

ACP news

**The challenges and necessity
of change in pathology**

**Pathologies affecting
US presidents**

Universal latency

**ImmunoTea - your
immunology podcast!**

**The transition to becoming
a consultant**

**The life and times of
Thomas Sydenham**

**Pett Level; sunken forests
and disease at the
dawn of humanity!**

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Calendar of Forthcoming Meetings & Courses;
DIARY DATES FOR 2024

Date	Title	Venue	Contact Details
17 October & 12 December 1pm to 2pm	Chemical Pathology Webinar Series	Virtual	www.pathologists.org.uk
15 November 2024	Autopsy Update Day	Virtual	www.pathologists.org.uk

For further information please see the website: www.pathologists.org.uk

The ACP accepts no liability for errors or omissions in this calendar of meetings. Readers are reminded that advertised meetings may be cancelled. Those intending to attend are obliged to check the details on booking with the organiser in every instance. There will be a £25 administration fee per issue for entries in this table.

ACP news

Autumn 2024

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Readers may remember that I previously wrote about my trip to New York and Niagara Falls back in December 2022. Whilst in New York, I enjoyed visiting the Metropolitan Museum of Art and I was particularly taken by this leaded favrile glass piece of art which is called 'Autumn Landscape', the design of which has been attributed to Agnes Northrop (1857-1953) for Tiffany Studios (1902-1932). It is described as showing the late afternoon sun filtering through the rich autumnal foliage of New York City, sometime between 1923 and 1924. In 1925, it was donated to the museum by Tiffany's close friend, where it has remained ever since. No paint was used to supplement any of the detail seen, but it was all created with glass. I spent a long time looking at it, particularly struck by the scene and also the vividness of the colours that had been created. I thought it was stunning. As we enter the autumn season, I thought it was an image that the ACP membership may appreciate; I am sure we will all be able to enjoy similar scenes across the UK and abroad in the coming months.

Invitation to Contributors

In addition to the constant flow of material from ACP Council, ACP committees and ACP branches, *ACP news* needs new material from you, the members of the ACP.

Pathology news items (1200-1500 words): Any items related to the ACP or the College, pathologists in general, or medical and management matters that may have an impact on pathologists.

Articles (1500-2000 words): These can be papers, reviews, essays, commentaries, critiques or polemics. Submitted articles are always very welcome, as well as suggestions for articles and/or details of people whom the editor may approach.

Reports (1000 words): These may be personal views and reports on interesting meetings, travel or anything else of interest to the readership. Travel reports are specifically for holders of ACP travel fellowships; however, other reports from abroad are welcomed.

Columns (600 words): Regular and irregular columnists exercise their thoughts. Please feel free to rant.

Pathological creative writing: All literary forms, including short stories, serials, surrealism and even poetry.

Appreciations (1000-1500 words): We prefer appreciations on retirement, rather than obituaries. Please discuss these with the editor before submission.

Photo-journalism: Favoured subjects include pathologists doing something interesting, or College and ACP officers doing anything at all. Interesting or artistic photographs are welcomed.

Cartoons: Suggestions are welcomed.

Curetings: Jokes and humorous tidbits are always needed.

Debate: Letters to the editor are welcomed, but may be shortened for publication, or even converted into articles. Please try to refrain from writing unless you are prepared to be published. All criticisms of organisations or named individuals will entitle the parties to a right of reply. Please bear in mind the UK libel laws!

Trainees: Trainees are especially encouraged to submit material in

any and all of the above categories. These will normally be placed in the trainees' section. Appointments committees in particular value publications in *ACP news*.

Editorial Policy: The editor would particularly encourage overseas contributors, material from trainees, material from non-histopathologists, commentary on current affairs in pathology, occasional columnists, innovations in pathology, humorous writing on pathology-related topics, and anything downright cantankerous.

Format: The *ACP news* style guide is now available on line via the ACP website in PDF format at: http://www.pathologists.org.uk/allpagestuff/publications_frameset2.htm. The publication is a magazine, not an academic journal, and long lists of references are generally considered unnecessary. Where given, references should be in the Vancouver style and should be kept to a maximum of around six per article, unless absolutely necessary. Alternatively, authors may prefer to give a recommended reading list, or a list of relevant internet links. The editor prefers these as they take up less space.

All suggestions are welcome; however, the editor's decision is final.

ACP news is published quarterly. Regular publication dates are:

Issue	Publication month	Copy date
SPRING	February	5 December
SUMMER	May	5 March
AUTUMN	August	5 June
WINTER	November	5 September

Copy is best submitted by email, in any version of Microsoft Word, although it should be possible to accommodate other formats. Submissions on paper by snail mail will also be accepted. Illustrations should be sent as JPEG digital images or hard copy prints. **Please do not embed images in your text. Send them as separate files.**

Please send email submissions direct to the editor at acpnews@pathologists.org.uk

In keeping with GDPR, please state if you wish your contact details to be published; they will appear in the print issue and will also be available as a PDF in the members' area of the website.

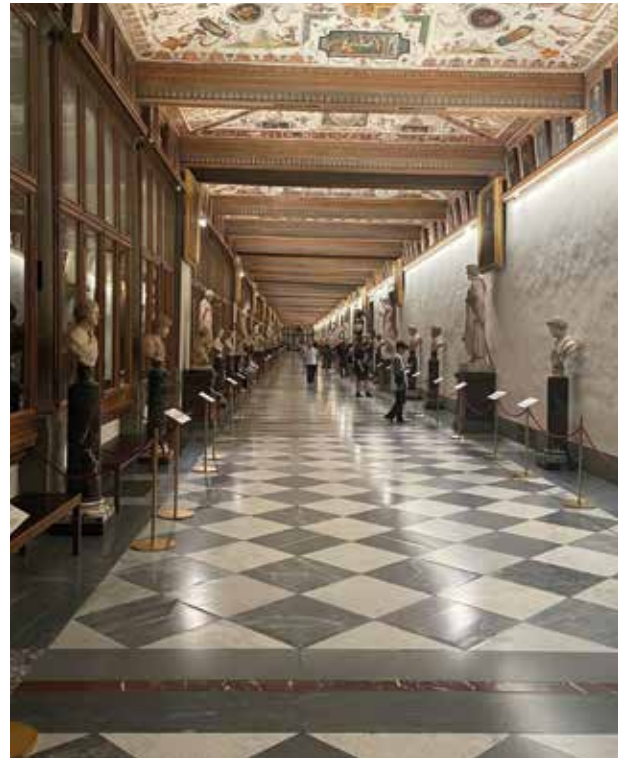
Dear readers,

I hope you are all keeping well and have been able to enjoy a break over the summer. The autumn edition has arrived, heralding the end of the summer season. Here's hoping that September does not disappoint and provides a bit of extra pleasant weather!

As I write to you, I am currently sitting in a very sunny and warm Florence! I have come to the city for the European Congress of Pathology, where later today I will be giving my talk on Thomas Sydenham (who you will read more about in one of my articles forthwith). I have been to Florence once before and would never refuse the opportunity to visit again. A city with so much culture and history to enjoy at every turn, with some beautiful landscapes and scenery in addition. The weather has been very warm (and I tend to take some time to adjust to the heat), but my first full day was met with an extreme weather warning for heavy rain; I decided to risk a walk in the evening to the Palazzo Vecchio, and sadly my risk was poorly timed, and the sky literally fell! I managed to make it to the colonnade by the Uffizi Gallery, but others were not so lucky – there was a lot of screaming from tourists and broken umbrellas due to the pressure from the rain! It was



Enjoying a quiet dinner post-talk opposite the Palazzo Vecchio



One of the galleries in the Uffizi – you can enjoy looking at statues of the Roman Emperors and Empresses, but can also view amazing artworks in the rooms adjacent to this

very atmospheric, with the night sky filled with lots of lightning and the various rumbles of thunder. It was a good 45 minutes before it eased, and I was able to make a swift run back to my hotel.

Florence is famous for being a Renaissance city; the home of the infamous Medici family, who managed to extend their influence into the nobility and Royal families of Europe, and even the papacy. Walking around the city, it is a treat to see the various buildings that are still extant from their time and walk along the Arno River or across the Ponte Vecchio, the famous medieval bridge covered with Jewellery shops! But it hasn't all been about culture – the conference has been really good, too. It has been nice to catch up with old friends from the History of Pathology Working Group and some other neuropathologists who have also joined the conference this year. I also find it very interesting to listen to some of the other allied specialty talks (including ophthalmology, soft tissue, digital and molecular pathology) to hear what is going on in their worlds that may be of interest for those in neuropathology.

In other news, I am shortly to be returning to clinical

work after the completion of my research block. I will be heading to Great Ormond Street to do some independent reporting – a very daunting prospect! But I will be in a very supported environment, so just the right setting to try and build my confidence with this new skill. I have written about the process of transitioning to become a consultant in an article for this edition. I still don't know where my first job as a consultant will be; conversations are ongoing. It is not an easy process, and lots of careful decisions need to be thought through and acted on.

Outside of work, I have been to a couple of very interesting exhibitions which I wanted to mention. The first was at the Natural History Museum and the title was 'Birds: Brilliant and Bizarre'. As someone fascinated by birds, this was a great exhibition, featuring a lot of interesting facts, many different species, and important considerations for the future, including the impact of climate change on bird populations currently. Several species are seeing their populations plummet as a direct result – we have to act now or we will continue to lose huge numbers of species, and not just birds. A particular highlight was learning more about the origin of birds, in particular the oldest modern bird, nicknamed the 'wonderchicken'! It was amazing to be able to look at a model of this bird that has been created based on fossil evidence. It was small, could fly, and reproduce quickly, all of which helped it to survive the extinction event that removed the dinosaurs 66 million years ago. Another exhibition I enjoyed was at the National Portrait Gallery, titled 'Six Lives'. At the time of writing, the exhibition has ended but hopefully some of the readers were also able to enjoy it. It was an exhibit showcasing the lives of Henry VIII's six wives, and including the different portraits



The 'Wonderchicken'!

of them, but also objects associated with their lives, and how they have been viewed as part of modern culture, for example, in film and TV series. I have written about some of the women in this exhibit in connection with the pathologies which impacted them in previous articles in *ACP news*. Readers will also be very familiar with my obsession with reading and books; when walking into the exhibition, one of the first exhibits in a glass case was a series of antiquarian books that I actually own – I hadn't quite appreciated their rarity but maybe I need to think again about whether one of my many book shelves is the best place for them!

Speaking of reading, a book I read recently and could not put down was *Nuclear War: A scenario* by Annie Jacobsen. It presents a very vivid and well-researched book about what would happen to the world if a nuclear missile were fired. The news continues to be filled with worrying events at the moment, and the constant reminder that we are living in very uncertain times. This was a fascinating book, but an extremely frightening one, and for me, was an even bigger reminder of how much responsibility the person who sits in the Oval Office at the White House has on the world. Related to this, I have been keenly watching the US election as it progresses. It is a very tight race and only a small amount of time left before the votes are cast. The recent assassination attempt was a very shocking turn of events; on this theme, I have put pen to paper and written about some of the pathologies affecting the lives of some of the US presidents for this issue.

My foxes continue to keep me company at my flat in Sutton. The vixen seems to be more periodic in her appearances, but the male fox (the 'tod') can be found in the same spot each day. I have named him Copper. Unfortunately, a few weeks ago, I had an unpleasant encounter with some local teenagers in the park opposite where I live. I had just returned from a run in the early evening and noticed there was a group with a rather large dog in the centre of the park. It caught my attention as, firstly, it is a dog-free park and secondly, they appeared to be surveying the park, looking for something. The dog seemed very alert too. I had a suspicion that it was related to the foxes, knowing that there was a set of cubs in the brambles near to where I was. I decided to sit immediately opposite where I knew they would be, pretending to recover from my run and look at my phone. Sure enough, the dog was unleashed and came bounding over to me; upon standing up, the

dog thought better of challenging me and ran back, but they then sent it into the bushes after the foxes. I immediately challenged them about it and was told it was a 'service dog' – rubbish! They then picked up some more of their friends and came marching over to where I was slowly making my way home, shouting all sorts of things. At this point, my two fox friends came over to me – this really wasn't the time! But they were not frightened in the slightest – in fact the vixen sat next to me, her ears bent back over her head. The message was clear – "Don't touch my honey-roast ham provider!" After further abuse, including that I was going to get rabies, they got bored and left, with the vixen slowly walking after them making sure they were gone. Some have said to me that I was stupid to challenge them, given the risks that we hear about in the news. But we see this a lot in the countryside where I live; it is horrible for the animals and unless you challenge things that are wrong, everything is allowed to carry on like normal.

And now to our autumn issue; we proceeded with a theme of 'change' for this edition having just come through our own general election and were keen to hear from members about what 'change' would mean for them. We have welcomed articles from Dr Tim Bracey on this theme, and also from Dr Sarah Ruane and Dr Gavin Spickett, all providing slightly different ways of looking at change throughout their careers. We also have a full educational section, where we hear from different trainees about different conferences and events they have been part of. I would particularly like to draw your attention to the article about 'ImmunoTea' by Dr Vyanka Redenbaugh – a really interesting article about

podcasts that has stimulated me to think about how I can do this myself. We also have a travel article from Dr Carl Gray (and no, the title is not a typo!), and another 750-word essay from Dr Elza Tjio on 'Universal Latency' which is well worth a read. And there is much more!

And finally, the winter edition of *ACP news* will be my final one as Editor as my term is finishing. Where have three years gone! I am delighted to say that Dr Sarah Ruane will be taking over from me, and her first edition will be Spring 2025! Sarah has been a regular contributor to the publication throughout my term and has always been an enthusiastic and supportive friend and colleague. I think I was the first trainee pathologist to become editor; it is nice that Sarah will become the second when she takes over. We are currently seeking a Deputy Editor (sadly, Elza's term is also ending) and other Assistant Editors to support Sarah and the team. You will be in safe hands!

And now I will sign off for the autumn! Autumn is one of my favourite times of year; the scenery on display as the woodland goes through the autumnal changes is some of the best that can be seen. I know that work pressures remain high and relentless – I hope you are able to keep your heads above water. But make sure you also look after yourselves, too; work is only one part of our lives. Wishing you all the very best for the autumn season and see you again for the winter edition.

Dr Matt Clarke
Editor, ACP news
Florence, September 2024

Membership fees

As we are all aware, there have been significant inflationary pressures over the past few years. Our membership fees have not risen since 2018, but there will be a modest increase for 2025. The new fees can be found on the ACP website. Our fees remain less than many other professional societies, and membership continues to offer a range of benefits, including access to award schemes and funds for travel, research, and career development. As a valued member of the ACP, we greatly appreciate your continued support and understanding.



NEXT ISSUE

The *ACP news* winter edition 2024 will be my final as Editor, and also Elza's final edition as Deputy Editor, so let's make it a special one! The theme for the edition will be 'Pathology; past, present and future' and we are inviting the new editorial team to work alongside us on this issue, helping to support them as we transition to a new team. We are keen to hear from you about your thoughts on this theme; where do you see your specialty in five, 10, 20 years' time? What would you like to see, and what do you think the reality might be? Looking back on our specialties in times gone by, do you have any interesting stories to share or reflections from your careers that are amusing, interesting, or educational? Thinking about the present, with the constant and immense workforce challenges, what do we and the wider healthcare system need to do to help with this? And what would you like to see in the 'NHS 10-year plan' that is due in the spring? How have attitudes changed (or not) in pathology over your careers? Articles on other themes are also most welcome. Do get in touch if you would like to contribute a piece!



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