



Breakspear Medical Bulletin

Breakspear Medical Group Ltd, Issue 7

Autumn 2004

Notes on Rheumatoid Arthritis

Rheumatoid arthritis is a relatively modern affliction of mankind and it affects about 1% - 3% of the population. Interestingly, its prevalence is lower in under-developed countries. Commonly rheumatoid arthritis can follow food sensitivities, and bacterial and other infectious diseases can also cause arthropathies. At the onset, sufferers are from a wide variation in age and the severity and degree of joint involvement varies greatly. The patient will experience pain and other signs of inflammation such as heat, swelling, and functional loss. If it not treated, inflammation may spread to additional joints and may lead to

deformity and instability of joints.
There are three major theories



relating to rheumatoid arthritis:

1) Auto-immunity.

Rheumatoid factor present in the blood of patients with rheumatoid arthritis has been shown to be immunoglobulin – an antibody to IgG.

2) Genetics. Rheumatoid arthritis has generally been shown to be more prevalent in families of patients with this type of arthritis.

Evidence seems to point to a weak genetic component; however, common environmental factors may also play a part.

3) Infections. The clinical picture of rheumatoid arthritis is reminiscent of infection. However, at this time, no infective organism has been isolated.¹

It is known that rheumatoid arthritics suffer from multiple deficiencies. One study found pernicious anaemia is five times commoner in

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Breakspear Hospital Trust Official Launch Held at the House of Commons

On 8 July 2004, the official launch of Breakspear Hospital Trust was hosted by the Right Honourable Michael Ancram QC MP, at the House of Commons, London.

Over 70 guests attended including Dr Jörg Carstensen, Medizinischer Direktor of Krankenversicherung Schleswig - Holstein (Medical Director of the Medical Directorate of the Health Insurance Authority, Schleswig—Holstein, Germany) and many members of the press specialising in the medical field.

Breakspear Hospital Trust



Rt Hon Michael Ancram speaking at the Trust Launch.

chairman, Ron White, opened the event with a speech and visual presentation on the objectives of the Trust. He then introduced the Trust's medical advisor, Dr Jean Monro, and host, Michael Ancram.

Michael Ancram's daughter, Lady Clare Kerr, was treated successfully for Myalgic Encephalomyelitis (ME) at Breakspear Hospital and she has written several published newspaper articles on her experience.

The Breakspear Hospital Trust will continue to raise money for further research by Breakspear Hospital and will also help fund visits of patients who would not normally be able to afford the private hospital's treatment.

Visit www.breakspearhospitaltrust.org.uk for more information about the Trust.

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**Breakspear
Medical Group Ltd**

Hertfordshire House
Wood Lane, Paradise Estate
Hemel Hempstead
Hertfordshire
HP2 4FD
United Kingdom

Main switchboard:

+44 (0)1442 261 333

Email:

info@breakspearmedical.com

www.breakspearmedical.com

**Support Breakspear Hospital Trust by purchasing
charity Christmas cards and 2005 calendars.**

Details on page 3

On the Market: Various Immunisations Including Flu Vaccines

By Lorraine Chapman, Specialist Registered Nurse

Vaccinations against influenza (flu) commence 1 October 2004 for protection for the 2004-2005 influenza season.

Protect your children and yourself from getting influenza with our mercury-free vaccines.

Influenza is an acute viral illness of the respiratory tract that can affect all age groups.

The signs and symptoms include the sudden onset of fever (greater than 37.8°C), headache, cough, sometimes a sore throat, muscle aches and often extreme fatigue. Influenza is highly infectious and can spread rapidly. Epidemics occur

unpredictably.

Protect your children and yourself from getting influenza with our mercury-free vaccines for only £15 each.

We also administer mercury-free vaccinations for:

- Diphtheria
- Polio
- Hepatitis A
- Typhoid
- Hepatitis B
- Meningitis
- Tetanus



We can advise on travel vaccination requirements and offer recommendations for particular destinations. We also provide anti-malarial information.

Appointments for travel vaccinations in our vaccination suite can be arranged to fit your schedule

between 9:00am to 5:00pm, Monday to Saturday.

To arrange your appointment, please contact our MMR, flu and travel vaccination appointment desk at +44 (0) 1442 867 280.

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Hertfordshire House

Wood Lane, Paradise Estate

Hemel Hempstead, Hertfordshire

United Kingdom

HP2 4FD

Editor:

Carolyn Northcote Monro

Contributing writers

Dr Jean Monro

Lorraine Chapman

Breakspear Medical Bulletin is a private publication that we hope to produce twice yearly. It is for the promotion of environmental medicine awareness and Breakspear Medical Group Ltd. This bulletin is not intended as advice on specific cases but as a forum of information researched and stored at Breakspear. We urge readers to discuss the articles in this bulletin with their health-care practitioners. Unauthorised reproduction of this newsletter, or quotation except for comment or review, is illegal and punishable by law.

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Did you know...?

The summary of a recent paper by Gilliland, Yu-Fen Li, Saxon and Diaz-Sanchez states "Particulate pollution is associated with the occurrence of asthma and allergy. The model pollutant, diesel exhaust particles, can participate with allergens in starting and exacerbating allergic airway diseases in part by production of reactive oxygen species." The implications of the paper highlight how genetic and environmental factors interact to produce a complex disease. To read the complete paper, visit www.thelancet.com or refer to *The Lancet*, Vol 363, 10 January, 2004.

"Dark chocolate is better for you than you dreamt" read the headline in the *Daily Telegraph*, 30 August 2004. The article stated, "Dark chocolate can have a direct effect on the cells that line the veins and the arteries and could help to reduce heart disease..." The article suggests that chocolate is rich in flavonoids, anti-oxidants that help clean up dangerous, naturally occurring chemicals in the body.

Notes on Rheumatoid Arthritis...

(Continued from page 1)

rheumatoid suffers than in study group controls.² Two-thirds of rheumatoid arthritics have low serum folate levels and increased excretion of formiminoglutamic acid in their urine. One-third have low levels of red blood cell folate. One-fifth have early megaloblastic changes in cells obtained by marrow aspiration.

To overcome nutritional deficiencies, it has been suggested that sufferers should have a high protein diet and that it might be beneficial for it to be gluten-free. Sufferers should have supplements of iron, folic acid, calcium, possibly vitamin K and pantothenic acid. Zinc sulphate may also be useful.

It is possible that parasites may, in some cases, be responsible for infecting joints. In a large group of people who have rheumatoid arthritis affecting the temporomandibular joints, where these joints have been removed surgically, the

tissues were found to be infected with organisms such as Chlamydia (a parasite) and Mycoplasma (a bacterium without a cell wall).³ Rickettsiae have also been suggested as infecting organisms. These are all difficult to identify in sufferers. At Breakspear, we search for Lyme borreliosis, Chlamydia trachomatis, Chlamydia psittaci, Mycoplasma fermentans, Mycoplasma genitalium and Mycoplasma pneumoniae and can treat these with antimicrobial agents.

Breakspear also performs gut function and bacterial and yeast overgrowth tests and assesses nutritional status. We consider food allergies and treat with neutralising vaccines and evaluate environmental factors.

1. Silman A, Pearson JE. Epidemiology and genetics of rheumatoid arthritis. *Arthritis Res* 2002;4(suppl3):S265-272.

2. Anaemia in rheumatoid arthritis. *BMJ* 1969;1:659-60.

3. Henry CH, Hughes CV, Gérard HC, Hudson AP, Wolford LM. Reactive arthritis: preliminary microbiologic analysis of the human temporomandibular joint. *J Oral Maxillofac Surg* 2000;58: 1137-42.

Breakspear Hospital Trust Charity Christmas Cards and Limited Edition 2005 Calendars on Sale 30 October 2004

Why not support Breakspear Hospital Trust by purchasing charity Christmas cards and limited edition 2005 calendars?

The artwork was specially designed by supporters of Breakspear Hospital Trust. The cards are available in two different styles.

The charity cards and calendars will be on sale on 30 October 2004. The A5 cards are available in packages

of 10 with envelopes for £5 per package. The calendars are available for £3.00 each.

All proceeds will be donated to Breakspear Hospital Trust.

Cards and calendars may be purchased from Reception. Orders may be placed in person, by phone or by mail. All delivered orders will be charged a standard postage and packaging charge of £2.00.



Taste of Santa

Greeting inside: *Happy Christmas!*



Three Kings

by Marianne Nash
Greeting inside: *Best wishes for Christmas and the New Year*



2005 Calendars

English countryside photos on easy-to-hang monthly calendar.

Ask Dr Monro

My 13-month-old baby has already had two ear infections. How can I help him to build his immunity?



Most children with recurrent ear infections have allergies. Allergies affect the surfaces of the body, skin, nose, eye, mouth and gastrointestinal tract and bronchi. Things in contact with the body are food, air, water, infectious agents, which are in any of these and in clothing.

It is known that 50% of children have allergies to foods between the ages of one and three. The sensitivities can affect the nose, mouth and throat and there will be inflammation. This occurs because a feature of allergy is swelling and puffiness, following the release of histamine in the nose, which is why antihistamines work.

The best thing to do is to look for the things that can cause allergies. In general, with regard to foods, milk and egg account for 50% of allergies in infants in the first year of life. Thereafter, it is primarily fruits, fish, crab, shellfish, soya, peanut and vegetables that cause of allergies.

As food allergies dwindle by the age of

three to five, often inhaled allergens take over as sensitisers and then one has to consider pollens and dust mite.

The quickest way of minimising recurrent infections is to ensure that tissues in the nose and ears are not inflamed by allergic reactions, and are not swollen. Treat the allergies in the first instance.

The World Health Organisation (WHO) has stated that there is no treatment which can alter the course of allergic disease except immunotherapy, although local treatment, such as antihistamines,

The World Health Organisation (WHO) has stated that there is no treatment which can alter the course of allergic disease except immunotherapy...

can be a useful short-term therapy. Drugs may stop the effect but not the cause. At Breakspear, we provide immunotherapy for children and adults.

To build up a child's immune system, Vitamin A is extremely helpful. The National Institutes of Health in the USA in 2003 stated, "Vitamin A also helps maintain the integrity of skin and mucous membranes that function as a barrier to bacteria and viruses."

A children's multivitamin and mineral preparation can be obtained from Breakspear Hospital. There is a powdered form of this, which can be

mixed with food or drinks for your child.

I am in my mid-thirties and keep getting isolated spots of ringworm. What can I do?

Ringworm is a fungal infection of the skin. Sometimes fungi are present as the normal microflora of the skin. They can act as "allergens" (provoking agent) causing specific IgE antibodies to be formed. These can provoke an allergic reaction causing atopic dermatitis (eczema) in the skin, but they can also affect the body's messenger proteins (cytokines). Cytokines are involved in regulating the immune system.

There are two known general cytokine patterns. These are:

1. Th1 relating to cellular immunity
2. Th2 relating to immunity in the liquid part of the body, which contains antibodies.

The induction of the Th2 pattern leads to more allergies, including food allergies and allergy to inhaled antigens like pollens, house dust mite and animals.

One of the yeasts on the skin which favour the Th2 pattern is *Malassezia furfur*. This is present on 90% of people, but always present in those with poor immunity, people with chronic fatigue syndrome, AIDS and cancer.

(Continued on page 5)

New Thoughts on Allergy, Sensitivity & Magnetic Therapy

How are allergy and sensitivity tested?

There are many different blood tests, protocols, or challenge methods used to determine the substances to which a person is allergic or sensitive.

A blood sample is required for a radioallergosorbent test (RAST). The RAST checks for the amount of specific IgE antibodies in the blood, which are present if there is a classic allergic reaction.

Another method to test allergic or sensitivity reactions is a process called "provocation/neutralisation". This method was refined in 1960 by Dr JB Miller in America and has been used for over 20 million patients worldwide. It involves intradermal skin tests where sequentially lower concentrations of an antigen vaccine are injected just under the first few layers of skin at 10 minute intervals until a satisfactory response is observed. When a satisfactory response is attained, the concentration of antigen vaccine is the "neutralising" dose. This method is more sensitive than the skin-prick test and usually provides more consistent results.

The elimination and challenge method may be used to determine allergies and sensitivities. This method requires the patient to not be exposed to a suspected allergen for a period of time and then it is reintroduced and the patient's reaction evaluated.

To determine food sensitivities, as opposed to classic food allergies, the blood test called ALCAT has been shown effective. The ALCAT system was developed by AMTL Corp (American Medical Testing Laboratories). It is a patented blood test that objectively measures the blood cells' reactions to a foreign substance under conditions designed to imitate what happens when the food is consumed.

It is believed that pulsed electromagnetic fields are able to rectify the abnormal responses that people have to everyday food and chemical encounters. This is critical in the management of patients with chronic inflammatory disorders.

At Breakspear, we undertook research into electromagnetic field therapy using pulsed electromagnetic fields.

Our small scale test was to assess whether patients, after undergoing pulsed magnetic therapy, would react to foods with the same intensity as previously experienced.



Breakspear Hospital's own Magnoter D26.

The first step was to conduct the ALCAT blood test for sensitivities on each of the 5 patients. This involved taking a blood sample and sending it to the AMTL Corp laboratories for evaluation on the 100 foods on the food panel.

We then exposed the 5 patients to 1 hour's treatment on our Magnoter D26 and conducted a second ALCAT test on each of the 5 patients.

We continued to treat the patients with the pulsed magnetic therapy for 1 hour per day for 1 week and then repeated the ALCAT test for the third and final time.

Of the 5 patients tested, the results for Patient E were not able to be interpreted. The results of the panel of 100 foods for the 4 interpreted patients are as follows:

Patient A— initially reacted to 25 of 100 foods. After 1 hour's treatment, the number of reactive foods was reduced to 22. After 1 week of therapy, the number of reactive foods was reduced to 11 out of 100.

Patient B— initially reacted to 30 of 100 foods. After 1 hour's treatment, the number of reactive foods was reduced to 21. After 1 week of therapy, the number of reactive foods was reduced to 7 out of 100.

Patient C— initially reacted to 22 of 100 foods. After 1 hour's treatment, the number of reactive foods was reduced to 14. After 1 week of therapy, the number

of reactive foods was reduced to 9 out of 100.

Patient D— initially reacted to 11 of 100 foods. After 1 hour's treatment, the number of reactive foods increased to 12. After 1 week of therapy, the number of reactive foods increased to 16 out of 100. We hypothesise that Patient D had developed a viral infection between the post and final tests, which may explain the lack of improvement measured.

The results clearly show that 3 of the 4 patients show a remarkable improvement on the ALCAT results after receiving electromagnetic therapy.

For over 15 years, the University of Saarbruecken Institute of Biology in West Germany has undertaken research establishing the physiology as well as the therapeutic benefits of these electromagnetic therapy treatments. Other references on electromagnetic therapy are available upon request at the Breakspear Hospital.

This equipment can also be adapted for use with great success for people with the following conditions:

- Arthritis
- Arthropathies
- Sports injuries such as bruises, pulled or torn ligaments and muscles, tennis elbow
- Delayed wound healing
- Headache and migraine
- Heart and circulatory diseases, circulatory disturbances
- Metabolic disorders
- Neuralgia
- Bronchitis and sinusitis, both acute and chronic
- Acute inflammations
- Bone union and non-union healing
- Idiopathic necrosis of the femoral head (Perthe's disease)
- Osteoporosis
- Severe peripheral circulatory disorders including gravitational ulcers
- Sudeck's atrophy (Osteoporosis following trauma)

Tribute to Long-time Breakspear Nurse, Margaret King, 1935-2004

By Alister Monro, Managing Director

Margaret joined our team in the very early days, some 22 years ago. In those days the clinic operated in a glorious muddle.

At that time, none of the staff worked to a job description and everyone turned their hands to cooking, cleaning, making vaccines, answering the phone and dispensing pharmacy.

Margaret was right in the middle of all this. She helped to develop and perfect many of the treatment protocols we use at Breakspear today.

Most of Breakspear's clinical nursing staff were trained by Margaret. She was a gifted teacher and taught kindly and naturally by example - making it look easy, whilst working at hectic pace.



'Our' Margaret with her arm around fellow long-time Breakspear nurse, Elsa.

Margaret made time for everybody. She looked after her own patients and made a point of greeting and befriending all the other patients as well.

She was an expert in our field of medicine and was a stalwart of our facility.

Margaret was always caring, always supportive, always helpful and always there with a swift quip and a ready smile.

She had the rare ability to make people feel cared for and cherished. She was always there with an arm around a shoulder for Breakspearians when they needed it.

For more than two decades Margaret gave part of herself to all of us and every one of her patients.

She was our dear friend and she lives on in all of us. We have dedicated a ward to 'our' Margaret.

Celebrating the Life of Lasker Award Winner, Professor Ronald Finn

Professor Ronald Finn was a staunch supporter of Breakspear Hospital. He often visited us at each location where we have worked and he became the academic medical supporter of the *Environmental Medicine Foundation* for many years.

He took the trouble to speak to the *National Institute for Clinical Excellence* for us, visited the House of Lords for meetings and was an enormous help globally in environmental medicine.

For posterity it should be known that he was one of the most eminent doctors the United Kingdom has ever produced. He

saved millions of lives after his discovery of the problems of Rhesus disease and protecting children from the consequences of immune dysfunction.

Professor Ronald Finn was a staunch supporter of Breakspear Hospital.

He was honoured for his achievements with the equivalent of the Nobel Prize for environmental medicine, the prestigious American Lasker Award.

His work resulted in a Chair being

named in his honour at Liverpool University and he is regarded as having been one of the giants of medicine in the UK.

Professor Finn died recently and our Dr Jean Monro was privileged to present a tribute to him at a Commemorative Ceremony on 9 September 2004 in Liverpool. Dr Monro met Professor Finn in 1978 shortly before they became founding members of the *British Society for Clinical Ecology*. This society was inaugurated in 1985 and later became the *British Society for Allergy, Environmental and Nutritional Medicine*.

Ask Dr Monro...

(Continued from page 3)

It causes conditions such as:

- Seborrhoeic dermatitis (greasy patches around nose and lips)
- A condition called pityriasis versicolor (brown pigmented blotches)
- Folliculitis (skin pustular infection, like acne spots)
- Blepharitis (crusty infection of eyelids)
- Dandruff

Other fungi include:

- Tinea species
- Trichophyton
- Microsporium

These are called dermatophytes. They cause

disease named for the site of infection – skin, hair and nails. Some dermatophytes are listed below:

Site	Result
<i>Tinea capitis</i> (scalp)	<i>Scales on scalp, hair loss, or Alopecia (no hair)</i>
<i>Tinea cruris</i> (groin) <i>Tinea corporis</i> (ringworm)	<i>Itching skin lesions</i>
<i>Tinea pedis</i> (feet)	<i>Athletes Foot</i>
<i>Tinea barbae</i> (beard)	<i>Itchy rash on face</i>
<i>Tinea unguium</i>	<i>Onychomycosis – nail hardening and thickening</i>

For diagnosis one should undertake sampling, microscopic examination and

culture, and a Wood's Lamp examination. A Wood's lamp examination entails shining an ultra violet lamp on the area of interest and observing if colours are fluoresced. Different colours such as yellow-green, blue-white, dull green or yellow indicate different infections.

For treatment, one should use a systemic or topical treatment of antifungals such as:

- Oral Griseofulvin
- Oral Conazoles
- Topical treatment, which unfortunately is often ineffective
- Selenium sulphide shampoo, and others

One needs to look at immunity generally, as immuno-compromised people are vulnerable. Get a doctor's advice for treatment, as some antifungals can be dangerous in pregnancy and other conditions.

Giving Thought to Everyday Things

Many people don't have to give a second thought to the everyday products that they purchase and use.

But some of us can't buy products just anywhere.

Breakspear Pharmacy has put together a collection of everyday products that we've selected as wise choices for sensitive people.

Call us: + 44 (0) 1442 266 244.

Call our Pharmacy Department between 9:00 am and 4:30 pm, Monday to Friday. Outside those times, you may leave your telephone number and we will call you back.

Send a fax: + 44 (0) 1442 266 388.

Please write a note, stating which products you would like to purchase, including your credit card details and daytime phone number in case any details have not printed clearly.

Write a letter: Breakspear Pharmacy, Hertfordshire House, Wood Lane, Paradise Estate, Hemel Hempstead, Hertfordshire HP2 4FD United Kingdom

Please write a note, including your credit card details or enclosing a cheque. Please make cheques payable to "Breakspear Hospital" and print your name, address, telephone number and cheque card number on the reverse of the cheque.

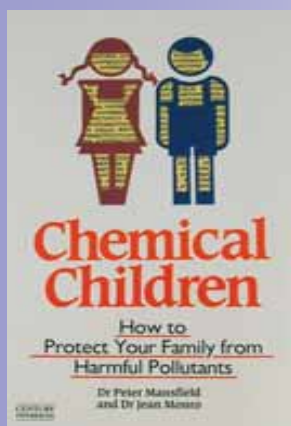
Or come and visit us at Breakspear Hospital!

*All prices are inclusive of VAT, where applicable.**

All delivery orders will be charged a standard postage and packaging charge of £4.50.

Please allow up to 4 weeks for delivery.

**Breakspear Medical Group reserves the right to change prices without notice.*

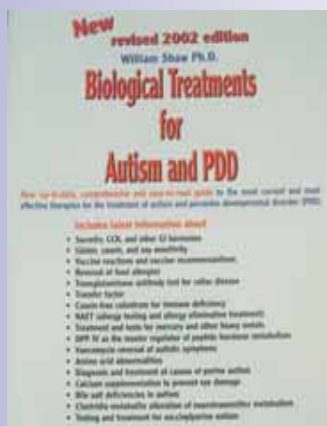


Chemical Children

By Dr Peter Mansfield & Dr Jean Monro

A detailed survey of the insidious influences on our environment, case histories and positive advice on what you can do to combat the modern menace to our chemical children.

£4.50

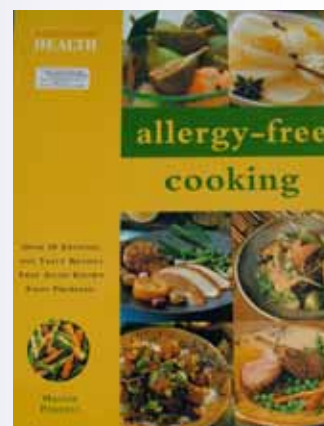


Biological Treatments for Autism & PDD

By William Shaw, PhD

New comprehensive, easy to read guide to the most current, effective therapies for the treatment of autism and pervasive development disorder (PDD).

£19.50



Allergy Free Cooking

By Maggie Pannell

This popular cookbook has over 50 enticing and tasty recipes that avoid known food problems.

£6.00



Crimpers

Hypo-allergenic shampoos and conditioner, particularly suitable for sensitive scalps.

Frequent Wash	£ 2.95
Dry/Damaged	£ 2.95
Conditioner	£ 2.95



Kingfisher Natural Toothpaste

Fluoride-free toothpaste available in fennel and mint flavours.

Toothpaste (50ml)	£ 1.29
Toothpaste (125ml)	£ 2.68



Bio D Washing Powder

Phosphate free, allergy tested, concentrated non-biological washing powder. 2kg bag.

Washing powder	£ 5.89
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Bio D Fabric Conditioner

Natural, biodegradable and safe concentrated fabric condition in recyclable 1L bottle.

Fabric Conditioner	£2.10
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Bio D Washing-up Liquid

Allergy-tested, ethically sound and concentrated washing-up liquid.

Washing-up Liquid (1L)	£ 1.78
Washing-up Liquid (5L)	£ 7.44



Epsom Salts

An effective way to absorb magnesium sulphate is in your bath. Simply add 2 tablespoons to your bathwater daily. 3kg bag.

Epsom Salts	£6.83
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Clearance sale!

Limited selection of anti-allergy fitted mattress covers and duvet covers must be cleared.

10% off regular price.

Offer only available while stock lasts.

		Regular Price:	Sale Price:
Fitted Mattress Cover	Single	£ 24.50	£ 22.05
	Double	£ 27.50	£ 24.75
	King	£ 32.50	£ 29.25
Duvet Cover	Single	£ 26.50	£ 23.85
	Double	£ 34.50	£ 31.05
	King	£ 46.00	£ 41.40



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Hertfordshire House
Wood Lane, Paradise Estate
Hemel Hempstead
Hertfordshire
HP2 4FD
United Kingdom
www.breakspearmedical.com

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How To Find Us

By Road

From M25—(clockwise) Exit Junction 20, take A41 to Hemel Hempstead. Exit and follow signs for Town Centre. At large (Plough) roundabout, take Exit A414 (M1). Take second left turning (Wood Lane).

Or

From M25—(anti-clockwise) Exit Junction 21 and take M1 Northbound, then exit Junction 8, Hemel Hempstead. Follow the dual carriageway towards Town Centre, across 4 roundabouts. Then at the fifth roundabout, U-turn back up the dual carriageway and take second turning left (Wood Lane). M1—Junction 8 Hemel Hempstead, as above.

By Rail

There are regular trains from London Euston on the Northampton Line to Hemel Hempstead (approximately 25 minutes from London). There is a taxi rank at the station (approximately 2 miles).

Notice Board

The *Bristol Cancer Help Centre* is a leading UK charity support centre with a holistic approach to cancer care, Registered Charity No 284881. They offer courses and workshops for healthcare professionals and complementary therapists. For more information, visit www.bristolcancerhelp.org or call their national telephone helpline 0845 123 23 10.

An excellent book entitled '*Pantheon*' (ISBN: 1-85776-890-6) by James Heginbotham, a chronic fatigue patient of Breakspear, is now on the market.

For more information about this book, the author's illness and his treatment at Breakspear Hospital, visit www.jamesheginbotham.co.uk



On 28 August 2004, Emma Hicks, from Accounts, married Steve Wright at St John's Church, Boxmoor, Hemel Hempstead. The well attended reception was held at Lockers Park School, Hemel Hempstead. Shortly after the reception, the couple left for their honeymoon in Florida, USA.

It is with sadness that we inform you that long time Breakspear patient, Irene Waller, died on 7 March 2004. Irene was a joint founder of the *Colchester ME Self Help Group* and worked tirelessly to ensure that ME sufferers had support and help. She inspired hope in every other patient at Breakspear and will be missed by all.

A poem composed in fond and amusing memory of loyal Breakspear volunteer, Joyce Keller.

Rejoice For Our Joyce

She was known as the Champion of Breakspear
Her causes were fought far and wide.
If you wanted support
Or a quick-fire retort
Be advised to have had Joyce on your side!

Her letters to the PM were legend
His Office could never repel her.
And why did Campbell resign
It's heard on the grapevine
For fear of the near of Joyce Keller!

Her kind deeds and thoughts were boundless
Her generosity knew no limits.
A new Breakspear was her aim
(Subject to Lottery gain!)
Which was only when and not if she'd win it!

Excuse me! With respect! Were her
trademarks
As sceptics and critics were put right.
So if late you should hear
A voice — have no fear —
It'll be our Joyce in the night!

- Richard Rogers, Architect