

HAPPe - News



Huntington's Asymptomatic Positive People newsheet September 2001

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Hello to all...

Welcome to Issue 7 of the HAPPe Newsheet. Big news this month is not Huntington's related at all but is the terrorist attacks on America which I am sure everyone in the world has heard about by now! Deepest sympathies to anyone who lost someone in the attack and here's hoping that there will never be a repeat of something like that again.

The AHDA WA had their Annual General meeting this week and have an Awareness Day coming up in October. Contact them directly for more details.

Details of other state Huntington's Association events coming in the next issue we hope. If you know of an event, please contact Tracey with the details.

Best to all 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 PO Box 517, Claremont WA 6010, AUSTRALIA or email tracey@insomcom.com

PLEASE NOTE NEW CONTACT DETAILS

Website to Check out...

The HD Foundations

<http://www.hdfoundation.org>

A simple site developed by the Hereditary Disease Foundation, a non-profit group dedicated to the cure of hereditary diseases but with a strong focus on Huntington's Disease.

As well as information about the foundation, there is an extremely comprehensive collection



of research information, data and links. News and newsletters and details about the testing protocols and legal, ethical and social issues associated with that.

The site appears to be updated regularly and has a good balance of straightforward and more complex articles.

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SEND US YOUR RECOMMENDATIONS AND IDEAS!

A thought...

*"When one door of happiness closes,
another opens;
but often we look so long
at the closed door
that we do not see the one
which has been opened for us."*

Helen Keller

What's New in Research?

Cognitive Testing Detects Early Huntington's Disease

(Neurology 2001;57:658-662)
<http://neurology.medscape.com/reuters/prof/2001/09/09.06/20010905clin018.html>

Sept 05 - "Early signs of Huntington's disease can be detected using neuropsychological measures 2 years before the development of more manifest motor disease"



Good Ideas

Assistance from the "The Weekender" Newsletter"

The Healing Power of Laughter

Laughter isn't just fun and enjoyable, it's good for our health. Each month modern medicine is discovering more about the therapeutic dimension of humour and laughter and is encouraging us to add them to our wellness program.

The Health Benefits of Laughter

When we laugh we...

lower our blood pressure.
promote relaxation and
reduce stress.
increase the oxygen level
in our blood giving us
more energy.
increase the endorphin
activity in our body giving
a sense of well being.
are able to keep things
in perspective
banish boredom
are more socially
attractive. People enjoy
being with those who
laugh easily and often.
increase enjoyment of life.

Laughter has been called social glue because it bonds us to the people we laugh with. The message is clear: To live better....Laugh more. If it feels good to laugh then laugh to feel good.

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Don't Forget...

If I knew it would be the last time I would be there to share your day,
well I'm sure you'll have so many more so I can let just this one slip away.
For surely there's always tomorrow to make up for an oversight,
and we always get a second chance to make everything right.
There will always be another day to say our, " I love you's,"
And certainly there's another chance to say our.
" Anything I can do's?"



But just in case I might be wrong, and today is all I get,
I'd like to say how much I love you and I hope we never forget.
Tomorrow is not promised to anyone, young or old alike,
And today may be the last chance You get to hold your loved one tight.



So if you're waiting for tomorrow, why not do it today?

For if tomorrow never comes, you'll surely regret the day, That you didn't take that extra time for a smile, a hug, or a

kiss
and you were too busy to grant someone, what turned out to be their one last Wish.
So always hold them dear. Take time to say I'm sorry,
Please forgive me, Thank you, or It's okay.
And if tomorrow never comes, you'll have no regrets about today. (Anon)

I am thankful for

1. the partner who hogs the covers every night, because he is not out with someone else.
2. the child who is not cleaning his room, but is watching TV, because that means he is at home and not on the streets.
3. for the taxes that I pay, because it means that I am employed
4. for the clothes that fit a little too snug, because it means I have enough to eat.
5. for my shadow that watches me work, because it means I am in the sunshine
6. for all the complaints I hear about the government, because it means that we have freedom of speech.
7. for the parking spot I find at the far end of the parking lot, because it means I am capable of walking and that I have been blessed with transportation.
8. for my huge heating bill, because it means I am warm.
9. for the lady behind me in church that sings off key, because it means that I can hear.
10. for the pile of laundry and ironing, because it means I have clothes to wear.
11. for weariness and aching muscles at the end of the day, because it means I have been capable of working hard.
12. for the alarm that goes off in the early morning hours, because it means I am alive. and finally.....
13. for too much e-mail, because it means I have friends who are thinking of me.