



Cleft Lip & Palate Association of Ireland

Spring Newsletter 2009

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We are now listed with
11850 & 11890
Directory Enquiries

Welcome to our **NEW LOOK** Spring NewsLetter We would love to hear from you and let us know what you think of the new style newsletter and remind you to check out our website; www.cleft.ie for all up & coming events, notices of next meetings, stories, photo's and much more, not forgetting our brilliant forum!

MATERNITY PACKS

In January of 2008 C.L.A.P.A.I. launched a Maternity Pack. This pack was designed by the C.L.A.P.A.I Committee and was reviewed by medical specialists working in the area of Cleft Lip and Palate. It has been specifically designed for parents to be received when in hospital, our objective being to give accurate information to these parents in the critical hours after diagnosis. In particular the pack contains information on the different bottles available and more practical advice on feeding cleft lip and palate babies which is indeed the biggest challenge to all parents on the birth of their baby.

Our pack also introduces these new parents to the Cleft Lip and Palate Association of Ireland where they can source further information and then perhaps in time, they can eventually link up with a network of parents who have been through a similar experience. These Packs were distributed to all hospitals that offer maternity services. Unfortunately not all of the relevant staff (neo natal specialists, social workers etc) received the packs, however we are doing our best to rectify this problem! If you were in receipt of one of our Maternity Packs we would greatly appreciate your feedback on the usefulness of the pack, the design, gaps in information etc.

MINI MARATHON 1 ST JUNE 2009

This year has been a very active year for the Association in addition to the normal newsletters, up and coming Information Meeting and Family Day Out. We rely heavily on Volunteers, donations & sponsorship from the Mini Marathon which finances the majority of our activities. This year more than ever we need YOUR help. The Flora Women's Mini Marathon is on Bank Holiday Monday 1st June 2009. Sponsorship cards & T-Shirts can be arranged by contacting Anne Gilsenan @ 0871319803 or annegilsenan@cleft.ie. Entry forms are available from now every Wednesday & Saturday in the Evening Herald until 15th April '09 or log on to www.florawomensminimarathon.ie

Closing Date: 21st April 2009 or when maximum number of entries are reached.

GOOD LUCK LADIES!!



AGM & Information Meeting 2nd April

The Cleft Lip and Palate Association of Ireland is holding its AGM & Information Evening on
Thursday 2nd April 2009 at 8pm
(Doors open from 7:30)

**In the Louis Fitzgerald Hotel,
Newland's Cross, Naas Road,
Dublin 22.**

Information Evening Theme is
"Dental Care All The Way"

We are delighted to have three eminent speakers for this event

Dr. Eleanor Mc Govern

Clinical Fellow Registrar Pediatric Dentistry

Mr. Eamon Mc Kiernan

Consultant Orthodontist with the national brief for Cleft Treatment

Dr. Aisling O'Mahony

Consultant in Restorative Dentistry

Our speakers will cover dental treatment from first tooth to braces to finishing treatments.

They will cover:

What parents need to do to get the best results for their child,
How first teeth can be looked after,
How second teeth can be managed and
What advanced dentistry is available for young adults.

This A-Z talk will be of interest to:
Parents who have a baby, child or young adult in treatment, Adults born with cleft who want to know more about modern techniques. Medical personnel that work in this area. Carers or close relations of a child in treatment

The results are really amazing
Please come and see for yourself!
Admission is free.



Dublin Maternity Hospitals Moving

Dublin's three major maternity hospitals are to move to nearby general hospital sites, it is recommended in a long-awaited major new report.

However, there is a question mark over when the transfer will take place, given the current severe funding shortages in the health service. The review also ruled out building a fourth public maternity unit in Dublin, in spite of increasing birth numbers. The review of maternity services in the greater Dublin area recommends that the Rotunda move to the Mater site, which is to house the new children's hospital; that the Coombe move to Tallaght and that Holles Street move to St Vincent's. While it was acknowledged that the birth rate is continuing to increase, and rose by 5% last year alone, the plan envisaged that the new Dublin units would be able to cater for up to 10,000 births per year each.

What do YOU think?
 Let us know your reaction to this or any article in this Newsletter
 info@cleft.ie



Annual Family Day 13th June 2009

This year the C.L.A.P.A.I. Family Day outing has been organised to visit **Dublin Zoo** and **McKee Barracks**.

It will take place on Saturday 13th June.

In **Dublin Zoo** we can look forward to themed guided tours such as the **"Rain Forest Tour"** and the **"New African Safari Tour"**

For both the junior and older children in our group.

Following our visit to **Dublin Zoo**,

We will then walk to the adjacent **McKee Barracks** for lunch.

Following lunch the Army have organised for us to visit their Equestrian Centre.

We will have more details later on.

We really hope that you can join us on the 13th June for a great free day out and also take the opportunity to meet up & chat with other families.

Registration for family day will commence 7th April 2009

See www.cleft.ie for further details



Cleft 3D Imaging System Fund Fundraising Thanks

Mr Eamonn Mc Kiernan Consultant Orthodontist St James's Hospital and the the Dublin Cleft Center would like to thank most sincerely all who contributed to the donation of 6,700 euros to the unit. This has been used to fund software for a 3D imaging system. It is a valuable system for planning Orthognathic/ Facial surgery and streamlining record storage. When fully developed patients can visualise the changes predicted by surgery to their facial appearance and develop a greater understanding of what can be achieved.

We appreciate how busy you all are and are most grateful for your hard work, unflagging dedication and support for the cleft services.



Members of the Dublin Cleft Team proudly receive the cheque towards the cost of 3D software.



Further Adults Cleft Treatment By Dave Dowling

Born with a Cleft Lip and a small hole in my Palate in 1981, had my first operation when I was only few months old in Our Lady's Children's Hospital by Dr. McHugh. Over the years I had lots of work done including getting grommets to improve my hearing which worked brilliantly and had a vast amount of dental work including those dreaded braces! Which I hated at the time but delighted with the results, still to this day I am having regular

Orthodontic (dental) work in the Maxillofacial Clinic at St. James Hospital. 🤔

At 10yrs old I had a bone graft which meant a bone was taken from my hip and placed in my mouth, I found this very painful if I'm being honest, but remember no pain no gain and I'm sure it differs from person to person. I had a couple of operations to improve the appearance of my nose, but unfortunately each time after a few weeks they failed, so I was told to wait until I turned 18 years old as by then my face and tissues will be fully grown and I could try then. I remember thinking at that time, having to wait until I turned 18 was like a life time away and I was very upset and angry and I took it out on my loved ones.

A few years later I went to see a Cleft specialist in St. James Hospital and stressed that I still wanted to have Cleft Surgery to improve my appearance, shortly after I received an appointment for the operation but as the date got

closer I got cold feet as I was afraid of having the operation and I chickened out! 😬 I told myself just to be happy with the way I looked. From that day on I regretted that I did not go ahead and get it done.

Fast forward a few years I'm now 27 yrs old and in June '08 I decided enough was enough and I was going to get that operation I ALWAYS wanted and wished I had, so I went to my GP who referred me to Dr. Orr in St. James Hospital. I finally had my op in late July'08 (was very surprised how quick I got the appointment) I can't speak

highly enough of Dr. Orr he is SUCH a nice, friendly & reassuring man 😊 On the day it's self I was a nervous

wreck! 😬 And those doubts came flooding back - "should I just cancel it and be happy with how I look?" but then I remembered how I felt after cancelling the last op and how lucky I was to get a second chance. Arrived at St. James day surgery ward at 8am, went down to theatre at 10.30am and woke up around 1.30pm in the recovery room, soon after I was moved back into the day ward and was discharged around 3pm that same day!

The Nurses couldn't be more helpful and very comforting.

I had total Cleft refit, (strange in a way to think I had the same operation 27 yrs ago!) Basically my top lip was rebuilt and nose was reshaped. After the op it took me the best part of two weeks to fully recover, thankfully my partner took leave from work and cared for me as I needed assistance 24 hrs a day! Such a baby I know!!

After two days the prescription for painkillers, which I was given from the hospital ran out! I was in a lot of pain and had to arrange for my local GP to visit me, I was given a morphine injection for the pain and a new prescription for painkillers. Apart from one or two occasions when I suffered a bit of pain I generally just felt unwell like I

had a bad dose of the flu or something, 😬 except I couldn't speak very well as my lip was very swollen,

I could only drink liquids & my mouth, lip & nose was full of stitches and very swollen! 😬 But nothing as bad as

I thought it would be. 😊 One week after the operation I had an appointment to remove my stitches from my lip, Experienced a small amount of discomfort but nothing to worry about!

Two months after my op I had a follow up with Dr. Orr at St. James Hospital. All is healing well and my next follow up is in 4 months time. Still a bit of recovery to go but each day it's improving! I am thrilled with the results not 100% perfect but who is?! I am very happy and it's a huge improvement, I have floods of self confidence, much more happier as a person and I feel like I can start living life now, no more walking with my head down or not looking people in the eye, no more being depressed because of how I look, although I could do with losing a

few pounds but that's another story! 😊

Anyhow the moral to this story is, please do not hesitate in getting any work done no matter what age you are!

My many thanks to all of the doctors and nurses in both Our Lady's Children Hospital & St James Hospital, CLAPAI for their website www.cleft.ie where I found a lot of information and experiences shared on the forums from people of all ages going through exactly the same as me, or have been through it, which helped a great deal! And last but in no means least to my friends & family for all their support over the years, especially my parents & partner who have been there each step of the way.



Easter Jokes!

How does the Easter Bunny stay fit?
EGG-xercise

Why did the easter egg hide?
He was a little chicken!

Knock knock
Who's there?
Esther
Esther who?
Esther Bunny!



How many Easter eggs can you put in an empty basket?
Only one - after that it's not empty any more!

Why shouldn't you tell an Easter egg a joke?
It might crack up!

How does Easter end?
With the letter R!

How can you tell where the Easter Bunny has been?
Eggs (X) marks the spot!

How did the Easter Bunny rate the Easter parade?
He said it was eggs-cellent!!

What do you call a rabbit that tells good jokes?
A funny bunny!

How does the Easter Bunny travel?
By hare plane!

How does the Easter Bunny keep his fur neat?
With a hare brush!

Easter Word Search

Words to find are:

easter basket bunny spring egg chicks flower

K	Z	J	S	P	R	I	N	G	U
X	L	D	Q	O	H	Q	V	Z	D
D	A	B	W	Q	O	B	V	M	N
X	L	U	W	N	X	Q	R	R	E
B	V	N	L	Z	R	D	B	F	A
A	Y	N	R	M	Y	R	D	X	S
S	B	Y	C	H	I	C	K	S	T
K	F	L	O	W	E	R	M	W	E
E	K	R	U	F	T	R	D	N	R
T	T	M	U	V	W	E	G	G	P



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