

The National Asbestos Helpline

Newsletter

Issue 2: Autumn 2017



What can I
say to my GP?

£1,000 for Maggie's
Culture Crawl 2017

Our website has a
brand new look

Help reinstate compensation for Pleural Plaques

We need you, your family and your friends to sign a petition that asks for compensation to be reinstated for pleural plaques in England and Wales.

The petition has been organised by The South Wales Asbestos Support Group (SWASG) and only takes a few minutes to sign.

The current law is unfair to those exposed to asbestos in England and Wales, as financial compensation for pleural plaques is still available to people exposed to asbestos in Scotland and Northern Ireland.

Eddward Gilbertson, co-ordinator of SWASG, has been diagnosed with pleural plaques.

Eddie said: "We were all exposed to asbestos by employers and governments who knew and chose to ignore the fact that it is a killer. We should all be treated equally and fairly.

"When you're told that you have asbestos in your lungs, it's frightening. What does it mean for your future health? Will you develop another asbestos-related disease? It's always at the back of your mind and is always a constant worry."

In 2007 the House of Lords (now the Supreme Court) ruled that people with pleural plaques would no longer qualify for compensation after insurance companies challenged workers' rights to claim.



Compensation was later reinstated in Scotland in 2009 and again in Northern Ireland in 2011 by legislation passed by the countries' devolved parliaments.

For more details about SWASG and updates on the petition and upcoming meetings, you can visit:

www.swasg.wales

How do I sign the petition?

Go straight to the following web-page and enter your name, email address and postcode:

<https://you.38degrees.org.uk/petitions/reinstate-compensation-for-pleural-plaques-in-england-and-wales>

Go to www.38degrees.org.uk and search for "pleural plaques" in the search bar at the top of their web-page. The search will bring up the link to the petition page.

For compensation and benefit advice call: 0800 043 6635

What do I tell my GP if I am worried about asbestos exposure?

Whilst your GP will always be willing to note your exposure to asbestos, this information may not be of immediate concern to the doctor unless you are also displaying symptoms associated with an asbestos-related disease.

Many people who have been exposed to asbestos dust and fibres will not go on to develop an asbestos-related disease. Even if you have been exposed to it and do not show any symptoms, it is important to monitor your health, especially any persistent change in breathing.

Should you notice any changes to your lung health, make an appointment with your GP and explain how you are being affected.

Remember that GPs are primarily concerned with your symptoms. For example, you might be more breathless

after doing a task you used to find easy, you may have a persistent cough that has lasted for more than 3 weeks, or you may be more tired than usual.

When did these symptoms start to occur? Are they getting any worse?

You can make a list of how and when your symptoms affect you during your day-to-day life and take this with you to your GP - it can help your doctor find out what might be wrong.

If you have pleural plaques then you know you have asbestos in your lungs. There will always be a small risk that you could develop a more serious asbestos-related disease.

Just make sure that you keep an eye on your general health.

Pleural plaques presents no health risk and has no symptoms. If you do start to



struggle with your breathing, coughing, have fatigue or go through unexplained weight-loss, make a note of these changes in your health and go and see your GP. Once you have talked to your GP about your symptoms, you should remind them about your asbestos exposure.

If you would like more advice, please call our Freephone number:

0800 043 6635

A night odyssey for an amazing cancer centre

The National Asbestos Helpline team once again has pledged to raise funds for Maggie's Cancer Care.

Maggie's is an extraordinary charity doing extraordinary things for people affected by cancer.

Built in the grounds of NHS cancer hospitals, Maggie's centres provide free practical, emotional and social support to people with cancer and their family and friends.

We took part in the charity's Liverpool Culture Crawl 2017. This was a 10 kilometre walk around Liverpool city centre at night. During the walk, we were given access to places you wouldn't normally see.

It was a fantastic event last year, and we didn't think it could get any better - we were glad to be proven wrong! Everyone had an amazing evening of culture and the sights we saw were truly spectacular.

We also managed to raise nearly £1,000 on the night!

Maggie's Culture Crawl takes place all across the UK - from London to Swansea, Glasgow to Oxford.

We chose to fundraise for Maggie's because the charity helps many people diagnosed with asbestos-related lung cancer and mesothelioma.

You can find out more about Maggie's Centres by going to:

www.maggiescentres.org

or call:

0300 123 1801.

We hope that you find this newsletter helpful and informative, but please call our Freephone number or email enquiries@nationalasbestos.co.uk if you would like us to remove your details from our records.



Our new look website is live!
www.nationalasbestos.co.uk
More advice, more information and more news! Take a look and tell us what you think...

For more help and advice go to: www.nationalasbestos.co.uk