others were put-off even from seeing a doctor. Being a thinking sceptic, Keynes realised that there was little hard evidence to justify the current dogma, and that the surgeons were often 'shutting the stable door' long after the cancer cells had spread into the blood-stream.

12. Starting with near-terminal cases, he soon saw how effective the new radiotherapy could be. Turning to earlier ones, he began to develop a system of personalised care tailored for each individual

patient. Whenever possible, he favoured local surgery (to remove the primary tumour and prevent any further spreading from it) combined with radiotherapy for the surrounding area. That is now the preferred policy: very typically, he was 3-4 decades ahead of his time. He gradually built up a huge body of follow-up information on many patients over many years, and started to summarise it in lectures and articles in the 1930s. Very unfortunately, his follow-up studies were interrupted by WW II, and full statistical evaluation was left to others. Eventually his views were resoundingly confirmed. Even now, the main new extension to his policy is chemotherapy for advanced tumours - which only became possible long after he retired (in 1956).

World War II

13. In 1939, Keynes was invited to join the RAF as a Senior Surgeon. After 20 years of peace, most of the 'regular' doctors already in the Forces had limited experience of heavy casualties, so Keynes was badly needed. He soon realised that the military medical services would be totally swamped once the war really got going. They urgently needed to be far better prepared; his efforts to convince the Air Staff failed at first. He only succeeded after his brother helped him meet the Air Minister in person. After that, he became a roving Consultant, visiting RAF casualties all over the country, and recommending where they could best be treated. Many needed a plastic surgeon (eg for burns), notably Sir Archibald McIndoe at East Grinstead, where some of them joined his 'Guinea Pig Club'. Again, that led to huge advances in treatment. Although Keynes must have been very frustrated by having to drop his breast cancer work, his roving brief gave him an ideal chance to visit many friends around the country, and, of course, to browse in occasional bookshops (perchance to buy).

Thymectomy for MG; the courage to fail

14. Because of his skill with the nearby thyroid, he was asked in 1942 (now aged 55) to do a thymectomy on a myasthenic patient being treated at the National Hospital, Queen Square, London. Keynes calls this next phase "the most interesting development in surgical practice in which I took part". In 1939, the American surgeon Alfred Blalock had reported success in one MG patient after removing a thymus-plus-thymoma (which turned out to be a fluke), and had now done even better in five other patients without tumours. Operating with JE Piercy at New End Hospital (in Hampstead), Keynes soon confirmed these benefits. Sadly, the myasthenia was already so far gone in 8 of his first 21 patients that they died soon afterwards, but he persevered and had only one further death among the next 30 patients. Myasthenia was indeed grave in those days.

15. In 1952, to Keynes' immense dismay, surgeons at the famous Mayo Clinic in the USA reported that thymectomy was not worthwhile in MG. That clearly conflicted with all his own experience; searching for a reason, he soon realised that the Mayo surgeons were mainly operating on thymoma patients, whose MG rarely improves after thymectomy, as Keynes himself had noted. By contrast, most of his many successes had been in the younger patients without thymomas. By 1954, he had follow-up results on over 200 patients in all, and he soon convinced his doubting colleagues on this side of the Atlantic that the benefits were real. His rivals at the Mayo eventually published another report agreeing with his conclusions, but it appeared in an obscure Journal. Even today, thymectomy is still not as generally accepted in the USA as it is in Europe; hence the need for the more carefully controlled clinical trial now being planned.

16. Always interested in the history of medicine, Keynes gave a delightful memorial lecture about MG in 1961 (when he was nearly 74). He ranged from as far back as 1658 right up to the present, even including our Vice-President Prof Simpson's new autoimmune theory – which was hot news then (1960); also some of the latest ideas about the thymus, which was still a huge puzzle (as we now know, it is the factory for our many immune 'T cells', but we still aren't really sure why removing it helps in MG).

I am writing this from the security of the Intensive Care Unit of a Neuro Centre. Mrs. Gravis had been on my case for a while but I just could not believe that I was slipping. (I was having an Egyptian time - 'In de Nile'). Fortunately, I was in hospital before the crisis itself came on. My breathing deteriorated to the point where I was put on a ventilator whilst I had courses of Iv Ig, which I am happy to say have begun to restore my strength.

I know that there are those who would not think it a bad thing but being on the ventilator has silenced me, I cannot talk. All communication is via a note pad and my handwriting has never been that good. Mrs. Gravis and the good folk looking after me seem to understand so that's OK. When you can't speak, a smile goes a long way. When the nurse has done something for me I smile and put up my thumb. It is only when in this situation that I really appreciate the many friends we have in the various medical disciplines, the consultants, doctors, nurses and the physios (physio terrorists). I am fairly lucky in that I am about the only conscious patient (unusual in ICU) so everyone comes and talks to me.

Needless to say, as the MGA's resident in the hospital, I have been doing my bit for MG awareness. Mrs. Gravis obtained a supply of the new publications, which have been left on my side table. These have slowly disappeared as staff have taken copies, everyone has been very positive about them. MGA News has also been of interest - alas Gravis is now beardless, the face fuzz had to go to enable the breathing mask to make a seal. I have also lost about three stones in weight; the nurses say that I no longer look like my cartoon. The up side is that they say I look younger.

Whenever things are a bit daunting, I think of the late Douglas Adams' *Hitchhiker's Guide to the Galaxy* and the large friendly words on its cover - "Don't Panic". It works for me.

(Continued from page 6)

17. Keynes was an amateur in the best sense - he worked (and played) for love. He relished being 'on-take' all night for emergencies because he felt he was really doing something useful. He was also a practical man, and a skilled carpenter. Some of his surgical breakthroughs were very practical too; in the early 1920s, Prof Gask put him in charge of hernias. Typically, he didn't just follow standard practice: for especially flabby cases, he devised a system of patching-up with grafts of tough connective tissue taken from the patient's own thigh muscles.

18. More than that, he was also an original thinker, and he was not afraid both to challenge the established view - and any flaws he saw in it - and to break new ground, even if that might be risky. He clearly also went thoroughly into the background of what he was doing; for example, he studied the blood supply of the thymus in detail when he started doing thymectomies (the better to prevent bleeding). Another guiding principle was to do what was best for the patient as a whole, and to involve each of them in decisions. He also cared about how myasthenic patients were often misunderstood, or even labelled malingerers. He was very touched at the gratitude of many old patients at an Annual Meeting of the British Association of Myasthenics (as the MGA then was) in the late 1970s.

19. Very fittingly, Keynes was given many honours, including a Knighthood in 1955 for services to surgery, but more of that and his many other facets in Part 2.

In Part 2, we focus on Keynes the man of letters. If any of you have your own stories or memories of Sir Geoffrey, then do please let us know.

Keith and Marian Watkins

A sad loss to their family and MGA

The sudden death of Keith Watkins from Cardiff came as a shock to both family and friends around the UK. Even more so when Marian sadly also died a few weeks later. Our thoughts are with Keith and Marian's family at this very sad time.

Marion had spent most of the last two years in hospital with complications to her Myasthenia with Keith, who had been her carer for many years, looking after her. He was utterly devoted to her and to their family and was nearly always by her side. When you met one of them, you knew that the other was not far away.

Keith also worked untiringly for MGA as a director and was also involved in other charitable and Trust work on behalf of Myasthenics and other worthwhile causes. Keith was a bluff forthright down-to-earth man who called a spade a spade and was well liked for his open honest approach. He had no airs and graces and was equally at home with all.

As well as being devoted to his wife and family he worked tirelessly to promote the work of MGA and all things to do with Myasthenia Gravis, believing, like many others, that the work he was undertaking could lead to, at best a cure for MG, or at least the ability to ease the suffering of Myasthenics. We are certain his presence and forthright opinion in debate will be sadly missed by his co-workers in the many ventures in which he was active. Keith's enthusiasm and motivation helped MGA enormously and he will be missed not only as a friend but as a fellow worker.

Our heart, as I'm sure yours does, goes out to their family at this time.

Ronald Green

It is with regret that we report the death of our member, Ronald Green. He first came to a meeting at Rochester about 1980 when the branch covered SE London and all of Kent. He travelled all over the country helping to raise funds and he excelled in organising fetes. When the week-end Bexley Shows were held in Danson Park, Ron usually took a tent and camped overnight to ensure damage was not done to the stall.

How much Ron raised over the years cannot be reckoned but he had the gift of persuading people to buy or give a donation. He raised over £1,000 on his own with store collections in the year when his ill health forced him to retire from the Branch committee. Members will remember him in recent years as the persistent fellow who sold raffle tickets. A few days before he died he brought his collecting box to our home which contained £12.

He will be missed for his buoyant nature and cheerfulness despite ill health. Ron was an ambulance man in his working life and it shows the esteem in which he was held that the London Ambulance Service sent two ambulances to his funeral and his fellow workers formed a guard of honour. Our sympathies go to David who looked after Ron for many years of failing health.

ANNA MARTIN

Secretary, London SE Branch

Letters are published as-is without any recommendation as to their suitability or accuracy. The opinions expressed are entirely those of the contributor. Care should be taken if following any advice or suggestions presented and it is strongly recommended that the advice of your GP or Consultant is taken in all cases. Please Note: MGA reserve the right to open any letters which are sent to MGA to be forwarded on. This is to prevent the recipient being upset by receiving unsuitable mail. Email Addresses are withheld to prevent Spam. Please send email enquiries to mg@mgauk.org.uk and we will forward them on.

Dear MGA,

My father was diagnosed with MG a couple of months ago, and has been in hospital a couple of times as there seems to be very little improvement in his health. My father is 82, and up until a few months ago, was remarkably fit for his age, and was able to walk, drive, go on holidays and tend to his garden. Since the diagnosis and medication, he hasn't been out of the house. He still cannot swallow properly, lift his head, walk for any distance within the house, and is generally exhausted at doing nothing. My mother who is 77 years of age, is losing weight along with my father and is struggling to keep up with the change in their lifestyles. I help with the garden, shopping and whatever I can, but I was wondering if so little a change for the better was common in a man of my fathers age?

I keep reading that people will get their life back to relative normality with the medication, but in my fathers case he has become a recluse and he is miserable with it!

I thought your website was excellent and I was enthralled reading it. I just wish there was more from people whose experience was more like our family's.

Regards,

Anne McNab

(Ed. if your father has been given steroids or other immuno-suppressants, they need several months to have their full effect. If not, maybe they should be reconsidered)

Dear MGA,

Transport for London, Rough Guides and BBC London put together a booklet to mark the 2003 European Year of the Disabled. The guide features 50 accessible venues in London which were voted for by disabled people from all over the UK. The guide has been divided into 6 categories, places of interest, entertainment, sports and leisure, eating and drinking, shopping and clubbing.

You may be able to obtain a copy from your local library, but you can access it online at www.tfl.gov.uk/tfl/eydp/eydp-rg-intro.shtml

Best wishes,

Margaret Gellatly

Dear MGA,

I'd like to pass on a tip from the Steroid Aid Group. As soon as leg cramps start, use a pressure point to stop or reduce the cramp. Pinch the Cupid's Bow on your upper lip (very hard) and keep holding it tightly until the cramp subsides. For me, it works within seconds.

Also, bowel looseness. I used to be on 150mg Pyridostigmine and 50mg Prednisolone (alternate days) and now I have almost cut out the Pyridostigmine (15mg) and rely primarily on 11mg Prednisolone (alternate days) to control the predominately Ocular MG. However, the problem with bowel looseness still remains. After I noticed that my stomach had visibly bloated after eating wholewheat I tried cutting out all the bread, cakes, biscuits and pasta made of wheat. This made a big difference. My symptoms have been under control by following advice on improving Irritable Bowel Syndrome (IBS). Soak 2 teaspoons of linseeds in 75ml of water overnight, then pour the seeds plus liquid on top of breakfast cereal the next morning. It has worked a small miracle. I put this suggestion forward as it is drug-free and is worth trying and perhaps discussing with your specialists. Linseeds are sold in health food stores.

Regards,

L McCann, Glasgow.

Dear Alasdair,

We appreciated the work you and Gerrard put in to make the London Regional meeting such a success. The venue was pleasant and the whole meeting was friendly and helpful- no pompous speakers or formality. We all felt part of the meeting.

Best wishes,

JOYCE BLADES, SE London Branch

Dear Editor,

Thank you for yet another MG Newsletter. They get better and better. Can I add to the list of remedies that cope with the side effects of Mestinon? Aloe Vera liquid. It must be liquid and very pure. The dose for me was as stated on the bottle and it worked a small miracle for me. I say "for me" as I know none of us are the same. It's worth a try and has no side effects for MG sufferers that I know of.

Yours sincerely,

ROMA SPOTTISWOODE, Shrewsbury

Dear MGA,

Do animals get myasthenia? I was diagnosed as having myasthenia some three years ago after having had trouble walking over the previous ten years or so. I asked my granddaughter who was about to complete her five-year course in veterinary medicine to ask her tutors before she left the vet school whether animals get myasthenia. She immediately replied 'Oh, we did that in our first year' I asked how she would diagnose it and she replied, 'a dog out on a walk would just sit down, get up after 10 minutes and walk on'. She is now working in country practice but has not yet come across a case of animal MG but did say that if she did, she would treat it with Pyridostigmine.

Yours faithfully,

LIONEL HALL, Bath

(Ed. Yes, occasionally dogs and cats do get MG. In fact, dogs often get a very dilated oesophagus (gullet; distended with food waiting to get into the stomach). It sometimes resolves after a few months)

Dear Sir,

I recently sent a donation to MGA collected when my son and I completed the London Feelfine 10k run. We did this for my mother, Ruth Jacks. Sadly she died on the 10th October at the age of 81 years, and had been an MG sufferer for 11 years. MG was a contributory factor in her death and she was extremely weak for several weeks before contracting a lung infection.

Mum was a wonderful person who bore her condition stoically, always cheerful and made the best of every situation.

Photo taken is shown above.

Yours sincerely,

MRS DOT PATTON

Dear MGA,

I am writing to you as I feel that my experience with certain drugs might have relevance to the letters from Joyce Batchelor and Steve Bullock in the Autumn 2004 edition. I first got MG in 1957 at the age of 21. I had an exploration which revealed a thymoma. After a thymectomy the MG disappeared and I was on medication for 35 years. Then after a severe bout of flu and an inadvisable dose of Oxytetracycline, it returned devastatingly. I spent 6 weeks in hospital and was in remission, but on Mestinon until July 2003 when the MG returned after several years of severe personal stress. I am still struggling with eye problems and large doses of Prednisilone.

After the 2004 bout of MG my neurologists prescribed Codeine Phosphate for the bowel

problems. I take 1 or 2 30mg tablets per day which eliminates the problem. I also take a sachet of Questran last thing at night which helps a form of IBS which started after a gall bladder operation but might help the Mestinon problem also. I have also taken Azathioprine. My neurologist prescribed it to help me get off the steroids. I have never felt so ill in the whole of my life and I would suggest that this could be the cause of Mrs Bullock's problem and not necessarily the steroids or the Mestinon. After a few doses of Azathioprine , my eyeballs went yellow, I twitched and trembled and I felt so ill I couldn't leave my bed. I live alone and was very frightened, especially as it became worse during the night. I called NHS Direct who said I must stop taking the Azathioprine at once. They kept in touch in case I needed an ambulance.

Since then I have had problems with two other drugs. I now take nothing unless it is 100% required to keep me alive.

I hope my experiences could help your correspondents.

Yours sincerely,

MAUREEN WATKINSON

Picture shows the very popular **Swansea and District Branch social** outing for Sunday Lunch where people enjoyed good food and fine wines.

The Internet and MGA

Those of you who like to surf the Net will be interested in our new MGA Forum. It is now fully functioning and accessible via our main website or you can go to it from this URL:

http://www.mga.superbuilder.net/page/page.cfm/mgaforum.

There are also links from our website direct to Political Wizard where you can send an email direct to your local MP as well as joining our ***Lobbying Campaign*** on line. We strongly encourage you to take part in this as political involvement is extremely important in our fight for awareness of MG.

Dear Readers,

We have had lots and lots of suggestions for a name for our new Rag Doll. They range from cuddly names such as Flopsy, Pollyanna, Rosie etc with many variations on the spellings, to more emotional names such as Hope, Faith, Charity, etc. It was extremely hard to decide but in the end we went with those names that somehow portrayed the initials of MGA whilst at the same time provided a nice name. Amongst these, the most popular was Megan with Mya (various spellings) a close second.

So there we have it. We will now refer to our Rag Doll as **MeGAn**.

As promised the first name out of the hat for those who suggested Megan was Miss Margaret Burke of Warrington, Cheshire who receives a doll as her prize.

Many thanks to all those who took the trouble to write/email us with their suggestions.

If you would like to purchase your own Megan, then please send us a cheque for £5.99 per doll.

Plus P&P of £1.50 (up to 2 dolls).

Say Hello to

MeGAn

Dr. Mary Walker

The third annual 'Dr. Mary Walker Memorial Lecture' took place on Thursday 13th October 2004 at Queen Elizabeth Hospital NHS Trust, London. It is the intention of the Trust to invite speakers of high calibre to talk on a subject of their choice, not just neurology. This year's lecture was given by Professor Sir Graeme Catto, President of the General Medical Council (UK). Professor Catto is also Professor of Medicine at the University of London and Honorary Consultant Physician in Renal Medicine, Pro-Vice Chancellor of the University of London and Dean of Guy's, King's and St. Thomas' Medical and Dental Schools.

Professor Catto's lecture was entitled 'Continuity and Change'. Professor Catto told a packed audience about the need for the medical profession to accept change in working practices and discussed how the General Medical Council had embarked on a revalidation process of all practising Doctors.

The lecture was preceded by a five minute talk by Dr. J. D. Johnston of Queen Elizabeth Hospital. This presentation described how, in 1934, Dr. Mary Walker had discovered that prostgimin tablets may restore muscle function in patients with myasthenia gravis.

J. D. Johnston

Department of Biochemistry & Haematology Queen Elizabeth Hospital, London SE18 4QH

Pictured from left to right are: Maxine Grindley (Education Centre Manager), Professor Sir Graeme Catto, Carol Ford (Education Centre Manager) and Dr. J. D. Johnston (Consultant at Queen Elizabeth Hospital)

(picture used with permission of Medical Photograpy Department, Queen Elizabeth Hospital)

On the wall behind is a photograph of Dr. Mary Walker with Dorothy Codling, a 35 year old chamber maid who had myasthenia gravis and who was the first person to be given prostigmin tablets under the guidance of Dr. Walker.

Gold Rag Doll Award

Marjorie Dix becomes the latest recipient of our prestigious Gold Rag Doll Award.

Alasdair Nimmo on behalf of the MGA Board presented the award to Marjorie in Barnstaple on Wednesday 13th October. She is seen here with Alasdair and some of her friends and fellow members.

Marjorie's award is in recognition of her sterling support of newly diagnosed members, and during her time the raising of over £250,000 from various Trust and Corporate applications. Marjorie achieved this staggering amount back in the days when applications had to be hand written, no luxury of computers then. Once again thank you Marjorie for your wonderful contribution.

Marjorie and Alasdair with friends at the presentation of the Gold Rag Doll award

Nottinghamshire Branch News

At the beginning of 2004 the Branch was awarded £5000 by the Awards for All Scheme. This amount was to spend on videos to be sent to GPs, dentists and opticians in Nottinghamshire.

We started our summer activities with a day trip on a canal barge. The barge is owned by the Peter Le Marchand Trust and is available for hire to groups with disabilities. An excellent lunch was enjoyed at a pub on the canal side at Mount Sorrel before heading back to Loughborough.

In early June we held our annual garden party in Judy and David Cadwallader's lovely garden in West Bridgford. A splendid

cream tea was supplied by Judy and her helpers. Stalls selling books, plants and bric-a-brac all contributed to a grand total of £300 for MG funds. (pic above)

This year our BBQ took place in August and we were very lucky with the weather. About 30 members and friends attended and enjoyed excellent food and company in John & Mary Hawkins' garden. A tombola with items generously donated by the Boots Company helped raise £262.

In October we met at Tom & Mavis Clarke's house for a chat, coffee and cake.

The Eastwood Trust continues to support our Branch with its annual donation of £500 for which we are most grateful.

MARY HAWKINS, *Branch Secretary*

Lothian Branch News

The Annual Garden Party of the Lothian Branch in May was a huge success with beautiful weather and around 100 guests walking around the gardens and sampling teas with home-baked food. This raised a much needed £1,189 for MGA.

Anne Steven of Kilbirnie took part in the Ladies Fun Run and raised £150 and the Branch itself received a grant of £5,000 from *Awards for All* which provides videos to all GPs and Opticians in the Lothian Area. The Provincial Grand Lodge of Midlothian kindly donated £200 following an appeal from one of our members.

Douglas Hogarth, grandson of James who has MG and a constant and generous supporter of our Branch, completed the Great Scottish Run in September in a time of 2hrs 22 minutes and 22 seconds, raising even more funds for MGA. He is seen here presenting a cheque for £880 to May Campbell, Branch Secretary.

New York Marathon

As you can see from the attached picture, the Team MGA (Fred Rose, James Gillies and myself) along with our manager and coach (Gerry Lillie) finally made it! - after the stupidity of New Year when our drunken stupor and male ego got the better of us, and seven months of training and dieting and the evolution of the newer slim line me. The day of reckoning finally came with 40,000 plus people on the start line. 5 hours and 26 miles later, Team MGA crossed the finishing line, all together. What an event and what an atmosphere - plenty of crowds and live/loud music along the way.

It was hard; don't let anyone tell you that it's not. The distance is only one of the obstacles. I didn't realise just how hilly New York was and the inclines up to the 5 bridges are steep. On top of this it was hot - 72°F was the peak temperature.

Mr. Seamus Malone and family organised a sponsored walk in the Carlingford area at the end of October 04. It was a lovely day and everyone who took part enjoyed the event and it was a great success raising 3,320 Euros. Seen here is Seamus with daughter Cliondhna and son Fiachra presenting his cheque to Mary Lane, Secretary of the Dublin Branch. Well done, Seamus!

Finally, there were a number of sections, one particular one in Brooklyn where the roads never seemed to end. This was mental torture when all you can see is a sea of bobbing heads for miles ahead. No marker points just a mass of bodies all going towards a point somewhere on the horizon.

Regards,

ALASTAIR SHAKESHAFT and TEAM MGA

SUBMISSIONS TO THE NEWSLETTER

Please submit articles and photographs well before copy deadline date where possible. Edition deadlines (right) are for guidance only.The printer's resources will often dictate the actual deadline.

Please endorse the reverse of each photograph with a caption and date and include names and locations.

If you wish photos returned please indicate on the reverse and give the address (photographs get separated from covering letters). However, there are **NO guarantees!** as they pass out of our hands during publication. Published articles/letters may be shortened and/or changed to accommodate available space and editorial procedures. MAX SHERMAN, *Editor*

Edition	Copy Needed by Date
Spring 2005	11th February
Summer 2005	13th May
Autumn 2005	5th August
Winter 2005	11th November

Region 8 — Steve Annable — Tel: 01457 766410 E-mail: steve.annable@mga-charity.org

Huddersfield Branch's Hilda Aspden had Lindley Methodist Tuesday club adopt the branch as their charity of the year. Regional organiser Steve Annable gave a talk before being presented with a cheque for £1000 from the group. The branch also had a guest speaker from Kirklees Benefits Advice Information Centre at their October meeting who supplied details of Social Security Benefits entitlements.

South Yorkshire Branch's Terry and Jeanette Harrison from Doncaster staged a grand charity auction raising £500 - well done Terry and Jeanette! Thanks as well to Sue Armitage for making and selling cards for the branch and a welcome to Barry Gregory who was appointed vice chair of the support group.

Brighouse branch had Sandra Simmons and her Arabic Dance Group to thank for raising £90 -thanks also to Nigel and Andrew for their support with MGA collection boxes as well.

The "North West" Regional Conference was held at the Holiday Inn, Bolton in October.

130 people attended to hear Dr. Jon Sussman provide an update of the new drug trial and study for the Greater Manchester area. Welfare officer Jenny Cooper also provided an insight into her role with branches within the region. The conference was hosted by South and North Manchester branches.

Leeds Branch have been busy with Craft Fairs, Square Dances, a garden party and a charity dinner - they are even selling supermarket trolley tokens which has so far raised around £200 - well done to all. Secretary Claire Hunter, whose famous Dad (ex Leeds United and England Star, Norman Hunter) has kindly donated a signed copy of his autobiography and photo to help raise funds for the association.

Cheshire Branch's next meeting will be 27th January at 7.30 pm in Winsford. Call Pam on 01270 760374 for information.

Lancashire Branch staged a folk evening, raising £280 and a joint Charity Dinner in Chipping with the Motor Neurone Society, was a huge success raising over £2,500 for the two charities.

Merseyside's Eileen Evans produces and sells cards for the branch and was busy with a stall at the switching on of the Christmas lights in Skelmersdale and Ormskirk.

Publicos - Drinkers Delights Pubs are planning more Bungee jumps for the New Year in South and West Yorkshire. Raise just £50 and you jump free - Call Steve 01457 766410 for details.

(continued on page 18)

Region 12 — Karen Rynne — Tel: 00353 65683 4444 E-mail: karen.rynne@mga-charity.org

CONGRATULATIONS KAREN

Karen got married recently. We hope to carry more details in the next edition, however we did manage to get a photograph of her on the special day. She is now officially Mrs. Clancy but will keep her name as Rynne, so no need to change any of your contact details at this stage. Well done, Karen. We send you and Padraig all our best wishes and blessings for the future.

Congratulations to Alan Whelan from Waterford who completed the London Marathon on April 18th for MGA. Alan raised over €3000 in sponsorship for the work of MGA. Also to Alec Crosse of Donaskeigh, Co. Tipperary who ran in the Waterford Fun Run on Sept 19th. He raised a total of €1000 in sponsorship towards Medical Research for MG. The Sponsorship was organised by his family: Anne, Adrian and Maria. Well done to all involved and thank you to all who sponsored Alec and Alan for our cause!

Our Guinness World Record Attempt by Gerry Kennedy

Pontins at Camber Sands in East Sussex was the setting of the main venue for our national 'Simultaneous Low Impact Workout and High Five' event.

475 people took to the floor and at exactly 20.40 started the workout - preceded by the 'High Five'.

The event was televised live from Camber by BBC Television South East and this was the second of three live television slots about the events - throughout the evening. As well as achieving massive awareness for MGA with this prime time television coverage - we expect to have created just over £4,000 for MGA and Children In Need, from this one venue alone.

The atmosphere at Camber was 'electric' with everyone, including Pudsey joining in with our attempt. I am delighted to report that I was presented with the 'Guinness World Record Certificate for the High Five', live on TV by Sue Morrison from Guinness World Records.

Copies of the final certificate will be available to us early in 2005, when all the relevant information regarding numbers of participants and venues will be confirmed by Guinness - once our returns have been verified.

This certificate will be the 'real one' and not the generic one presented to me on the big night. (See Front Page). Monies notified to me from my immediate geographical area already totals £16,000 with loads more to come.

I would like to take this opportunity to say a very big THANK YOU to the members of all the branches who have been so supportive to this national event - in their respective geographical areas and to all the participants wherever you are located for your generosity and for your time. I sincerely hope that you all enjoyed the event as much as I did.

Best wishes to you all

Gerry Kennedy, *Regional Organiser*

(Ed. Both photos (here and Page 1) are courtesy of Thor Taylor)

Participants at Camber Sands

Region 7 — Geraldine Kennedy — Tel: 01580 241079 E-mail: geraldine.kennedy@mga-charity.org

Beards For Charity

Congratulations to Gavin Stone who spent a year growing his 'Beard For Charity'.

Gavin has raised the amazing amount of £3,278 for MGA. The money was raised by donations of £2,221.50. Online donations £504.49 and Gift Aid totalling £552.01.

Well done Gavin - THANK YOU and a very Happy 'un-hairy' Christmas from us all in the South region of MGA.

(Ed, and from all of us in MGA too, Gavin)

Left:
The morning after.

Gavin at the Bestival where the beard was shaved off

(Gavin also raised over £300 on the day!)

Gavin's mum is in the middle in the wheelchair.

LiDBA Cycle Ride 2004

On behalf of the Hampshire Branch, Joan Finney was presented with a cheque for £1,156 by LiDBA covering the sponsorship of 29 riders in the MG Team plus a donation of £250 from LiDBA. LiDBA raised a total of £54,262 this year for local charities.

Well Done!

Joan Finney attending the stall at the 2004 LiDBA Cycle Ride with some on-lookers.

Some LiDBA participants

Seen above is Joan Finney with husband, Peter receiving a cheque for £100 from Andy Woodage, Group Scout Leader

(continued from page 15)

Steve Greenway's annual fishing charity challenge raised a record £715 for MGA. 24 people fished at Lowerhouse Lodge in Burnley and winner Brian Pound weighed in at impressive 112lb 15oz, 2nd was Dave Hodgeson and third Darren Foreman. Best junior was Brian's son, Hayden. Thanks to Steve and sponsors Elite Engineering and SBS Electrical.

Sophie Rajraji is doing her bit by persuading her sister and husband Imas and sister to run in the Great North Run for us - thanks also to Ray Eaton from Chester who also persuaded four runners to run for us as well.

North Wales Chair Jean Williams has gained a grant to cover cost of translating MG literature into Welsh - well done Jean.

York and Brighouse branches are putting teams into this year's abseil in Manchester - look out for pictures in next magazine.

Good news for North West - Kate Fraser is the new MG support nurse and will be based at Walton Centre in Liverpool. Her appointment will provide opportunities to improve services for MG patients and families.

The South Wales Branch would like to thank Jim and Pat Dobbin, and Adam and Jeanette Watson for their kind donation of £600. On 8th August 2004, both couples celebrated their joint 40th Wedding Anniversary at Pontins Holiday Camp in Blackpool. The party was a very happy occasion with family coming from all around the UK and believe me everyone enjoyed themselves immensely. Instead of gifts, guests were invited to donate money to 2 charities; MGA and Make-a-Wish and the donations were split equally. Jim and Pat have two lovely grand children, Jimmy (8) and Adam Webster (4) with congenital myasthenia, pictured enjoying the fancy-dress party. Make-a-Wish is a charity for children who live with a life threatening condition such as myasthenia. In 2003 Jimmy was privileged enough to be granted a wish and spent an exciting day out at the Swansea Observatory learning about stars and planets.

GORDON WEBSTER, *Branch Secretary*

Picture: Jimmy and Adam enjoying their grandma and grandad's, and their auntie and uncle's joint ruby wedding party in Blackpool.

(continued from page 2)

Mr. Michael Fallon, MP, Sevenoaks
Mr. Paul Flynn, MP, Newport West
Mr. Don Foster, MP, West Bath
Dr. Liam Fox, MP, Woodspring
Ms. Sandra Gidley, MP, Romsey
Ms. Christine Grahame, MSP, South of Scotland
Mr. Dominic Grieve, MP, Beaconsfield
Mr. Philip Hammond, MP, Runnymede & Weybridge
Mr. Nick Harvey, MP, North Devon
Mr. George Howarth, MP, Knowsley North & Sefton East
Mrs. Joan Humble, MP, Blackpool North & Fleetwood
Mr. James Gray, MP, North Wiltshire
Rt. Hon. Dr. Lynne Jones, MP, Sellyoak
Mr. Norman Lamb, MP, North Norfolk
Mr. David Laws, MP, Yeovil
Dr. David Lloyd, AM, South West Wales
Mr. George Lyon, MSP
Ms. Judy Mallaber, MP, Amber Valley
Mr. Rob Marris, MP, Wolverhampton South West
Ms. Margaret Moran, MP, Luton South
Rt. Hon. Estelle Morris, MP, Birmingham Yardley
Ms. Kali Mountford, MP, Colne Valley
Mr. Colin Pickthall, MP, West Lancashire
Mr. Syd Rapson, MP, Porstmouth North
Mr. Phil Sawford, MP, Kettering
Mr. Andrew Selous, MP, South West Bedfordshire
Mrs. Caroline Spelman, MP, Meriden
Mr. Gerry Steinberg, MP, City of Durham
Mr. Stevenson Stewart, MSP, Banff & Buchan
Sir Peter Tapsell, MP, Lincoln
Mrs. Jenny Tonge, MP, Richmond Park
Ms. Angela Watkinson, MP, Upminster
Mr. Steve Webb, MP, Northavon
Ms. Sandra White, MSP, Glasgow

More to come?

Region 13 — Rita Goldthorp — Tel: 01980 626062 E-mail: rita.goldthorp@mga-charity.org

This edition of MGA News has been sponsored by the Bristol Charities for those members in the Bristol, Bath and North Somerset areas.
Thank you very much.

REGIONAL MEETINGS. The two meetings held recently in Cheltenham and Swansea were a huge success and we thank our members in those areas for all their hard work in ensuring that the day went off successfully. We were delighted that Professor Nick Willcox was able to attend the Cheltenham meeting and Professor Angela Vincent kept the Swansea group spellbound for over an hour. Next year we plan to hold our regional meetings in Plymouth, Bristol and Cardiff.

Sharing the cost and profits. The East Devon and Exeter branch based in Exmouth have teamed up with ***Novi Survat***, a small locally based charity working for the poor in India to organise fund raising events. Sharing the work and the profits will, they hope, make life much easier.

Fashion Shows. The Southwest and South Wales have had good success with fashion shows and sales working with Travelling Trends. The Wiltshire branch recently raised £118 (on top of £92 raised in the summer) and The South Wales branch have already sold £600 worth of tickets for their show in November. The fashions available after the show are top quality at reduced prices so well worth considering this event if you have not already organised one.

Record turn out of walkers. The Horseless Team event attracted a record turn out of walkers this year which is good news for MGA as we will be the recipients of 50% of the profits raised. Don't forget that this is an annual event - 2nd October 2005 is a date for your diary at the Badminton Estate. Our "Runners" get to keep 50% of sponsorship for MGA .

Just Chatting. It has been a busy time in the South West giving talks to Rotary Clubs and Women's groups. If you have contacts with any group who would like to have a talk about MG and our work then ask them to contact me.

Treks and Cycle rides. A fantastic choice of events is now on offer to the strong and healthy to raise funds for our work. Full details available from Rita.

Picture shows Jane Whittingham (Trustee) finishing the Horseless Team Event at Badminton

Some hardy participants

Research Care Education

Please quote our FULL Address **including our name** in all correspondence as shown below.

This address is shared with other companies, so please include the full address as shown, including our name.

Myasthenia Gravis Association
Keynes House, Chester Park
Alfreton Road
Derby DE21 4AS

Tel: 01332 290219
Fax: 01332 293641
Email: mg@mgauk.org.uk

Helplines:
UK 0800 919922
Ireland 1800 409672

Websites:
www.mgauk.org
www.mga-charity.org

Registered Charity No: 1046443

We're on the WEB
www.mgauk.org
and
www.mga-charity.org

The Association does its best to ensure that the information contained in this newsletter and on its website is as complete and up-to-date as possible at the time of publication, but cannot accept any legal or other liability

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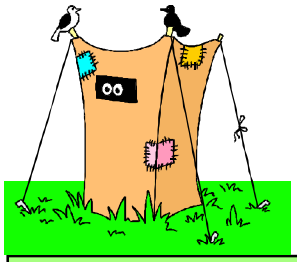

Don't Hide – SUPPORT YOUR CHARITY

200 CLUB WINNERS

Draw August 2004

1st: Mrs Gasken, Newcastle upon Tyne - £60
2nd: Mrs Phillips, Essex- £30
3rd: Mr Gray, Arbroath - £15

Draw September 2004

1st: Mr Noble, Portsmouth - £60
2nd: Mrs Copeland, Malvern - £30
3rd: Mrs Duguid, Banchory, Abdns - £15

Draw October 2004

1st: Mrs Gasken, Newcastle upon Tyne - £60
2nd: Helen Reay, Purley, Surrey - £30
3rd: Mrs Wicks, Angmering, W.Sussex - £15

PRIZE QUIZ

1. Where does Gorgonzola cheese come from?
2. Which canal links the Atlantic Ocean to the North Sea?
3. In which counties are the following to be found?
   - Dover
   - Stonehenge
   - Whitby
4. Which parts of the body are described by the following?
   - A place of worship
   - Another name for a weather cock
   - A measurement of horses
5. Some of the following proverbs may have mistakes - please correct them.
   - Too many stock cubes spoil the broth
   - People in Council Houses shouldn't thrown stones
   - A fish in the hand is worth two in the river
   - A meal in time saves being hungry
6. Which Hotel is Elvis Presley famous for?
7. Which duo sang 'Yesterday once More'?
8. What does a Diva do?
9. A French style 'starter' consisting of thinly sliced raw vegetables with a dip is called?
10. Give the 3 main ingredients of Yorkshire pudding.

Each of the first three correct answers out of the hat will receive a Megan doll. (who is Megan?, I hear you ask - Check out Page 10 for the answer).

Competition closes 18th March 2005 along with our prize Lottery Competition.

Please feel free to send your answer in with your lottery tickets in the envelope provided.