

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

Newsletter August 2011

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Next Meeting

Thursday 11 August
10.15am – 12 noon
(NOTE NEW STARTING TIME)
The Weston Club,
1 Liardet St
Weston

Caroline Manning from *Mobility Matters* will be showing us some of the latest items that can assist our mobility in everyday life

Italian-in-July Lunch

This year we decided to be different. Instead of using mid-winter as a time to indulge in a cold weather Christmas, we decided to indulge ourselves with a lovely Italian lunch. Thirty four of us had a lovely time early in July and the Weston Club did us proud with a delicious – and filling! - meal – garlic bread, lasagne, tortellini (with a choice of two sauces) and a salad, followed by tiramisu for dessert. We used the occasion to thank Laurelle for all her work for the group. Esther spoke on our behalf, saying:

Most of you know Laurelle,--the prettier quieter half of Clive and Laurelle. Laurelle's husband Clive was a founding member of the Lung Life Support Group, and was instrumental in organising this venue at the Weston Club for our monthly meetings. A couple of years later after she has finished her baby sitting duties for granddaughter Amelia , Laurelle joined us.



Esther

Laurelle has been a staunch member of our group ever since, taking over as co-ordinator after Cecelia passed away, and I retired. She not only held this position for 3 years but also organised the seniors Expos

Disclaimer: the information in this newsletter comes from a variety of sources and is intended as a guide only.

and our visits to the Uni physio. Of course we shouldn't forget the great photography work Laurelle produced for us.

However to our loss Laurelle has decided to spread her wings in other directions, Brisbane, Darwin who knows where else, as we reluctantly let her go we wish her every happiness, and hope she will pop in to see us occasionally.

Laurelle I know you have had many happy times with our group, and formed some very close friendships. I know this is what we had hoped to achieve when we began the Lung Life Support Group 14 years ago, so this makes me happy. Good friends especially those in the same boat are invaluable.

We hope you will, enjoy this little gift and thank you for the time you have given us.

Esther presented Laurelle with a gift voucher from us all. The Italian lunch was a lovely occasion and we now eagerly look forward to next year's lunch.



Laurelle



Chatty groups

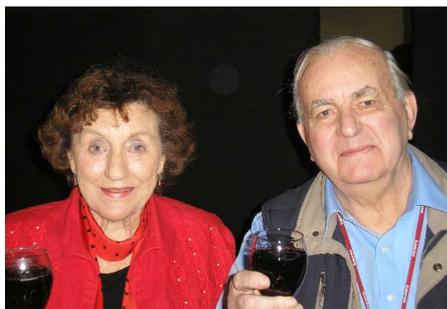


Maddie and May and many others down the table

July Meeting

Our July meeting was an informal affair. We talked about various issues, including future speakers and activities. **We decided to begin meetings at 10.15 to allow time for coffee and chat before business.**

Esther brought some beautiful scones, jam and cream which we enjoyed with our coffee. We talked about organising some social activities and need a volunteer to start us off. Perhaps not a picnic just yet.



Daphne & Tom - the bon vivants



Chris amazed



Pat enjoying it all

Networking breakfast for chronic disease self management 29 June 2011

One chilly morning in late June, 16 people attended a networking breakfast. Some were from the health care industry; some from community groups; some from local support groups. The purpose of the meeting was to network and to bounce ideas about for improving networking among those three groups.

Jan Creswell from the Parkinson's Support Group commented that her purpose was to improve the services for people with a chronic disease to enable them to manage their condition in the best possible way. She believes that what is important is understanding what services are needed, what the current services are, where the gaps are, are there overlaps so resources can be better used? Does networking support this?

One factor to consider is that people and positions seem to be in constant flux so the need to regularly update who is who and what do they do is important. This morning was a good opportunity to do this.

Suggestions from others included expanding the Chronic Care net to improve communications as well as using the Media more.

A dinner is being organised for later this year with some activities to increase information sharing.

I said I'd like to see something concentrating on lifestyle activities instead of only concentrating on resources available to keep people out of hospital. For example, small group (but individual) computer tuition to improve computer use – perhaps organised by Chronic Care or a community organisation. For people with a lung condition, getting to an activity as well as shortness of breath and perhaps the noise of a portable oxygen concentrator are often self-limiting factors.

WHAT NOT TO DO! By Ebba Marrington

Some five weeks ago I was on my way to the Doctor on my shiny red scooter "Babe". Crossing a busy intersection has never been a problem - BUT this day crossing the first road safely, on the second stretch I wanted to reach the traffic light button which was just out of reach. Over-extending myself to reach it I started falling thus pushing the scooter on to the road and I think I followed it because the next thing I knew someone was dabbing the bridge of my nose which was bleeding and I was on the road. Fortunately there were no cars in that lane.

I asked someone to pull my arm down as my thumb was hurting, but so were my knees and legs and a few other places, but I was able to move everything. Someone else gently lifted my head and placed under what I thought to be a briefcase. Several people asked me what my name was to which I was able to reply. Then a man arrived who was an off-duty paramedic.

He checked me out. He and another man lifted me up, steadied me, and assisted me back on to the scooter. In the meantime 000 had been called, then cancelled. The other man who lifted me up accompanied me a third of the way to the doctor's when I reassured him that I was okay to carry on. Canberrans are kind and caring, despite the experience of that poor woman outside the Canberra Hospital.

When I arrived at the Surgery my sore thumb was bleeding profusely, my nose was messy, and I could hardly walk. A sorry sight! After a couple of hours of doctoring, etc. I drove my "Babe" home, parked it in the garage and left it there for a month while healing.

My warning is:

- GET A SEAT BELT.
- If you have a seat belt TURN OFF THE SCOOTER BEFORE RELEASING THE SEAT BELT.
- As there are no brakes on scooters to my knowledge, when stopping at intersections or other dangerous places, TURN OFF THE SCOOTER.

Lastly, don't let my experience put you off having a scooter. It is a great way to get around when you no longer want to drive a car or are not allowed to.

The ABC Web SITE www.abc.net.au/science

Under the heading of **ABC Science**, the ABC has a huge range of items dealing with respiratory conditions – it searches 3 million pages . The site is easy to move around in – with a search section in which to type your topic which then quickly brings up all the hits. It's also easy to move onto Health and Wellbeing and other ABC sites.

Custom Fit CPAP Mask - TrueFit by Maureen Bell

Having read Alf's story of his nasal mask, I was reminded of the custom fit CPAP mask which featured on the ABCTV New Inventors Episode 20, 22 June 2011. The information below is a summary of some of the information on the site. Here is the link to the story:

<http://www.abc.net.au/tv/newinventors/txt/s3246976.htm>

The TrueFIT mask is a personally moulded sleep mask that exactly fits the unique contours of each patient's face. This gives the mask an extremely precise seal which delivers both increased comfort and improved therapy. Made from a hypoallergenic medical grade silicone, the mask is quite firm and includes 2 small nostril protrusions which extend about 4 or 5mm into the nose. These protrusions form the main seal of the mask along with a small ring about ½mm high that slightly depresses the flesh at the entrance to the nostril.

Patients must have a moulding taken of their face and nose area. The process takes about 30 minutes and covers the area from your forehead to your top lip and down the bridge of the nose. The material used is similar to that used to make denture moulds and people who've experienced the process describe it as quite relaxing; a bit like having a mud mask applied.

For more details and other significant design features, look at the web site or use the contacts .

Contact

For more information about TrueFIT, contact the following:

Enquiries about masks: Scott Coulter: scott @acurest.com.au 07 3205 8323 Web: www.acurest.com.au

To contact the inventor: Collin Anderson cj.anderson@bigpond.com

Italian in July Lunch – more photos



Shirley, Chris & Val



Barry



Caroline, Noel, Betty and Daphne



Ray & May

Fewer lives lost to chronic illness From CT, 20 June 2011

A recent report by the Australian Institute of Health and Welfare found that the number of people aged under 75 dying from chronic illness has dropped by almost 20%.

However, researchers found mixed results on relation to risk factors. Smoking continues to decrease with less than 18% of Australian adults smoking, compared with over 24% in 1991.

But obesity is on the increase – about 60% of adults are obese as are almost a quarter of children – and excess weight is connected with many chronic conditions so the increase is concerning.

Ready & Able – *Keep your brain active* by Chris

Answer to **Steps** puzzle – altering one letter at each stage to form a new word every time, change the word at the beginning to the word at the end:

FEET	MEET	MEAT	MOAT	MOAN
MOAN	MOAT	BOAT	BRAT	BRUT

Can you continue the steps to change BRUT into COAL then DROP?

BRUT	COAL
COAL	DROP

Dates for your diary

Wednesday 16 Nov World COPD Day



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

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