

<b>Regional Group</b>	<b>Bournemouth</b>
<b>Location</b>	<b>The Grove Hotel</b>
<b>Date</b>	<b>28/02/2018</b>



Coordinator names	1 Tess Brown 2 Gordon Brown 3. Ruth Rouquette 4. Guy Rouquette	
Discussion Themes	Fatigue and MDS Travel Insurances	
Total number attendees	20	
Names attendees present	1) J 2) Gordon 3) Tess 4) K 5) J 6) P 7) E 8) L 9) L 10)N	11)M 12)R 13)J 14)I 15)P 16)R 17)R 18)Ruth 19)Guy 20)R
Agenda	1. Share experiences in dealing with their disease, concerns, advices etc. 2. Discussion about What is fatigue? What are the sources of fatigue? and how to cope with fatigue? 3. Group discussion on travel insurances for MDS patients	
Minutes	<p>1 Discussion between members We welcome three new members who described their respective experiences with MDS and with various comorbidities. This enabled us to discover that we had three participants who had had successful stem cells transplants: one 24 years ago, one 10 years ago and one 3 years ago and were able to compare their experiences. We had also updates on the health conditions of various participants with the common references of EPO and G-CSF injections, transfusions and the cases of patients who have not yet come to grips with their treatment.</p> <p>2 Fatigue As a starting point for our discussion, we showed ta 10 minutes youtube video by Dr. Mike Evans, Associate Professor of Toronto University on <i>Fatigue and Cancer</i>. The video is excellent but covers a lot in a very short time. The remaining of the time on this subject was therefore used to make sure that the participants had some clear takeaways on this question with a particular focus on what to do to manage one's fatigue: exercise, plan, pace, prioritize activities etc.</p> <p>3 Travel Insurances for Individuals suffering from MDS We started with a list of insurance companies the members of Macmillan Cancer and MDS UK support groups reported on their respective forums as particularly competitive for cancer/MDS patients. There was nothing particularly new here except for the inclusion of two institutions in this list:</p>	

	<p>the <i>Eurotunnel insurance company</i> which is reported to be willing to provide coverage at attractive rates subject to one's doctor confirming that at the time of purchasing the insurance or booking the journey (whichever is later) that</p> <p>You are fit to travel</p> <p>Your medical condition(s) is stable and there is no sign they will get worse</p> <p>You have not been diagnosed as suffering from a terminal illness</p> <p>You do not know that you will need medical treatment or consultation at any medical facility during your journey</p> <p>The other company. which offers attractive cover for <u>previous armed force and civil servants</u> only is the <i>Force Pension Society</i>. Cover is offered as long as</p> <ol style="list-style-type: none"> <li>1. Your pre-existing conditions are not terminal</li> <li>2. You are fit to travel</li> <li>3. There are no psychological issues</li> </ol>
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<b>Next meeting:</b>	July 4th, 2018 from 10.30am to 1.00pm at The Grove Hotel Bournemouth
<b>Topics:</b>	Sally Killick, consultant in hematology at the Royal Bournemouth Hospital will join us