



Providing a supportive and informative environment for people with a variety of lung conditions and their carers.

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Next Meeting Thursday 13 February 2014
10.15 am – 12 noon
Burns Club, 8 Kett Street, Kambah

Guest Speaker: Suzanne Eastwood from HCCA will speak on Understanding the PBS and Medicare Entitlements

Dates for your diary

Thursday 20 February 2014 Coffee Morning 10:30 am - the Lido Belconnen Mall.
Thursday 13 March 2014 Lung Life meeting
Thursday 20 March 2014 Senior's Expo at Exhibition Park

December Meeting Chris Moyle

Eleven people attended our final meeting for 2013. Our co-ordinator, Helen Cotter, was on sick leave so Chris was elected to chair the meeting. There were apologies from several sick members. We wish all of them, in fact, all of our members, the best health possible in the new year.

Chris reiterated Helen's thoughts concerning the past year. We've had 7 meetings with guest speakers and at other meetings we've developed our own individual emergency plans, discussed LungLife issues and began our "What brought you to Canberra?" stories which may be made into a book.

We've enjoyed a midwinter lunch and a Christmas lunch at the Burns Club and taken part in a variety of activities such as the Seniors Expo, physio and medical students visits, Education Day, Flora bus tour of Botanic Gardens and World COPD Day and picnic.

Our newsletter has covered many and varied topics:

Write ups of the meetings, the speakers and our activities

- Health topics A-Z (up to F) – thanks to ChrisM
- Chief health officer's report – on the state of health in ACT
- Chronic disease strategy - what's been done and what's planned for the next 5 years
- NDIS
- Breathlessness
- Importance of exercise
- COPD Working Group meetings
- Air pollution/ woodsmoke
- Telstra's priority assistance
- DORSS committee meetings
- Lung Foundation's CPag/Taskforce
- And many more

In all we've had a busy and productive year. Thanks to everybody for your support of the group, its meetings, its activities and its people.

What we did in 2013

We moved to the Burns Club, Kambah where we've had 12 meetings, some with speakers, some without.

What speakers have we had?

- February:** Tanisha Jowsey - time management for people with chronic illness
March: Beth Forbes – her role in the chronic care team and breathing techniques
April: Martin from Toscan and Dinn – funerals and how to prepare
May: Rusty Woodward - managing medicines to minimise falls
June: Elaine - home help and what it means for us
August: Jill - Palliative care and advanced care planning
September: Eleanor Geoghan - eHealth

For some meetings we didn't have speakers.

- July:** developed our own individual emergency plans which we hope have been useful but not used
October: discussed and began 'What brought you to Canberra?' This topic has us talking about a variety of issues and memories on all sorts of aspects
November: was supposed to be a speaker from HCCA but she was sick so we continued 'What brought you to Canberra?'
December: winding up for the year.

Thanks to all for your support of the group, its meetings, activities and its people. This is a communal group, an ensemble with everyone helping in their way and this is what makes the group work. Here's to a great 2014.

Christmas Lunch

Thanks to the Burns Club for providing an ample and delicious meal and not charging us for the sick people unable to attend at the last minute.

Members had donated items to make up 3 hampers, which were raffled off at the lunch. Irene, Robyn and Judy won the hampers, Percy a bottle of white wine, David a bottle of champagne and new member Pam won the reportedly delicious cake baked by Maddie.



January Meeting

Helen Cotter

It was good to see so many for our first meeting for 2014. We mostly spent it catching up on business and organising the rest of the year. We finalised organising a coffee morning for Northside people in mid-January. There should be a report on it later in the newsletter. Suggestions for speakers for 2014 were made and Chris and I got together to sort your suggestions out. Each newsletter will reveal who the next speaker will be. We looked at all the different jobs people do for the group and added a few names to assist.

Finally, we continued our ongoing series of 'What brought you to Canberra?' Tom told us why he came and his early days here. Like others in our group, he came because he had relatives here and work was available. It gave us a picture of Canberra in the 1950s, before the Lake with Yarralumla and Deakin being considered a long way out. Why would anyone live there! Most interesting! And we still have more stories to hear.

That ended the meeting. Many of us followed it up with lunch at the Club. Too many lunches there and we'll end up three sizes larger.

The A-Z of Preventative Health Care - F

Chris Moyle

Fear

Fear is a normal emotional response that is part of our survival instinct, but fear can cause unnecessary worry when we blow a situation or circumstance out of proportion and make a mountain out of a molehill. We need to honestly face our fears by writing them down and looking at them *realistically* and that means not rationalising them, minimising them, or succumbing to their power in our lives. It is important to practise coping strategies such as breathing slowly and deeply and relaxing your body and mind; perhaps distracting yourself with a set routine of tasks; writing your thoughts down and openly talking about your fears. Gradually facing your fears, perhaps with professional help, can greatly relieve the stress that affects the mind and also causes physical symptoms in the body.

Friends and Family

Friends and family are most important for emotional wellbeing. Cultivate good supportive people in your life. Keep in touch with them by whatever means possible. If you have access to a computer throw off the mantle of the dinosaur and surprise everyone by learning to use Skype and Facebook and enter the modern world of communications. Three important features of these forms of communication are:

- relatively inexpensive
- with Facebook you have the capacity to restrict access to your Facebook pages. You can follow the lives of your family through their postings and photos
- with Skype you are able to communicate face to face, being involved in their lives while watching your grandkids grow and mature albeit from a distance.

Award for Rusty Woodward

Congratulations to our member, Rusty Woodward, who now has her name on a bronze plaque at the entrance of Tuggeranong Town Park. The plaque is part of the Footsteps to Follow Project and commemorates 25 people and organisations who have contributed to the Tuggeranong Community over the past 25 years. Besides the 25 chosen, each year for the next 100 years an extra person or group will be added to the wall.

Rusty was selected for her dedicated service to the community in the establishment of a permanent home for the Tuggeranong Senior Citizens Centre, her work with the ACT Lung Life Support Group and Council on the Ageing.

Well done Rusty!

Ain't it the truth

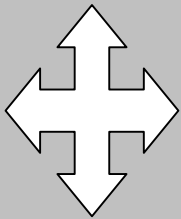
Chris Moyle

“Cats, unlike dogs, have not been domesticated to obey humans’ orders. Rather, they seem to take the initiative in human-cat interaction.” From the University of Tokyo on a study that tries to explain what you already knew: your cat doesn’t give a flying fur ball what you say, and generally doesn’t try to hide the fact, either.

Source: The Independent (UK)



“Dear Human, food won’t serve itself.”



Gerda’s daughter phoned to advise the Club of her mother’s death. For many years a much-loved member of our group, Gerda was a loving, caring person always very thoughtful of other members. Barbara told me she loved coming to the meetings, listening to the speakers and enjoying the companionship. We have been missing her presence and will continue to miss it.

At Gerda’s funeral, which was attended by quite a few Lung Life Members, the eulogies described her as happy, loving, caring, giving, industrious, resilient, understanding, compassionate, welcoming and loving a good chat – and we agree with all of those sentiments.

The family asked that, instead of flowers, people donate to Lung Life – which many have done. We very much appreciate the family’s request. Husband and daughter are in our thoughts.

Northside Coffee Morning

Helen Reynolds

Seven people braved the heat to enjoy a cup of coffee, something to eat and a chat at the Lido in the Belconnen Mall on Wednesday 15 January 2014 at 10:30 am. There was one new face but I don’t believe she will be joining us at our Meeting. Perhaps this is due to the distance she would have to travel to our meetings at Kambah.

This brings up the question of the feasibility of a Support Group based on the North Side. Some years ago there was a Support Group which met at what is now the Southern Cross Club in Jamison. At that time I believe there was little interest and it soon folded. Perhaps this was due to the fact that Canberra is not large enough to sustain two support organisations. However, given the ever-increasing size of the North Side including Gungahlin, Macgregor, Dunlop and Lawson, the need for a support organisation may have increased.

A media campaign to increase awareness of lung disease and the support group could lead to additional members South Side and the formation of a new group on the North Side.

Thursday 20 February Coffee Morning the Lido 10:30 am - Belconnen Mall.

Lung Diseases

Helen Reynolds

Lungs are one of the most important organs of our body. They help in the process of respiration and together with the heart they perform the purification of blood through the supply of oxygen. Any problem with the lungs may result in life-threatening consequences. Air is inhaled inside the body through the nostrils and is directly received by the lungs. This process exposes the lungs to many infections and diseases which, if not taken care of in time, may even lead to death.

Symptoms of lung diseases totally depend upon its type. The symptoms may also vary from person to person as the resistance power of the body also count. Cough, shortness of breath, wheezing, tiredness, chills, shaking, accelerated heartbeat, etc., are some of the most common symptoms. Chronic lung disease may result in blood during coughing, inability to breathe, chest pain, etc. These symptoms should be treated as soon as possible to avoid complications. Treatment will also depend upon the type of disease. Antibiotics, supplemental vitamins, painkillers, inhalers, etc., are some of the common treatments. In case of severe condition non-invasive positive pressure ventilation (NIV), chest physiotherapy, supplemental oxygen therapy, etc., may be given. Lung diseases caused by smoking like emphysema and asthma, can be treated only when the person stops smoking.

Types of Lung Disease

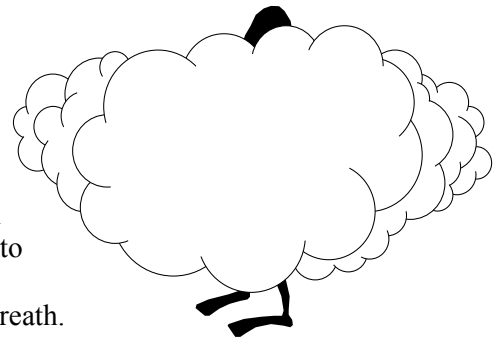
There are many diseases associated with lungs and as a result, they can be classified in many different ways. In terms of physiological categories we can say there are three types of lung diseases. They are as follows:

1. **Obstructive Lung Disease:** This type of lung disease is caused due to obstruction in the airways causing the narrowing or blockage. Some of the diseases, which are included in this category, are asthma, COPD (emphysema) and bronchitis.
2. **Restrictive Lung Disease:** This type of lung disease is a result of the inability of the lungs to hold the air inside the air sacs. Restrictive lung disease is either due to the decrease in the elasticity of the lungs or the expansion of the chest walls.
3. The last category is for the diseases that are related to the inability of the air sacs to supply oxygen or to move it to the blood. This results in the lack of oxygen in the blood as well as in the body.

The A – Z of Lung Disease

Asthma:

Asthma is an inflammatory disease of the airways in the lungs. These airways are very sensitive and swell up in response to certain triggers. The muscles in the airways tighten and the airway lining becomes swollen and inflamed, producing sticky mucous. These changes cause the airways to become narrow, making it difficult to breathe and causing typical asthma symptoms, such as coughing, wheezing, chest tightness and shortness of breath.



Many allergens and irritants can precipitate attacks of asthma. Avoidance of precipitating factors can be helpful. Treatment may include lifestyle changes, activity reduction, allergy shots, and medications to prevent or reverse the bronchospasm. Safe and effective preventer and reliever medications for asthma are available for adults and children. Medications to manage asthma symptoms can improve your health. They work best when you take them as prescribed by your doctor.

Types of asthma medication include:

- **Relievers** – provide immediate relief from asthma symptoms by relaxing the muscles around the airways for up to four hours. If you need to use reliever medication more than three times a week (except for before exercise), you should speak to your doctor, as this may indicate your asthma is not well controlled. This is the medication to use in an asthma attack – usually it's a blue-grey puffer eg ventolin, salbutamol (generic).
- **Preventers** – make your airways less sensitive to triggers and reduce inflammation inside your airways. You should take these daily to keep you well eg serevent, oxis, spiriva, soradil. Do not stop taking the preventer, even when you are feeling better.
- **Symptom controllers** – relax the muscles around the airways for up to 12 hours. Symptom controllers should only be used with a preventer.

- **Combination medication** – a combination of preventer and symptom controller in one inhaler device eg seretide, symbicort.
- **Prednisolone**, steroids in tablet form which are very effective and are the treatment of choice for severe asthma symptoms.

With good asthma management, you can lead a normal, active life. Following your personal written asthma action plan, developed with your doctor, is the best way to keep your asthma under control. An action plan provides simple instructions for routinely managing your asthma, plus advice on what to do if your asthma symptoms flare up.

Source: <http://www.buzzle.com/articles/lungs-diseases/>
<http://www.lung.org/lung-disease/bronchiectasis/understanding-bronchiectasis.html>
<http://www.medterms.com/script/main/art.asp?articlekey=2373>
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