

# HAPPe - News

Huntington's Asymptomatic Positive People newsheet August 2001

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Website: <http://home.iprimus.com.au/insommac/happenews.html>



## Hello to all...

Well well, what a busy month and many more to come from both a Huntington's awareness and a research point of view. The US National Conference has been and gone as has the Bike For the Cure, also in the US. Still to come is the International Huntington's Conference in Copenhagen in August. We all need to pull together to get Huntington's known out there in the community.

Also coming soon, Carers WA have a conference at the Sheraton Hotel in Perth from 28-29th August if anyone is interested and more information is available from 08 9489 4800 or email [info1@eventedge.com.au](mailto:info1@eventedge.com.au). The "Focus on Carers" conference includes speakers and workshops on a number of important issues.

If you have events or suggestions for the newsheet, please let us know. Keep smiling til next time.

## About this newsheet...

This publication is directed first and foremost at gene-positive people in the Huntington's community. However, it is distributed free of charge by email or by mail on a monthly basis so, if you would like to receive your own copy, please contact Tracey at

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**PLEASE NOTE  
NEW CONTACT DETAILS**

## Website to Check out...

### Hereditary Disease Foundation

[http://  
www.hdfoundation.org](http://www.hdfoundation.org)

A simple site developed by the HD Foundation, a non-profit group dedicated to the cure of hereditary diseases but with a focus on Huntington's. As well as information about the Foundation, there is an extremely comprehensive collection of research information, data and links.

The site appears to be updated regularly and has a

good balance of straightforward and more complex articles with research press releases and other relevant information.

Details on the site include the Foundation's history and makeup, Testing protocols and the ethical, legal and social issues involved, recommended reading, newsletters and much more.

The Hereditary Disease Foundation is a non-profit, family-driven organization dedicated to the cure of genetic diseases. A 501(c)(3) of charitable benefit funds is attached to the support of biomedical research. Our programs include: research grants, clinical research, genetic counseling, patient education, professional fellowships and the Gene Network, a consortium of the foundation in the genetic counseling field. Genetic counseling is available from many states throughout the year. These services, educational, free-of-charge, are available to those who are interested. From a variety of fields, we have offered genetic counseling to those who are interested in genetic counseling.

The Hereditary Disease Foundation focuses on hereditary diseases, a fatal, autosomal dominant neurodegenerative disease characterized by chorea, mental deterioration and cognitive decline. Huntington's disease usually develops in mid-life, before the onset of old age, although it can occur at any age. There is no treatment to halt the neurodegenerative process, which leads to death after 15 to 20 years. Because it is an autosomal dominant disorder, one-third of people with Huntington's disease have a 50% chance of passing the disease to their offspring. The prevalence of the disease is about 1 in 10,000 people in about 100,000 people in all. There are about 100,000 people in all.

Because Huntington's disease develops in many different capacities - intellectual, physical and emotional - the insights gained from research on this disease are a stimulus to the development of many others, including schizophrenia, autism.

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SEND US YOUR  
RECOMMENDATIONS AND  
IDEAS!

## A thought...

*"Take the first step in faith.  
You don't have to see the  
whole staircase, just take  
the first step."*

*Martin Luther King Jr*

## What's new in Research?

### Stem Cell Hope

NeoTherapeutics Reports Stem Cells Increased by 32% in Brains of Mice Treated With a Single Dose of Neotrofin(TM) at the 4th International Neurodegeneration in Alzheimer's Disease, Parkinson's Disease and Related Disorders" meeting in Princeton, N.J. Dr. Glasky showed data from experiments demonstrating a statistically significant increase of 32 percent in brain stem cells in the hippocampus of mice, an area of the brain associated with memory.

[http://hdlighthouse.org/see/  
index.html?/treat/neotrofin.htm](http://hdlighthouse.org/see/index.html?/treat/neotrofin.htm)

# Good Ideas...

## How to be Happy

<http://www.mindtools.com/smpage.html>

### Instructions

Note: This is gonna feel good.

### Physiological Exercises

- 1 Sit up straight.
- 2 Let your face come alive.
- 3 Actually smile as big as you enjoyably can.
- 4 If nothing else, look interested.
- 5 Grin, chuckle and laugh more.
- 6 Move like you are grateful for the gift of your body,
- 7 Move energetically.
- 8 Touch the side of your face the way you do when you're happy.

Remember you cannot be happy unless you follow most of these instructions!!

### Mental Instructions & Exercises

- 1 Play some "feel good" music.



- 2 Start thinking that happiness is a fact of everyone's life and it would be silly to change that.
- 3 Think about the happiest moment in your life.
- 4 Think about the greatest sense of success you've ever felt.
- 5 Think about a time the world seemed the kindest, when you were determined to NEVER give up.

- 6 If these are separate times, fuse them all together. Make it so they all happened at once.

7 Now relive them. Actually go through it again, down to the words and the actions.

- 8 Imagine yourself there again. Feel the joy again. Don't let your defences separate you from the fun of it. It's happening. You feel great!

9 Read Chicken Soup for the Soul, Touched by an Angel and your favourite comic strip. Boy does that make you feel great or what???

- 10 Make healthy fun and happiness "today" a top priority.

11 Think about how unfair life is. Think about things you have that some others don't have. Thank God for wonderful gifts like your eyes, your thumbs, your dog & your friends.

12 Think about something bad going on in your world, then think "what's the healthiest thing I can do to make that a little better? Think till you get an answer. Then do it!

13 Think about something you have to do but hate to do, and then start thinking about what there is to really enjoy in this thing you must do. All the time you are doing this thing that you have to do but hate to do, focus on what's to enjoy anyway.

14 Return to the here and now. Think about how this exercise affected you. Can you do it once a day? Can you go through this much joy every day? Can you go through this almost continuously?

Well sure! It's easy! Any one can do it! Lots of people do every day and they don't have the instructions to go by!

YOU have the instructions. Any time you want to be happy return to this page and follow most of these instructions. And you'll be happy in no time at all!



You may be doubtful. You may be thinking "Oh sure, easy for a while, but what if I'd like to stay happy for years. I'll bet that's not so easy, huh!"

Believe it or not that's the easiest part of all! Just follow these instructions for thirty days and happiness will have become a habit that not only will come easily to you - you'll find it's a little difficult to break!

That's how easy it is to be happy on occasion or even every day. The experience varies from person to person, but for those who choose to follow these instructions daily - it can become a whole new way of life! Once you see how to operate your own brain this way - happiness is no longer just someone else's lifestyle. Now it has become a lifestyle option for YOU.

**Note:** Under no circumstances am I suggesting people stop taking medication currently prescribed for them by a medical or Naturopathic Doctor.