

September 2015 Newsletter

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

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Next Meeting: Thursday 10 September 2015
10:15 am - 12 noon
The Burns Club
8 Kett Street Kambah ACT 2902

Guest Speaker: Open forum - bring along any ideas or worries/concerns you would like to discuss.

Dates for your diary

Thursday 8 October 2015	Lung Life Meeting, The Burns Club, 10:15 am - 12 noon
Wednesday 28 October 2015	Tour of the Botanic Gardens followed by lunch
Wednesday 18 November 2015	World COPD Day
Thursday 17 March 2016	Seniors Week Expo 2016 at Thoroughbred Park

August Meeting

Helen Cotter

Over 20 members of Lung Life, including a few new members, met this month in the lounge section of the Burns Club. The Club's renovations will be continuing for the next 6 weeks so our next meeting will also be held in the lounge and consequently we will not have a speaker.

This meeting, we talked about various issues:

- Carolyn Dalton and Margaret Geaghan are the co-coordinators of Lung Life. With Margaret's painful shoulder affecting her movements, Carolyn will be looking after emails as well as membership.
- Helen Reynolds agreed to organise another outing at the Botanic Gardens on Flora the Explorer, which will be followed by lunch, outside weather permitting. The proposed date is Wednesday 28 October 2015
- For another get-together we discussed organising a picnic on Black Mountain Peninsula. This, of course, will be when the weather warms up.
- Arrangements have been made for our newsletter to be put into the public libraries. We have Kippax, Woden, and Erindale covered but we need a volunteer to print off a copy and take it to one of the other libraries to leave in the magazine section.

- Noel Matthews, who with his wife Betty, were regular attendees at our meetings emailed the Club telling us of his plan to leave Canberra. Betty has passed away and Noel is now moving to Melbourne. We wish him well.
- Discussion of the **Pulmonary Rehabilitation Program and Lungs-in-Action** was animated with many of the group giving their view on the topic. CPAG, the Lung Foundation's COPD Group who have a teleconference every two months to discuss Australia-wide issues, has been discussing this topic for some time. Each State and Territory has funded and organised Pulmonary Rehab differently. This can cause problems in some States. One issue is the lack of provision in certain areas; another is the cost involved for those who attend; another is the poor follow-up into exercise programs after the course.
- The Lung Foundation has set up the **Lungs-in-Action Program** as a follow-up for Pulmonary Rehab participants. It is also working towards getting Pulmonary Rehab put on the Medical Benefits Scheme so people can claim the cost from their medical insurance.
- Helen Cotter brought to people's attention some items from the latest LungNet News. It contains a survey to assist them in meeting our needs. It would be worthwhile completing and returning the survey. It has information on the Idiopathic Fibrosis Registry being set up and how to register for it. It reminds readers about C.O.P.E., online patient education and has many other interesting items.

Pulmonary Rehabilitation and Lungs in Action

In the ACT, the Pulmonary Rehabilitation Program is held at the Canberra Hospital under the auspices of the Physiotherapy Department. It needs a specialist's referral to attend the course but as there is a waiting list one must be patient. The course is held over 6 weeks, meeting for two hours twice a week.

Currently, one session involves walking for 30 minutes which some find challenging and/or boring. Even so, it has been found that people generally improve in their walking ability over this time. This is usually followed by a welcome coffee break, then the session looks at how you can exercise in the home using home based materials such as tins of food or kilos of flour etc as well as exercises like getting up and down from chairs.

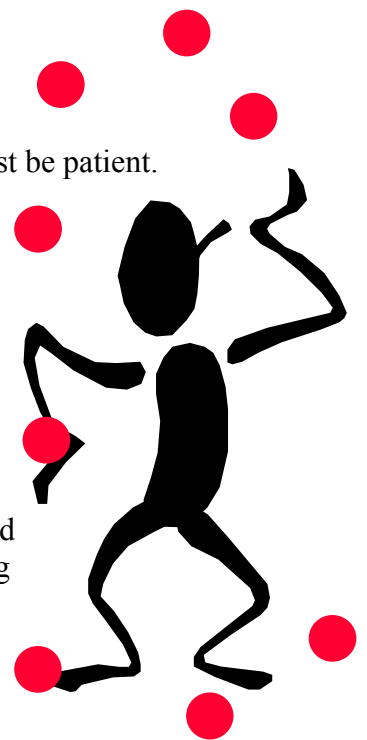
The second session usually involves a workout at the hospital gym, followed by the welcome break, then talks by various people on such topics as coping with depression/anxiety, eating well and incontinence to name a few.

At the end of the program, participants are encouraged to join a gym somewhere to continue the good work but they are mostly encouraged to continue at **Lungs-in-Action**, held at the University of Canberra.

Lungs-in-action has been set up by the Lung Foundation and the UC's Physiotherapy Department. It is held in The Hub, just off Ginninderra Drive, where parking is convenient with little walking. The program is aimed at people with chronic lung conditions who need to be referred from the Pulmonary Rehab Program or by a doctor. The sessions are three mornings a week - Monday, Wednesday and Friday 9:45 - 10:45 (followed by coffee for some). The cost is \$5 a session. The sessions are supervised by a qualified exercise physiologist, assisted by exercise physio students.

Adult Learners Week 2015

Adult Learners' Week, held from 1-8 September, celebrates adult learning of all forms for all people. It celebrates lifelong and lifewide learning. We keep learning throughout our lives in all sorts of ways. It may be learning new technology such as ipads or smart phones or taking up a new activity - trying croquet or quilting. Such learning helps keep us alive and involved. This year's theme is **Unlocking**



learning. Organisations in the ACT will be offering different events for you to try your hand at. You can find out more on the Adult Learners' Week website at: www.adultlearnersweek.org/events.

The A-Z of Preventative Medicine

Chris Moyle

Medications Checklist: Here is a checklist of what you should know about each of your medications:

- What is the medication for?
- How does the medication work?
- When is the best time to take the medication?
- How long is the dose effective for?
- What are the possible side effects of the medication and how can you avoid or reduce them?
- Will the medication cause any problems with other medications you are taking?

Medication Types: Relievers should be used when you experience a sudden increase in your breathlessness. These work by relaxing muscles that may have tightened around the airways, making the tubes wider. This allows the air to move in and out more easily. They work within minutes and their effects last for a few hours. Always make sure you carry a reliever inhaler with you, just in case. Examples include Ventolin, Bricanyl, Airomir and Asmol.

Maintenance medication: Like relievers, these medications also open up the airway tubes. Maintenance medications usually take a longer time than relievers to start working, but their effects last longer. Examples include Spiriva and Onbrez (effects last 24 hours) and also Atrovent (effects last 4 hours).

Preventer medication: Preventer inhalers can contain steroids. They help to reduce the number of flare-ups you may experience. Preventers work by reducing the inflammation on the inside of the airway that causes swelling and mucous production in your airways. Just like maintenance medications, preventers must be taken every day to be effective. Examples include Pulmicort, Flixotide, Alvesco and QVAR.

Combination medications: Some inhalers contain both a maintenance bronchodilator and a preventer (steroid) so that you receive both medications together when you use the inhaler. Examples of this include Seretide and Symbicort.

“It is very important that you rinse your mouth out with water after using inhaled steroids, to prevent the common side effects of hoarse voice, irritated throat and oral thrush”. Use a spacer so inhaled medicines go directly into your lungs, and prevent oral thrush.

Antibiotics: They help the body fight bacterial infections. People with chronic lung disease are more likely to develop bacterial infections in their chest. In the majority of cases, antibiotics are needed to fight the infection. It is important that you take the full course as prescribed, and if you do not feel better by the completion of the course you need to contact your GP.

Source: COPD - A Patient Information Booklet

The outing to the Botanic Gardens has been booked for Wednesday 28 October 2015. Flora the Explorer will leave from outside the Bookshop at 11 am followed by lunch at 12 noon. Names and numbers will be organised at September's Meeting.

Obesity Management Service ACT Health

Chris Moyle

Canberra now has a stand alone public clinic to manage the growing problem of obesity. Almost two-thirds of ACT adults are overweight while one in four is obese. One in four Year 6 children in the ACT are also overweight or obese, and the numbers are rising. The new Obesity Management Service based at the Belconnen Community Health Centre offers a team of doctors, nurses, dieticians, psychologists and physiotherapists to help tackle the problem.

The clinic is the first of its kind in Canberra and offers services through the public system previously only available through the private sector. It will, in time, include bariatric surgery, helping those people who've tried everything and done everything, but are still obese.

What is the Obesity Management Service?

The Obesity Management Service supports adults with a high level of obesity to improve their health and wellbeing. The Service focuses on those who are at high risk of developing complications from their obesity or those who already have additional health problems. The Service team includes doctors, nurses, dietitians, psychologists, physiotherapists and exercise physiologists.

What will the Obesity Management Service do for me?

The Obesity Management Service will work with you to achieve a healthier lifestyle and reduce your risk of developing further medical conditions. Following a detailed assessment, you will work with your case manager to develop an Obesity Management Plan that may include:

- advice on physical activity and nutrition
- group education
- physical activity programs
- strategies to improve social and emotional wellbeing
- support for long term self-management and
- care coordination for those patients with a number of complex medical conditions.

In general, the Service will provide a minimum of six months support. The service will not take over primary care from your general practitioner, nor provide specialist care for conditions other than obesity.



How can I be referred to the service?

The Obesity Management Service accepts patients who have been referred by their doctor. Your doctor may refer you if:

- you are over 18 years of age
- you have a Body Mass Index (a measure of obesity) of 40kg /m² or over
- You have one or more other medical conditions.

Where is the service based?

The OMS is based at the new Belconnen Community Health Centre, 56 Lathlain St (on the corner of Lathlain and Wales Street), Belconnen, 2617. (OBS Phone 02 6205 0165) There is free 3 hour and disabled parking underneath the health centre, enter off Wales Street. It is Taxi Spot 54. If you require assistance with transport, please discuss with the Obesity Management Service case manager.

Source: *Obesity Management Service/ACT Health:* www.health.act.gov.au

What's the Right Diet for You?

Chris Moyle

Dieters fall into three groups based on the main reason they put on weight:

- the *constant cravers* who have genes that mean they feel hungry all the time
- the *feasters* who have a misfiring gut hormone that stops them from knowing when they're feeling full
- the *emotional eaters* who eat in response to stress.

When going on a diet you must be guided by the following advice.

- Overeating leads to obesity.
- There are different biological and psychological reasons for overeating.
- People need a plan to maintain their weight loss. They need to muster real effort and energy, and if they don't concentrate on this they will put the weight back on. Putting the kilos back on is a common problem.
- Exercise is not the most effective way to lose weight initially, but once you have lost weight exercise is a good way to keep weight off.
- Eating breakfast is satisfying and means you crave less fatty and sugary foods later.
- Eating slowly means you feel more satiated than eating quickly and then craving more food.
- It is easy to break the diet, catastrophise and then give up. In the BBC study catastrophisers (in the group who were told they'd broken their diet by eating cake) actually then ate 8 times as much cake as the group who were told their piece of cake hadn't broken their diet. Therefore, if you fall off the wagon, don't give up completely. Just get back onto the diet straight away.
- Don't be taken in by the latest diet, but look at yourself and your own dieting behaviour, and work out what is going to be best for you.



Get Some Extra Fruit and Vegies in Your Day

The Australian Government recommends that adults eat at least 2 serves of fruit and 5 serves of vegetables per day.

What is a serve?

One serve of VEGETABLES (75 grams) is:

- half cup of cooked vegetables or cooked legumes
- 1 medium potato
- 1 cup salad vegetables

One serve of FRUIT (150 grams) is:

- a medium piece eg. apple
- 2 small pieces eg. apricots
- 1 cup canned or chopped fruit

Choose fresh fruit instead of fruit juice or dried fruit. Juices have lower fibre content and a high sugar content. Dried fruit, if eaten in large quantities, can contribute to tooth decay because it contains a concentrated form of sugar that sticks to your teeth.

Why go for 2 and 5?

Most people know that fruit and vegetables are good for you. The fact is, eating more fruit and vegies may be the single most important dietary change needed to improve health and reduce the risk of disease. Most Australian adults eat one or more serves of fruit per day. Half eat about 2-3 serves of vegies per day. You need 2 serves of fruit and 5 serves of vegies - so you are already halfway there.

A lifetime habit of eating adequate fruit and vegetables every day can help protect against:

- coronary heart disease
- some forms of cancer
- overweight and obesity and
- constipation.

It can also help to:

- reduce blood pressure and blood cholesterol levels and
- improve control of diabetes.

Enjoying a wide variety of nutritious foods every day like vegetables, legumes, fruits, breads and cereals, lean meat, fish, poultry or meat alternatives and milk products is a must. All these and water are essential for good health and wellbeing.

Source: *Australian Government/Department of Health and Ageing "Go for 2 & 5 Publication"*

Dedication for Rusty Woodward Helen Cotter

On Sunday 9 August 2015, in Tuggeranong Town Park, about 10 people, friends of Rusty and members of the Tuggeranong Community Council, Brendan Smythe MLA and I (as representative of the Lung Life Support Group) met at the park bench, which was to be dedicated to Rusty. Rusty, who died in 2014, had been a tireless worker for the community and had, in the past, been a member of the Canberra Lung Life Support Group.

Darryl Johnson said a few words about Rusty, her involvement in Tuggeranong, especially with establishing the Seniors Club and the 55 Plus Club, her work with Lung Life and the Council of the Ageing. Darryl read a letter from Gai Brodtmann, Federal member for Canberra, endorsing the work that Rusty had done. In 2013 Gai had unveiled a plaque to Rusty on the wall of the Tuggeranong Town Park.



Helen Cotter, as the representative of Canberra Lung Life Support Group at the dedication, taking advantage of the seat.



Rusty's Plaque on the Park Bench.

Rusty's daughter Terry, and a friend, Jan, unveiled the plaque on the bench. It is a beautifully made bench, positioned near the edge of the lake. It is the perfect spot for sitting and contemplating.