

Newsletter August 2010

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Next Meeting

Thursday 12 August

10.30am - noon

The Weston Club,
1 Liardet St
Weston

Speaker: Gareth Wheeldon will be talking on pharmaceutical matters

Ebba's birthday/Christmas-in-July lunch

On 6 July, over 25 of us celebrated Ebba's 90th birthday – and Christmas-in-July - with a lovely lunch at the Weston Club. The Club did us proud with a christmassy main course followed by a dessert of plum pudding or pavlova. The entertainment committee did us proud with their wonderful job of organising the event. We had special place mats with photos of Ebba at different periods of her life and, at the end of the meal, a birthday cake for all to share. Caroline spoke briefly about Ebba's life; we toasted the historic event and presented Ebba with flowers. Congratulations, Ebba. We all enjoyed your birthday.

One of our members had donated a signed Brumbies shirt to raffle, raising about \$500. The raffle was drawn by Ebba at the lunch, the winner being Ken Peddy, one of our Lung Life members. Congratulations, Ken.



Ebba and the mystery finger pointing



On Thursday, 8 July, about 10 of us met for an informal meeting at the usual place and time. We discussed a variety of issues that affect our members and sat and chatted.



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

The poster is titled 'National Lung Cancer Tree Planting Day' in large, green and gold fonts. It features a photograph of hands holding a small green seedling in soil. The text is arranged in columns. On the right side, there is a green curved banner with the text '2010 The Year of the Lung' and a small version of the 'Year of the Lung' logo. Below this, there is a list of bullet points and a quote. At the bottom, there are logos for 'Greening Australia', the 'ACT GOVERNMENT', and 'THE AUSTRALIAN LUNG FOUNDATION' with its tagline.

National Lung Cancer
Tree Planting Day

2010 The Year of the Lung

The Australian Lung Foundation in partnership with the ACT Government and Greening Australia invite you to attend a commemorative tree planting day

7600 Australians die from Lung Cancer every year. HELP PLANT 760 TREES. A single tree will represent 10 Australians who die from this disease every year.

- Please bring sunsafe clothing, closed in footwear, sunscreen and water bottle
- Plants and tools are provided
- Free BBQ will be served following the planting

When
Sunday 29 August, 10am - 12pm

Where
Pine Island, Pine Island Road, Greenway ACT

RSVP 20 August 2010
Phone Greening Australia on 6253 3035 or email admin@act.greeningaustralia.org.au

Greening Australia

ACT GOVERNMENT

THE AUSTRALIAN LUNG FOUNDATION
"When you can't breathe... nothing else matters"™

2010 is internationally recognised as The Year of the Lung and as part of a national awareness event, similar tree planting ceremonies will occur across Australia during July and August facilitated by The Australian Lung Foundation.

- Lung cancer is the **biggest cancer killer in Australia** – more than breast, ovarian and prostate cancer combined. More than 7600 Australians die each year from lung cancer
- Lung cancer **doesn't discriminate** – it affects men and women, smokers and never smokers, the old and the young
- Lung cancer patients and their families need access to **specialist multi-disciplinary care** to get the right treatment at the right time
- Research in lung cancer is **underfunded in Australia**
- All Australians need to look after their lung health

"When you can't breathe... nothing else matters"™

Get your copy of the Lung Foundation's lung health checklist for common symptoms of lung cancer and visit your doctor if you are experiencing shortness of breath, coughing or chest pain.

Please visit The Australian Lung Foundation website www.lungfoundation.com.au or contact the Lung Foundation on 1800 654 301.

Improve your health with a Lifestyle Modification Program.

If you want more energy and better health, a Lifestyle Modification Program (LMP) will help. LMPs are designed to help people at high **risk of type-two diabetes** to turn their life around by making healthy, long-term changes.

Programs including: 'risks of diabetes' and 'lifestyle factors', provide the tools and support to change bad habits. Non-Indigenous Australians aged 40 to 49 and Indigenous Australians aged 15 to 54 at 'high risk' of diabetes are eligible to be subsidised. Talk to your general practitioner about a referral to a six-month LMP and gain support, help and guidance to make long-term healthy lifestyle changes. For more information, visit the website www.actdgp.asn.au or phone the ACT Division of General Practice on 6287 8099.

COPD: Emphysema and bronchitis from ALF site: www.lungfoundation.com.au

How do the lungs work?

Each time you breathe, air is drawn, via the nose and mouth, into the windpipe or trachea.

- The windpipe is a tube about 10-12 centimeters long in adults. It splits into two smaller tubes that go to the left and right lungs. Each of these tubes is called a **bronchus**. They divide into smaller and smaller airways, and together they are called **bronchi**. The air passes down the bronchi in each lung, dividing another 15-25 times into smaller and smaller airways called **bronchioles**. The smallest airways end in tiny air sacs called **alveoli**. It is here that the oxygen from the air is absorbed into tiny blood vessels called **capillaries** which criss cross the walls of the alveoli.
- Once it passes into the blood stream, oxygen is carried all around the body, and at the same time a waste product, called carbon dioxide, comes out of the capillaries back into the alveoli ready to be breathed out.

If you could look inside your lungs, you would see a mass of fine tubes and air pockets, all looking rather like a giant sponge.

What happens in emphysema?

- In emphysema, the alveoli or airsacs in the lungs are gradually destroyed so people have difficulty absorbing enough oxygen.
- The bronchi becomes floppy and narrow so that it becomes harder to breathe in and out.

The most common cause of emphysema is cigarette smoking. Industrial pollutants may also cause emphysema.

What happens in chronic bronchitis?

- Bronchitis means inflammation of the bronchi. As a result mucus which is normally made in the airways to keep them moist, is produced in excessive amounts. This leads to cough and sputum production.
- The bronchi may also become narrow and floppy (making them narrower) and therefore it is harder for air to get in and out of the lungs. Breathlessness results.

Most adults have a bout of 'acute' or short-term bronchitis at some time in their lives, lasting a week or two at the most. In chronic bronchitis, however, people produce a lot of mucus (phlegm) and they cough and are breathless for months or even years.

Inspiratory Muscle Training and Endurance Sport Performance

Science Daily (June 7, 2010) www.sciencedaily.com

from Tony @ the Y at Chifley

Researchers at Indiana University found that if you do **daily breathing exercises** for 6 weeks, you can strengthen your breathing-in (inspiratory) muscles, significantly reducing the amount of oxygen those muscles need during exercise, possibly making more oxygen available for other muscles.

Training the breathing muscles has been used as an intervention in pulmonary diseases and conditions, such as asthma, COPD and cystic fibrosis, and is also marketed as a means for improving athletic performance in

cyclists, runners and swimmers.

Louise Turner, a researcher in the Department of Kinesiology, said just the act of breathing during an endurance activity, such as running, swimming or cycling performed at maximum intensity, can account for 10 to 15 percent of an athlete's total oxygen consumption, taking it away from rest-of-body use.

About the study:

- The study involved the use of a hand-held device that provided resistance to the breather, requiring greater use of the inspiratory muscles.
- After six weeks, the inspiratory muscles needed around 1 percent less oxygen during the low intensity exercise and 3 to 4 percent less during the high intensity exercise.
- Muscles need oxygen to produce energy. Turner is now studying whether more oxygen is actually available to other muscles, particularly those in the legs, because less oxygen is being used by the breathing muscles.

A resistance training breathing exercise:

- Take a couple of deep breaths with your fists pushing into your ribcage on each side. Feel the beginnings of an outward movement.
- Now put your top teeth firmly on your bottom lip as if you were going 'fffff...'
- Breathe in.
- Feel how hard your muscles have to work to get that breath in.
- And repeat



Caroline surprising us with her t shirt and colourful hair



Pam and Maddie, part of the entertainment committee, enjoying the meal



More of us enjoying the meal

Heart to Heart by Chris Moyle (CT,10 June 2010)

No disease claims more Australian lives than **cardiovascular disease** and it doesn't just affect men. Four times as many women die from cardiovascular disease than from breast cancer. And more younger women are putting themselves at risk.

The Heart Foundation says that more women between 35 and 44 are overweight or obese than not, and one in five women between 20 and 29 smokes daily (could be that the number of new COPD patients won't be decreasing anytime soon).

Symptoms

Most women firstly feel flu-like symptoms for up to a month before a heart attack - hardly worth bothering the emergency department about. So they plod on, clues gradually offering insight - discomfort in the chest, difficulty breathing, often a radiating pain in the shoulder, neck, back, arm or even jaw; a pounding heart.

A third of all women experience no chest pain at all; more often they feel nausea, upper abdominal pain and dizziness. Sudden sweating or feeling extremely fatigued, may even be put down to hormones and lack of sleep. Women, on average, take two to four hours longer than men to respond to symptoms of a heart attack; yet calling an ambulance immediately is the most important thing they can do.

Prevention

- Chew an uncoated aspirin at the first sign of chest discomfort.
- See your doctor for regular blood pressure and cholesterol checks, and also if you're depressed for more than 2 weeks.
- Exercise daily - a 30 minute walk is good.
- Become more aware of your body and alleviate stress when it begins. Breathe deeply and start yoga or meditation.
- Use hand sanitiser - when stressed we pick up bugs more easily.
- Have regular dental check-ups and floss daily as it breaks up plaque, a culprit in heart disease.
- Cut down on sugar, stop using salt and drink 1-2 litres of water a day.
- Take more vitamin D (found in salmon, mackerel, tuna and eggs).
- Eat:
 - five serves of colourful vegetables
 - two serves of fruit daily
 - legumes, low-fat dairy products
 - two to three serves of oily fish weekly
 - moderate amounts of lean meat
 - wholegrain cereals, breads, pasta, noodles and rice
 - snack on unsalted nuts and seeds
 - anything enriched with omega-3s and fish oil supplements
- avoid deep-fried food, takeaways, cakes, pies and biscuits.
- Finally, get at least 6 to 8 hours sleep at night. Plenty of good sleep means you're more likely to stay slim.



*Ebba, Shirley, Pat, Judy, Janice
Tom and Robyn in the background
Serious business*



*Caroline and friends Maggie and Dennis
What is Caroline doing?*

Dates for your diary

Friday 27 August National Tree Planting day to commemorate those who have passed away from lung cancer (also Daffodil Day)

Sunday 29 August Tree Planting at Pine Island to commemorate those who have passed away from lung cancer 10am-noon, followed by BBQ

1-8 September Asthma week

Wednesday 8 September National Self Help & Support Group Awareness 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

November lung awareness month

Wednesday 17 November World COPD Day

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