

October 2020 Newsletter

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

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NEXT MEETING: Date yet to be confirmed
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close, Stirling ACT 2611

We are currently waiting on the Labor Club to reopen to group meetings.

COPD Part 3 (Parts 1 and 2 can be found in the August and September editions)

Your **weight** can have an impact on your energy levels, mobility, and symptoms such as breathlessness. If you are **underweight**, your body has less nutrient stores. You may get tired more easily and your muscles, including your breathing muscles, can become weak. Being underweight can also increase your risk of getting infections. If you are **overweight**, this can increase your breathlessness, making it hard for you to do daily activities like walking up stairs or carrying groceries. It also increases your risk of developing other health conditions such as high blood pressure, high cholesterol, and type 2 diabetes.

The **Australian Dietary Guidelines** say that you should enjoy a wide variety of nutritious foods from these five groups every day:

- **Vegetables:** including different types and colours, and legumes/beans.
- **Fruit grain** (cereal) foods: mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa, and barley.
- **Lean meats and poultry:** fish, eggs, tofu, nuts and seeds, and legumes/beans.
- **Dairy:** including milk, yoghurt, cheese and/or their alternatives, mostly reduced fat.

You should also drink plenty of water and limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

It is important to get advice that is specific to you and your condition. **An Accredited Practising Dietitian (APD)** can help you understand what your healthy weight range is. They can also help you set goals and develop healthy eating plans to ensure you are getting the right nutrition.

If you get breathless during your normal daily activities you may start to avoid **exercise**, however, this can cause your muscles to get weak and you will lose fitness over time. COPD research has shown that regular exercise can help maintain your fitness, improve your wellbeing, and reduce symptoms, such as breathlessness.

You should aim to **exercise** for at least 30 minutes, five times a week. It's important to note that you do not have to do all 30 minutes at once. For some people this will be achievable whilst others will need to break the 30 minutes into smaller sessions. The activity you do should make you a little out of breath. It's important to talk with a health professional, such as a physiotherapist, about what type of exercise would suit you.

Pulmonary rehabilitation is an exercise and education program provided by specially trained health professionals. It teaches you the skills you need to exercise safely and manage your breathlessness. Research shows that pulmonary rehabilitation is one of the best things you can do to improve your breathing and wellbeing. It also reduces the frequency of COPD flare-ups and helps you stay well and out of hospital.

After you finish pulmonary rehabilitation, it is important to continue exercising to help maintain your physical fitness and lung health. Lung Foundation Australia's **Lungs in Action program** is a safe and fun community-based exercise class designed to help people with a chronic lung disease maintain the benefits achieved through pulmonary rehabilitation.

John, who lives with COPD comments, 'Pulmonary rehabilitation made such a difference for me that my doctor took me off the waiting list for lung reduction surgery, and I am now back at work two days a week'.

For more information see: <https://lunghealth.lungfoundation.com.au/>

Help Shine a Light on Lung Cancer

'Shine a Light' is coming up in November. This year, being the unusual year that it is, 'Shine a Light' has some changes and new additions. This is an event supported by Lung Foundation Australia (LFA), and they are adapting to the virtual world that we are living in.

- **Virtual Lanterns** can be lit in memory - or in support - of a loved one or friend.
- During the **Flagship Week**, from **22 November to 28 November**, LFA is encouraging those interested to help spread awareness of lung cancer by holding events such as a morning tea or afternoon nibbles with friends and colleagues.
- **Virtual Fundraising** is also being encouraged. Suggestions are a quiz night held over Zoom or a step challenge with friends to see who can clock up the most steps over the month.

For more information see: <https://shinealight.lungfoundation.com.au/>

Lyn Morley

By Chris Moyle

Lyn Morley is our current Coordinator, ably assisted by husband John (pictured below). Lyn capably chairs our meetings and John organises guest speakers and helps with their equipment set up. Together they organise our lunches at different venues.

Lyn has been attending meetings since an unexpected medical event several years ago. On her sixty-third birthday she woke up in the middle of the night with pains in her chest and shortness of breath. A trip to hospital resulted in identification of a lung problem affecting the heart, and Lyn was diagnosed with Idiopathic Pulmonary Fibrosis (IPF). Her father, brother and sister have also been diagnosed with IPF so it's a condition that can run in the family. It causes scarring on the lungs which makes the lungs stick causing difficulty breathing.

In spite of these health problems Lyn does much to assist our members, keeping us updated by email with meeting reminders, smoke hazard warnings and newsletters from SHOUT, Sleep Apnoea Association, HCCA and similar organisations. She is happy to spread the word about lung conditions and was guest speaker at a Sleep Apnoea meeting.

Lyn was one of four of our members who met with Paul Dugdale, Acting Executive Director of Rehabilitation, Aged and Community Care, to discuss the issue of introducing Portable Oxygen Cylinders (POCs) instead of oxygen cylinders. People on oxygen are provided with a concentrator and a minimum of two oxygen cylinders a month. It is always a big deal if they want to go away – lugging the big concentrator into the car and organising to pick up extra cylinders at stops along the way. Flying is even more difficult – if not impossible.



In 2016 we first asked the Minister for Health, Simon Corbell, to see about introducing POCs instead of oxygen cylinders. Then, after later meeting with Paul Dugdale, the go ahead was given and now the policy is being developed to incorporate POCs in oxygen provision.

Thanks Lyn, for your contribution to the smooth running of our Group.

What is Idiopathic Pulmonary Fibrosis?

Idiopathic Pulmonary Fibrosis (IPF) is a type of rare lung disease that causes the tissue around the air sacs (alveoli) within the lungs to become thickened and scarred – this is called fibrosis. This scarring makes the lungs stiff which makes it increasingly difficult to breathe deeply. This stops the efficient delivery of oxygen

into the bloodstream where it is needed to be transported to the rest of the body. It is important to know that each person experiences IPF differently. Some people can remain stable for many years; others may decline rapidly, and others have a series of distinct 'steps' of suddenly feeling worse, followed by a period where their symptoms become stable. As the scarring is progressive and irreversible, health declines over time.

IPF is quite rare in Australia. There is a conservative estimate of approximately 1,250 people being diagnosed with IPF each year. However, currently, it is not known exactly how many people are affected.

For more information see: <https://lunghealth.lungfoundation.com.au/>

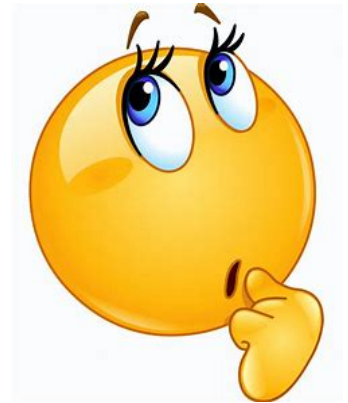
PUZZLING

1. It is springtime now and summer is just around the corner. Can you turn 'cold' into 'warm' in 4 steps by changing one letter at a time? (Note, each step must make a 'real' word).

cold _____ **warm**

2. Unscramble these letters to find the answer to this clue.

*A vessel for sailing or drinking: **s h o r e c o n** (Answers on page 6)*



October Lunch

By Chris Moyle

There was a good turnout for lunch at the Raiders Club, Weston on 8 October, our usual meeting day. The food and service was good. I enjoyed chicken cacciatore (chicken pieces in a delicious sauce of tomato, wine, onion, and garlic) served alongside mashed potato.

It was interesting to hear other people's news. Some are undertaking major tasks such as downsizing and moving to a new house; and for others there's the satisfaction of completing a long outstanding chore like cleaning out a cupboard. These things take energy and many of us require help or need to pace ourselves.

Sadly, Esther informed us that Maureen Thomas had passed away the previous day.

Vale Maureen Thomas

By Chris Moyle

Maureen Thomas, like Esther, was a former carer of her husband. Maureen and Esther met and became friends when both their husbands were receiving treatment at Canberra Hospital. Both women had migrated from England to Australia, Maureen arriving in the 1960s with her husband and two children.



Maureen centre, with Shirley Dillon (left) and Esther Fitton at the May 2017 meeting.

After becoming friendly with Esther, Maureen attended our meetings and helped out at World COPD Days. Unfortunately, she suffered ill health in recent times and hadn't attended meetings for the last two years. We sympathise with her family at this sad time of her passing. Maureen died at age 91.

World COPD Day

By Helen Cotter

This year, World COPD Day is on **Wednesday 18 November**. It's organised around the world by **the Global Initiative for Chronic Obstructive Lung Disease (GOLD)** in collaboration with health care professionals and COPD patient groups. Its aim is to raise awareness about chronic obstructive pulmonary disease (COPD) and improve COPD care throughout the world.

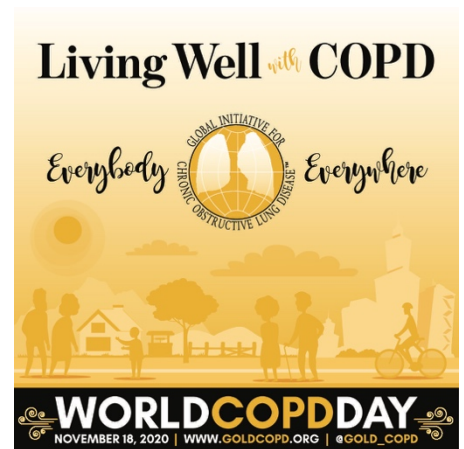
The first World COPD Day was held in 2002 – 18 years ago. Each year organisers in more than 50 countries worldwide have carried out activities, making the day one of the world's most important COPD awareness and education events. The events include educative evenings, openings of health clinics, and free pulmonary function tests etc.

The 2020 theme will be: **'Living Well with COPD – Everybody. Everywhere'**.

Chronic obstructive pulmonary disease (COPD) is one the most widespread diseases around the world. According to WHO estimates, about **210 million people** around the world suffer from COPD. By 2030 COPD will become the third leading cause of death worldwide. Many people are exposed to the main risk factors, which include smoking, air pollution, dust, and chemicals.

In the ACT, Lung Life has been supporting World COPD Day for over 10 years. For a few years, we held a walk and picnic by Lake Burley Griffin. We chalked different distances along the path and participants walked the distance as many times as possible. The total of the collective times were sent to LFA to add to the Australian total. This was raising awareness of the limitations caused by COPD – and the tenacity of those who have these limitations. We followed that with a picnic there in the beautiful surroundings, sharing all the food that people had brought.

Then we had a change. We've moved into having a stand in a busy centre where we gave out information to passers-by and our chronic care nurse performed a simple lung function test on any who were interested. Most people performed well but we did pick up some who were then advised to see their doctor for assistance. We've had these stands in the Canberra Centre, the Canberra Hospital, and Cooleman Court in Weston. Most years, the same lovely Lung Life volunteers have taken control of the day and it has been very successful.



COPD Day November 2016: Jodie Hook, Maureen Thomas, Esther Fitton, Pam Harris, and Linda Martin.

This year, with the COVID- 19 virus, we are not yet sure whether any activity for World COPD Day will go ahead. For those with access to email we shall keep you informed should an event be organised.

Famous people who have - or had – asthma include...

Bill Clinton, John F Kennedy, Charles Dickens, David Beckham, Paula Radcliff, Mark Spitz, Bono, Alice Cooper, Billy Joel, Liza Minnelli, Elizabeth Taylor, Ludwig von Beethoven, and Antonio Vivaldi.

For a more complete list see: <https://getastmahelp.org/famous-people.aspx>

For Sale

Meredith and Ray have two great products to sell. Prices are negotiable.

Please call Meredith on 040 754 5896, or Ray on 042 841 6604 if you are interested.

The brown Portable Respiroics Concentrator is \$3950.

As can be seen in the photo it comes with a variety of accessories. A portable concentrator makes moving from your home base far easier.

The blue Respiroics Concentrator is \$390.

Great for home use. As can be seen in the photo it comes on wheels.



Answers to Puzzling

Q1. A few possibilities

cold, cord, word, worm, warm
cold, cord, card, ward, warm
cold, cord, word, ward, warm
cold, wold, word, worm, warm

Q2. schooner