

Well, we finally seem to be having some summer at last. There's nothing to gladden the heart quite like pottering around in the garden: I like to do a little genteel pruning here and there, leaving the heavy work to hubby. I guess I am the gardening brain, with my love of plants whereas he (as an engineer) loves nothing better than to let rip with his hedge trimmers : in his view, plants should be tidy!

There is no doubt my arach is easier in the warmth, but not when it's humid; in fact my arthritis is often worst in wet summer weather than in the winter. I don't have the tolerance for heat though that I used to have..I felt tempted to join our garden toad in the pond on Friday!

I hope you are aware that there is a congress in France, organised by French group AARMOR, coming up at the beginning of July: 2 days with speakers from all over the world, the first day mostly about Tarlov cysts and the second concentrating on Arachnoiditis. I see from the programme that Donlin Long (who wrote about AA in 1992) and Prof Antonio Aldrete will be there (as well as your truly) as well as a number of other experts from various disciplines. Hopefully there will be lots of fruitful discussions and networking! There are lay people coming from all over as well. I'm doing a talk on chronic pain and one on prognosis of arachnoiditis, the transcripts of which will be available on the website after the congress.

One of my other 'projects' at the moment, as part of my job, is trying to improve pain awareness in health professionals working with people who used to be 'elderly' and are now 'older adults'. (Is it just me or does that change in terminology seem a little pointless?). You may have heard recent discussions on the radio and be aware of the National Dementia Strategy: it is high time pain was properly recognised and treated. One of my biggest bugbears is the comment, 'Well, what do you expect at your age?' : just because someone isn't 21 any more shouldn't mean they should have to be in pain!

Have a good week, until my next post,

DocSarah

