



Newsletter April 2010

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Next meeting: Thursday 8 April 10.30am

**The Weston Club,
1 Liardet St
Weston**

A light hearted meeting this month

The March Meeting

Val Johanson spoke on the topic of regulating medicines, with particular emphasis on natural products. As part of her career, Val has been head of Food Standards which brought in uniform food regulations. She has helped with transTasman harmonisation and with setting up the ANZ Food Authority. Val also established the surveillance unit in the TGA (Therapeutic Goods Administration). Val has now set up her own consultancy with emphasis on natural health.

Val told us that Australia has one of the toughest regulatory systems in the world for medicines, particularly for natural products. Each step of the manufacture is tested – every ingredient, every batch, every product. There is even a list of tested ingredients that are able to be used. Each product is labelled with an Austar number which lets you know that it has met all standards.

More natural products need to be incorporated into the system. At the moment, we can import from overseas but this does not guarantee the quality of the item. Different cultures use a diverse range of natural products and their needs should be catered for with regulated products.

Val believes that the current health system focuses more on disease rather than health. There needs to be a greater emphasis on wellness, on a healthy lifestyle, on prevention of disease. This is particularly important with an ageing population. It is also important that the medical profession know more about natural remedies, so that they can advise the consumer wisely.

We enjoyed Val's talk very much, asked many questions and felt we had a better understanding of the regulations that exist to bring us medicines and natural products that are of good quality and should work



For more information, see www.lungfoundation.com.au

More information on European *Year of the Lung* activities, see: <http://www.ersnet.org/yearofthelung>

More information on worldwide *Year of the Lung* activities, see: www.2010yearofthelung.org

Chefs and lung cancer

The following is taken from an article by Jeremy Lawrence in the Food & Wine section of the Canberra Times 3 March 2010. He writes about a connection between cooking fumes and lung cancer. His information comes from a current issue of the journal Occupational and Environmental Health which you can pick up on line. It highlights the importance of good ventilation.

Cooking fumes from high temperature frying can give chefs cancer, especially if they are using a gas cooker. A study in China showed high cancer rates for chefs who tossed food in a wok in a confined space. The high temperature frying and the tossing of the wok increase the concentration of hot oil fumes which the chef breathes in. Gas has also been shown to produce higher levels of cancer-causing fumes than electricity.

The researchers have found that, for instance, frying steak produced more naphthalene (a banned substance) and mutagenic aldehydes when cooking with gas. Higher levels of ultrafine particles which penetrate the lung more deeply were also produced on gas.

Cooking fumes are thought to cause cancers of the bladder and the cervix as well as lung cancers. Exposure to cooking fumes should be reduced as much as possible. Chefs with fume extractors in their kitchens show lower levels of cancer, highlighting the importance of good ventilation.

Seniors Expo

The Seniors Expo was held recently at the Kingston Old Bus Depot. Laurelle and Esther set up the table for the Lung Life Support Group and held the fort until Reuben came. Then Pam, Pat and Maddie took over, all looking good in their stand-out green COPD t shirts. Caroline and Helen took the last shift and closed down for the day. It was good to see those members of our group who came to the Expo and said hullo.

We were surrounded by organisations providing information in many different areas, groups such as Human Rights; the Asthma Foundation; The Men's Shed; Sleep Apnoea; Motor Homes; Palliative Care;

Animal Liberation; Home Help; Real Estate; ACT Policing; Cactus and Succulent Society of ACT and about 102 other groups, government, community and business. It was obviously the place to be.

The Expo provided entertainment and food throughout the day. Our very own Lorna sang as part of Heart and Soul Singers. It was a very successful day.

Woodsmoke in the News

It was disappointing to see that, after the years of discussion about the issue, the motion passed in the Legislative Assembly sets up a review of the Government's current wood smoke reduction programs. The Government will report on this review in September. Another winter goes by before more action is taken.

The Government had recently increased the rebate to encourage households to convert to natural gas. The ACT Greens would like to see this broadened to include other appropriate heating systems as well as education campaigns and enforcement of regulations concerning wood heating. Of importance is the need for education on the dangers of the pollution caused by the particle emissions from wood fires and their impact on the health and quality of life of all people.

Other solutions throughout the world include using only certain fuels; restricting use according to weather conditions; limiting installation in new homes; purchasing permits to allow use; phasing out and banning wood stoves; forecasting air stagnation days, having different code levels.

Exercise for quality of life – part 2

by Tony from the Y Gym

Last newsletter I talked about the importance of **conditioning** in your exercise program and how it helps your heart function better, which in turn helps the oxygenated blood better nourish all parts of the body. This time, I going to talk about strength (or resistance) training and, finally, stretching.

This training works on the muscles, especially the **large muscle groups** that favour day to day activities that will help make your life easier over time. These activities are such things as getting out of a chair or out of bed, carrying groceries etc and may include specific hobbies or interests that you want to continue over time to make life enjoyable.

Strength/Resistance Training.

- *Your exercise program should be made up of up to one third strength training.* Compound exercises are exercises that use multiple joints and generally larger muscle groups and may often contribute towards **postural trunk stabilisation**. Talk to your exercise instructor about ensuring that you are exercising these big muscle groups that give you the biggest return for the limited time you spend in the gym and the limited energy levels you can bring to bear whilst in the gym.
- Additionally, some portion of your strength training should also be devoted to the **muscles which have a**

direct effect on the diaphragm. These muscles groups such as the intercostals can be trained with exercises that have an overhead component such as (lat) pulldowns, or straight- arm pullovers, and chest flyes which your exercise instructor can demonstrate correctly.

Don't think that because only one third of your time is spent on strength exercises that they are therefore one third of the importance. This form of exercise is of EQUAL importance and gains prominence as we age because of a process called **sarcopenia**, a well recognised medical condition which describes muscle wastage as we age. From mid life onwards we lose approx 3% of our muscle mass every ten years, unless we work VERY hard to challenge this deterioration. If you think this is not important, remember that it is only muscle that keeps you moving. The slow shuffling gait you see on the very elderly is directly attributed to sarcopenia.

Make progression your aim in the gym, whether that is by progressing the weight lifted, or the repetitions completed over time. This progress does not have to be rapid and can be achieved over a long time, but make your fitness instructor aware of your progress. Then judgements can be made about whether to consider either changing the exercise to elicit further response, or working towards greater joint stability through different angles.

Stretching.

- *Stretching is very important, particularly for lung disease sufferers.* It does not need to take up your time in the gym and can be done anywhere at any time as it does not require specialist equipment. You can, if you want, add it into your time at the gym and you can get your instructor to demonstrate stretches which particularly focus on the diaphragm or on areas of concern such as lower back, if that is a problem- but maybe your time would be better allocated to exercises and options which are not available to you at home or away for the gym.

A useful strategy I employ with personal training clients is to have a GOOD day and BAD day training program. It acknowledges that some days are going to be better than others with either higher oxygen levels or otherwise energy levels, but forces you to recognise that this fact, of itself, is not a reason not to exercise.

The three elements, conditioning – that I talked about last month – strength training, and stretching all work towards slowing the progression of a disease and improving your quality of life. A worthwhile goal.

Dates for your diary

Wednesday 21 April **Chronic Disease Self Management Expo** at the Southern Cross Club from 11am-4pm. A chance to have some fun; talk to a podiatrist, nutritionist or an occupational therapist; have a free remedial massage; take part in gentle exercise; find out about different ways to look after yourself. For more detail, phone Bev Hayhurst on 6287 8099 or Amanda Plowright on 6290 1984

Tuesday 4 May World Asthma Day

Monday 31 May World No Tobacco Day

Friday 27 August National Tree Planting Day to commemorate those who have passed away from lung cancer (of which there are more than 7000 a year (also Daffodil Day)

Thursday 14 October World Spirometry Day – part of **2010 Year of the Lung** activities - involving public

lung testing in hospitals and clinics around the world

18-24 October

Carers Week

Snippets:

from Canberra Times, Monday 8 March 2010: Ian Kiernan, founder of *Clean Up Australia Day*, said that almost **7.2 billion** cigarette butts were dropped each year, leaving a 'toxic cocktail' That took five years to break down. He attributed this to bans on smoking in public places, forcing smokers on to the streets. At ANU alone, about **2000** cigarette butts were thrown in the rubbish.

Some of the principles that form the basis of Dr. Timothy Sharp's CHOOSE Happiness Model include:

- clarity of goals, direction and purpose
- healthy living, eating well, exercising and resting
- having an optimistic attitude
- focusing on your strengths rather than your weaknesses
- enjoying and living in the moment

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