

Spine Tingles

Newsletter of the Scoliosis Support Group of Qld Inc.

February, 2006

Afternoon Tea



**37 Oleron Tce
PETRIE**

**Saturday 4 March 2006
2.30pm**

Scoliosis Support Group of Queensland Inc

Inc Number IA17199

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This newsletter is published
quarterly, normally before a social
gathering or meeting.

Warning:

Information published in this
newsletter represents views of the
authors and is not to be seen as a
recommendation or the views of the
Support Group. We aim to inform
our members of as many options as
possible. It is the responsibility of
individual patients to decide on their
treatment in consultation with their
doctor.

Attention: All Members with Email!

Many members provided an email address on their original registration form, but it has become obvious to us that some of these addresses are no longer current. Also, it is likely that other members now have an email address when they originally did not.

Email is a great way for members to give support to each other. It is convenient, and inexpensive, and provides a degree of privacy. Often we are asked by callers “who can I talk to who is going through, or has been through, a similar experience”, and it is helpful to provide an email address as well as a phone number.

We aim to update our membership register with current email addresses. To achieve this, we ask that you please send us a message (including your name) to:

info@scoliosissupport.org.au

N.B. No email address will be divulged unless the member has answered “YES” to the following question on our membership form: *Are you willing to be contacted by other members who are seeking support?*

Our Brochure in Samoan

Included with this newsletter is a photocopy of the draft version of our information brochure in Samoan.

Translation and typesetting was provided by SBS Language Services for the cost of \$660.00. We will have 3000 copies printed for the cost of \$822.80, making the total cost of the project \$1482.80.

The finished product will be similar in appearance to the yellow-coloured English language version. A PDF version of the brochure will be available on our website.

We will make submission to Queensland Health for supplementary funding for further translations.

Would you like to dispose of this photocopy in a useful manner? Please pass it on to a local primary school, community health service, or community child health service, and encourage them to contact the Support Group for copies.

An interesting equation:

111,111,111 x 111,111,111 = 12,345,678,987,654,321

MedlinePlus ... a Reliable, Non-commercial Source of Health Information

<http://www.medlineplus.com/>

MedlinePlus features over 700 topics on conditions, diseases and wellness.

The Scoliosis page contains links to 15 fact sheets published by various associations and foundations, on various aspects of scoliosis,

Also available on MedlinePlus is a medical encyclopaedia which contains pictures and diagrams, and a medical dictionary.



English is a Crazy Language, for example ...

- The bandage was **wound** around the **wound**
- A farm is used to **produce produce**
- The dump was full and it had to **refuse** more **refuse**.
- We must **polish** the **Polish** furniture
- The soldier decided to **desert** his **dessert** in the **desert**
- Since there is no time like the **present**, I thought it was time to **present** the **present**
- I did not **object** to the **object**
- The insurance was **invalid** for the **invalid**
- There was a **row** among the oarsmen about how to **row**
- They were too **close** to the door to **close** it
- The buck **does** funny things when the **does** are around
- A seamstress and a **sewer** fell down into a **sewer**
- To help with planting, the farmer taught his **sow** to **sow**
- The **wind** was too strong to **wind** the sail
- After a **number** of injections my jaw became **number**
- I shed a **tear** when I saw the **tear** in the painting
- I had to **subject** the **subject** to a series of tests

Afternoon Tea



McIntyre Residence
37 Oleron Tce
PETRIE QLD 4502

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Map Reference:
UBD 88 E19

Look for the Support Group
Banner!

Refreshments will be provided.



Please ...
Don't forget to send us
an email. That way we
will have your correct
email address!

Books Available for Loan

We have a collection of books which may be borrowed by members. The support group will pay for postage out, on the understanding that the member pay for return postage. The loan period is one month, which can be extended on application, providing the book is not required by another member.

Scoliosis : ascending the curve / Brooke Lyons.

New York : Evans, 1999.

x, 306 p. ISBN: 0871318830

Contents: An unexpected curve in fate's path – What is scoliosis? – Bracing: the conservative treatment option – Scoliosis heroes – Surgery: when it comes to this – Indications for surgery – Surgical complications – Denying your scoliosis and refusing treatment – Pain management techniques for scoliosis patients – How to cope with physical challenges and stigma on a daily basis – Every patient needs support – Building self-esteem – Searching for the genetic cause.

The scoliosis sourcebook / Michael Neuwirth and Kevin Osborn.

Chicago : Contemporary Books, 2001.

xiii, 256 p. ISBN: 0737303212

Contents: What is scoliosis? – The importance of early detection – Braces: options and opinions – If surgery becomes necessary – Preparing yourself for surgery – What to expect in hospital – Recovering from scoliosis surgery – Degenerative scoliosis.

Scoliosis surgery : the definitive patient's reference / David K. Wolpert.

Austin, Texas : Swordfish Communications, 2003.

xiv, 169 p. ISBN: 0974195502

Contents: Scoliosis demystified – Understanding spinal fusion – Alternatives to surgery – Planning surgery – Preparing for surgery – The hospital experience from admission to discharge – Recovery, coping, and getting on with your life.

Stopping scoliosis : the whole family guide to diagnosis and treatment / Nancy Schommer. 2nd ed.

New York : Avery, 2002.

194 p. ISBN: 1583331212

Contents: What is scoliosis? – Keeping the odds in your favour – Nonsurgical treatments – Surgical treatments – Undergoing surgery – Adult scoliosis – Scoliosis on the World Wide Web.

For young people:

Deenie : [a novel] / Judy Blume.

Growing up with scoliosis : a young girl's story / written and illustrated by Michelle Spray.

Harry scores a hat trick with pawns, pucks and scoliosis / Mary Mahony.

There's an "S" on my back / Mary Mahony.



An Irish Blessing

May there always be work for your hands to do;
may your purse always hold a coin or two;
may the sun always shine on your windowpane;
may a rainbow be certain to follow each rain;
may the hand of a friend always be near you;
and may God fill your heart with gladness to cheer you.