

INFORMATION

Inflammatory Neuropathy Support Group of Victoria Newsletter



26 Belmont Road, Glen Waverley
Victoria, 3150, Australia
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Newsletter of the 'IN' Group: THE INFLAMMATORY NEUROPATHY SUPPORT GROUP OF VICTORIA INC., supporting sufferers from acute Guillain-Barre` Syndrome (GBS) & Chronic Inflammatory Demyelinating Polyneuropathy (CIDP) and other Inflammatory neuropathies.



ANNUAL CHRISTMAS LUNCHEON & DUTCH AUCTION

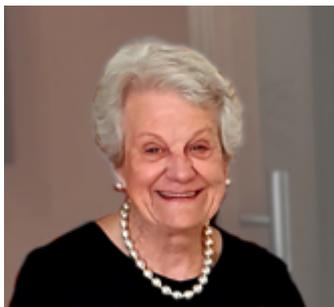
12 noon SUNDAY 4th DECEMBER 2022

Ashburton Library,
154 High Street, Ashburton

BUFFET LUNCH - \$20pp **RSVP - ASAP** to
Margaret on 9802 5319 or douglawrence26@optusnet.com.au

As our major fund raiser for the year, a wrapped gift for the Dutch Auction with a tag indicating value to aid the Auctioneer would be greatly appreciated.

Come along and enjoy an excellent buffet lunch with lots of fun and good company.



PRESIDENT'S REPORT TO AGM

I wish to thank the IN Group members for the pleasure I receive as President of such a caring group.

The last few years have been a great strain and worry for so many people. We are now able to have meetings and support our members, but we all have the COVID worry at the back of our minds. Being able to have our general meetings and the Christmas 2021 function has been our way back to normal.

At our first meeting this year we had Lauren Merakis, Dietitian and Nutritionist speak and our second speaker this year was Dr Nicholas Crump, Head, Neurodiagnostic Laboratories at Austin Health.



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I wish to thank all our members for their amazing donations. These enable us to assist the research at The Royal Children's Hospital and we also have money ready to donate to the research by Nick Crump.

We are very thrilled to welcome Margaret Wilson as our Newsletter Editor. Margaret has very kindly taken over this extremely big job and I thank her very much for stepping into the position.

My big thanks also go to the wonderful Committee, they are a wonderful, caring support to me.

The Committee will remain the same except for Neil McCoy who has stepped down but will remain ready to assist, especially with computer work.

With my best wishes to you all for the coming year.

Margaret Lawrence
President

TREASURER'S REPORT TO AGM

For the twelve months ended 30th June 2022

Income for the year was down by \$4923 with the major movements being subscriptions down \$540 and donations down by \$5946.

These movements were partially offset by the receipt of the State Government Grant of \$1019. This was a timing difference of the receipt of the grant.

Expenses overall were lower by \$771 with no expense items of major differences.

Net Result for the year was a cash surplus of \$5610 and when added to the carried forward balance from the previous year, the Equity as at 30th June 2022 was \$20127.

I wish to thank all members once again for their support during the this most difficult year.

Doug Lawrence
Treasurer

COMMITTEE FOR ENSUING YEAR

The following members were elected unopposed:

President	Margaret Lawrence
Vice President	John Burke
Secretary/Treasurer	Doug Lawrence
Minute Secretary	Mary Clarke
Committee Members	Melva Behr, Gwen McInnes, Brian Boyd,



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Speaker 25th September 2022 meeting.
Written from notes and a recording taken at the presentation.



Dr Liam Burke
Bachelor of Health Science/Bachelor of Applied Science
(Chiropractic), RMIT University, Australia, 2019
Registered Chiropractor

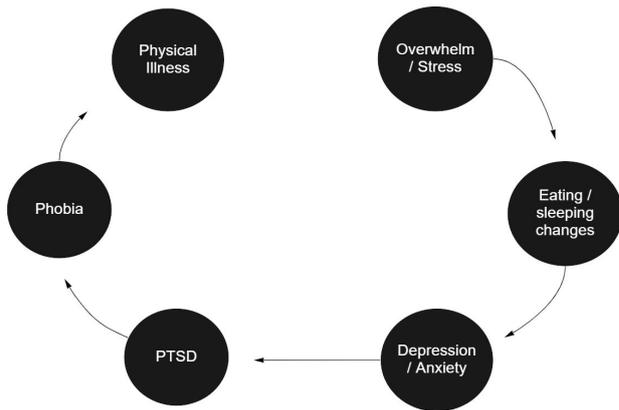
Dr Burke educates on the simple cycle your body takes to get to illness. He practices at Camino Chiropractic Centre in Mordialloc, where he helps clients with neurological issues..

Liam’s professional interest is in a not so well known branch of chiropractic medicine; alleviating tension and overwhelm using gentle approaches.

Following graduation, Liam travelled overseas to gain experience and was shocked to see the troubles patients had with accessing health care systems and the unnecessary stress this placed on them. Sadly, it is a situation not unique in a global sense.

His presentation centred on assisting us to understand the relationship between long term, chronic health issues, the body and the way stress starts, so that we will be able to identify when and how the body becomes stressed and have a tool to help this recognition.

Everyone’s stress begins in the body – you get a bit of an early warning that things are not quite right.



Stress manifests via the brain – a feeling of anxiety tiredness, tightness in the chest, eating and sleeping habits altered etc. and locking up emotions can lead to post traumatic stress disorder.

It is important to get appropriate medical professionals around you to help co-ordinate your treatment – the full spectrum of expertise so you come away with an understanding of how

you can help yourself. Have an awareness of what is going on and how you can prevent the build-up of stress.



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Liam handed out a stress evaluation form and asked those present to participate by ticking all of the symptoms they were experiencing or had experienced, and then talked about evaluating how we can bring these physical and mental stresses back to neutral.

Stress	Stress Free	Stress
<ul style="list-style-type: none"> Constipation Difficulty waking Poor concentration Low energy Unmotivated Disorganised Body seeming heavy 	<ul style="list-style-type: none"> High physical energy Good immune system Reduced heart rate Relaxed muscles 	<ul style="list-style-type: none"> Irritable bowel High blood pressure Cold hands or feet Difficulty sleeping Teeth grinding Muscle tightness Tightness in the chest

It's important to train yourself to concentrate on how to ease the tension and relax your body. To learn how to separate out your thoughts from those things going badly against asking to what you can do to ease them. Members found it a very interesting exercise and food for thought. Repetitive yes, but it's important to have your eye set on where you want to go and work towards that.

Posture plays an extremely important part in this process - a fact recognised in *World Spine Day* - sponsored in Australia by the Australian Chiropractic Association and this year held on 22 October where the slogan was "Every Spine Counts" and everyone exhorted to 'Straighten up', 'Just start walking' and 'Find a Chiro'.

When working in Tanzania Liam could see that spine health was literally a life and death situation in that country. Not surprisingly spinal health is the leading cause of disability around the world. Good health starts with posture. When you look after your spine, you look after your brain which leads to better controlled breathing and a more relaxed body. Do take the opportunity to seek assistance with finding out about posture health.

Discussion then centred round members comments and personal experiences.

Other people can give or cause stress, and it takes effort to be able to set the causes aside and concentrate on what you can do for yourself. Positive thinking plays a huge role - don't think what you can't do, but what you can do – particularly when in a chronic physical situation. Concentrate on the abilities you have.

People do many and varied things to relax or to let off steam when things build up and it is important to have that type of safety valve.



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One difficult thing is to realise you have to come to terms with your situation, perhaps unconsciously, and accept it. Once you can do that, it is easier to address the matter of what can be done.

One way to reduce stress is to teach yourself to react positively to trigger thoughts or sayings such as “take a deep breath” which allows you to figuratively step back from what is causing the tension - training yourself to prevent getting stressed by recognising those signs which can lead up to such situations and nipping them in the bud.

Good friends can also help by perhaps looking at the situation in a different way which can allow you to understand how to deal with stress.

Physical pain stress is different from mental stress, but mental stress usually builds from an initial physical stress so learning how to categorise your physical pain and then determine how to deal with it is really important. Of course, both physical and mental stresses can be evaluated at both levels.

Some of the ways we can deal with the problem/s is by participating in exercise classes, practising controlled breathing and in positive thinking. Seeking advice from professionals on how to obtain the skills to put these actions into practise and take control is the key.

Support groups are also a huge resource to assist you in your journey. Networking with others who understand your trials can in itself be a way of spreading the load.

It’s impossible to fix the world’s problems caused by other people so don’t spend time fretting about things you can’t control.

It is important to give yourself permission to care for your own body – this does have a hugely positive effect.

With ageing we can notice that our posture is not as erect as it used to be – maybe just part of the normal physical ageing in humans, but we can take it as a need to be alert to telling yourself to ‘sit up straight’ – just another way to be in control as much as is possible.

At the conclusion of the discussions, Liam was presented with a gift of ‘stress relief’ with thanks.

DATES TO REMEMBER

We don’t have confirmed dates for our meetings in 2023 as yet, but they are usually held in March, June, September (AGM), and December (Christmas lunch)



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If you have not yet renewed your membership, please use this form.

Membership 01.07.2022 – 30.06.2023

Name :	
Address :	
Suburb :	
Postcode :	
Mobile :	
Email :	

To receive your Newsletter by email please send an email to John@bal.net.au

ITEM	EACH	PAYABLE
Annual Subscription (due 1st July each year)	\$15	
The Guillain-Barre` Syndrome Patient in Intensive Care	\$3	} Currently
A Road to Recovery – A - Z	\$6	} out
Boy, Is this Guy Sick. Booklet	\$2	} of
Recipe Book	\$16	} Stock
Donation to support Medical Research (\$2 or more is tax deductible)		
tick here if a receipt is required →		
TOTAL ENCLOSED a cheque/money order (payable to The IN Group)		

Thank you! Please forward this form along with your payment to:
The 'IN' Group, 26 Belmont Rd., GLEN WAVERLEY 3150
or you can pay directly using the following information:

	BSB / Account:	063 142 / 1000 6285
	Account Name:	The IN Group
	Important!	Include <u>your name</u> in the "Description / Reference". Also, include info@ingroup.org.au where an email field is made available for the transaction.

Disclaimer: Information presented in "INformation" the Newsletter of the Inflammatory Neuropathy Support Group of Victoria Inc., is intended for information only and should not be considered as advising or diagnosing or treatment of Guillain-Barre Syndrome, CIDP or any other medical condition. Views expressed in articles are those of the authors and do not necessarily reflect the opinions or Policy of The IN Group.



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