

atters

■ A FOUR-YEAR-OLD boy has been praised for calling 999 when his mother had an epileptic seizure.

Brealyn Adams made the call when his mother Kathryn

suffered the seizure at their home in Ashby-de-la-Zouch, Leicestershire, in May.

The young hero was later presented with a certificate, toy ambulance and a teddy.

■ Beryl and Bill Jones are grateful for her recovery from cancer.



tired, which isn't at all like me, because I'm very sporty, outgoing and generally full of life.

"And one day, I picked up my grandson, who was five at the time, and I felt a twinge.

"I kept getting something like a stitch and I thought I could feel a lump at the bottom of my stomach.

"Mr Malik said he was almost 100% sure he'd removed it all, so I didn't

have to have any follow-up chemotherapy and six years down the road, I'm still wonderfully fit and well.

"He did tell me I would never wear a bikini again, but that's the least of my worries!"

'unknown' killer cancer

"The survival rate is truly shocking and the Holy Grail is early, accurate diagnosis because without that, people miss the opportunity for surgery which is the only potential cure," Helen adds.

"For a year or two, you've probably felt not particularly well at times, a little bit of pain here and there, but it's a very insidious disease.

"The symptoms can seem vague and non-specific but by the time you get jaundiced and itchy, you're probably stage 3 or 4 and that's too late.

"It truly is a devastating disease — people get their diagnosis and feel relatively well but in three or four months, that's it — so what GPs must do is run liver function tests.

"The surgery is about as major as it gets.

"You're probably going to lose a third to a half of your liver, you'll more than likely lose your common bile duct that links your liver and intestines, and obviously your gall bladder.

"There'll be massive reconstruction work done — some people lose part of their stomach — and there'll be a huge resection and replumbing of that area.

"You can be on the table for 12 hours, but it's the only potential cure so that's why we're looking to get as many people who are diagnosed with this disease to be able to have the surgery."

For more information on the AMMF, visit www.ammf.org.uk

Russell's thank you to donor

AFTER raising more than £170,000 for a charity he set up, inspirational fundraiser Russell Macmillan had the honour of carrying the Queen's Baton for the Commonwealth Games, writes Lisa Hunter.

Russell, of Newton Mearns, near Glasgow, was the recipient of a double transplant in 2007.

The procedure cured his type-1 diabetes and kidney failure — not to mention saving his life — but it cost the NHS £70,000.

Once he'd recovered, Russell wanted to give something back, so set up his charity, East Renfrewshire Good Causes.

"I was lucky enough to receive a kidney and pancreas transplant, which cured my type-1 diabetes and kidney failure," says Russell.

"How do you say thanks for having your life saved? I set up a charity.

"The fact I'm also registered blind with only 4% vision in one eye was a complication, but where there's a will, there's a way.

"I set out to raise £100,000, but with the combination of people's generosity and with a huge help from the ITV gameshow, Holding Out For A Hero, we have so far raised more than £170,000.

"We've provided an iPad with specialist software for an autistic child.

"We also provided a wheelchair powerpack to allow a carer whose husband had dementia to get out and about."

Russell was honoured to be selected to carry the Queen's Baton on behalf of other transplant recipients.

"When I carried it, I did so to say thanks to the organ donor," he says.

"People are wary of volunteering to donate, thinking it may tempt fate, but I hope by carrying the baton, I'll have inspired someone else to join the organ donor list."

For more information, see www.ergoodcauses.co.uk



■ Russell and his father with the Queen's Baton.

Medical Notes



Malaria cases are still rising

NEW figures from Public Health England show an overall increase of 9% in imported malaria infections reported in the UK between 2012 and 2013.

Malaria is caused by parasites that are transmitted to people through the bites of infected mosquitoes.

Dr Dipti Patel, Joint Director of the National Travel Health Network and Centre (NaTHNaC), said: "Travellers to countries where malaria is present should seek advice about malaria prevention from their general practice, a specialist travel clinic or pharmacy at least six to eight weeks before they travel."

Mums give Tens the thumbs up

A NEW survey by Which? has found that most women who used a Tens machine during labour found it helped reduce their pain.

Tens machines pass small electric pulses to your body via electrode pads attached to the back, and it's thought it "distracts" the nerves which transmit pain.

Cannabis hope for epileptics

A CANNABIS-BASED drug could offer hope to children with severe epilepsy.

Researchers believe the drug which contains oil extracted from cannabis flowers could transform the way the condition is treated.

It's hoped to run a safety trial similar to one in New York where parents have reported dramatic improvements.