



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

Newsletter October 2011

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Next Meeting

Thursday 13 October
10.15am – 12 noon

The Weston Club,
1 Liardet St
Weston

Beverley from COTA will talk about *Beyond Maturity Blues*

September Meeting

We opened the meeting with business as usual: Pam reported on the successful sessions with the Medico and the Physio students. Helen reported on a networking breakfast held for support groups and Health and Community organisations. Chris presented a Treasurer's Report which showed our income and costs for the year, the latter greatly exceeding the former.

Our speakers for the session were Alan from **Oxygen Solutions**; and Caroline and Angela from **Mobility Matters**. Alan gave a glowing description of the portable Inogen Generation 2 Oxygen machine which can be used for 24 hours a day - either plugged in or run off a lithium battery – and can be used while it is charging. It is certified on over 30 airlines: extra batteries may be required to last the length of the flight. Alan told the story of a man who recently approached him for advice. The man, on oxygen, was going overseas, on his honeymoon. Alan advised him to take plenty of additional oxygen. The Inogen can be purchased from **Mobility Matters** and staff will visit people at home, service equipment and assist with trialling equipment at home.

Caroline and Angela followed Alan's talk with a demonstration of a wide range of products such as toe-cleaners, seat cushions, jar openers, gripping tools, limb protectors, shoes and many other items useful for people with limited mobility. **Mobility Matters**, 35 Townsville St, Fyshwick, also have equipment for hire.

Canberrans can breathe easy about air quality

Taken from a report by Megan Doherty 03 Sept 2011, The Canberra Times

Canberra's overall air quality compared with other capital cities is "excellent" but wood smoke is still a problem in winter, according to the 2010 **ACT Air Quality Report** issued yesterday by the Environment and Sustainable Development Directorate. It showed that, while wood smoke did not exceed accepted limits throughout the year, it still spiked during winter. Major hazard-reduction burns in NSW on two days in March which resulted in smoke blanketing the ACT were responsible for the two instances when the standards were breached. There were no breaches of the standard during the winter months as a result of wood heater emissions.

Historical monitoring indicates that the only AAQ NEPM pollutant of concern in the Canberra airshed is **particulate matter**, which increases during winter because of emissions from domestic wood heaters. In more recent years exceedences of the particulate matter standard have also been recorded from dust storms and smoke from controlled burns.

Canberra's population has reached the stage where a second monitoring station - that met all standards - was needed. There are two monitoring stations - at Monash and at Civic but the Civic station was not in an ideal location. The Tuggeranong Community Council has previously called for a second station in the Lanyon Valley to "give a wider and more accurate picture of air pollution" in the area. However, a second station was likely to go in the growth areas of Gungahlin and Belconnen.

The ACT Government acknowledges that wood smoke is a problem. Under the Wood Heater Replacement Program, 917 wood heaters had been removed from service since 2004. The department was also planning to start a public awareness program soon. The licensing of firewood merchants was also a priority.

The report also found that **carbon monoxide levels** in the ACT were well below the AAQ NEPM standard - because of both an improvement in vehicle emissions and a decline in wood heaters numbers.

Ever wonder:

Who tastes dog food when it has a 'new & improved flavour'?

Why you don't ever see the headline 'Psychic wins Lottery'?

Why lemon juice is made with artificial flavour, while dishwashing liquid is made with real lemons?

Why they are called 'apartments' when they are stuck together?

Why 'abbreviated' is such a long word?

Why you have to click on 'Start' to stop Windows?

Why sheep don't shrink when it rains?

Why you drive on parkways and park on driveways?

Interstitial Lung Disease – Adult from www.lungfoundation.com.au

Interstitial lung diseases (ILD) are a group of rare lung conditions that cause chronic breathlessness. The problem usually develops over the age of 50 years, and can affect both men and women, and also children. Generally the causes of these diseases are unknown. Only very rarely are ILDs inherited. They are not contagious.

ILDs include:

Idiopathic pulmonary fibrosis	Cryptogenic organizing pneumonia
Sarcoidosis	Rheumatological Disease
Rheumatoid arthritis	Scleroderma
Systemic lupus erythematosus	Drugs
Radiation	
Asbestosis	Silicosis
Bird proteins	Bird fancier's lung

A large number of prescribed drugs are known to cause ILD. This problem may first arise after a patient has been exposed to the medication for many years and is not generally related to dose.

A website for drug associated lung diseases www.pneumotox.com is a useful resource for doctors and patients concerned that a medication may be causing ILD. Non prescription complementary therapies can also cause ILD and doctors should be made aware if these are being taken.

Elderly widen web from CT 25 Aug 2011

An Australian survey has found that those over 65 are keen on online social networking as a means of keeping in touch with their family. The survey found that 86 percent of respondents thought themselves computer savvy. The wired seniors were most in favour of Skype, which 45% used regularly, followed by Facebook with 42%. The survey also found that 79% of respondents used the internet several times per week. Nearly 40% used it daily. A mere 3% had never used the internet.

Internet gateway from CT 28 Aug 2011

The ACT Government provides an internet gateway to assist older Canberrans to find useful, timely and accurate information on a range of subjects including healthy and active living, retirement planning, support services, entitlements, volunteering opportunities, community groups and seniors clubs.

www.seniors.act.gov.au

There is no pleasure in having nothing to do; the fun is in having lots to do and not doing it.

Camping is nature's way of promoting the motel business.

How do you know when it's time to tune your bagpipes?

Interstitial Lung Disease Research initiatives

The lungs are responsible for the delivery of oxygen into the blood stream and the removal of carbon dioxide. The major problem in ILD is inflammation of the lung tissue which leads to scarring (fibrosis) of the air sacs (alveoli) that interferes with the ability of the lungs to deliver oxygen. If the problem gets worse, the lungs become stiff, and shrink resulting in increased breathlessness.

Current therapies for ILD suppress the immune system and are aimed at reducing lung inflammation.

Unfortunately this approach only addresses part of the process that causes lung injury in ILD and does not prevent the scarring. New treatments are focused on preventing the scarring process and are the product of basic research that is currently focused in the following areas:

- **Genetics:** It is likely that the presence of certain genes makes individuals more susceptible to the effects of environmental dusts that cause scarring of the lungs. It is hoped that identifying these genes and the proteins that they are responsible for producing, will lead to the development of new therapies.
- **Anti-fibrotic medication:** Drugs that stop scarring in the body are currently the subject of clinical trials involving a large number of diseases, e.g. diabetic kidney and ischaemic heart disease. It is likely that lessons learnt in these more common conditions will be applied to ILD and offer hope for more effective therapies.
- **Novel treatments:** It is hoped that novel treatment approaches available in clinical trials that focus on preventing lung scarring rather than reducing inflammation will prove to be more effective therapies in the future.

Date for your diary: World COPD Day - 16 November 2011

World COPD Day is a global effort to expand understanding of chronic obstructive pulmonary disease (COPD) and advocate for better care for patients. In 2004, 64 million people had the illness and WHO predicts that COPD will become the third leading cause of death worldwide by 2030. Key risk factors for COPD are tobacco smoking, indoor and outdoor air pollution, and exposure to occupational dusts and chemicals.

Organized by the Global Initiative for Chronic Obstructive Lung Disease (GOLD), the Day is marked by activities implemented by health care professionals and patient groups throughout the world.

Related links

[More about World COPD Day](#)

[WHO programme on chronic obstructive pulmonary diseases \(COPD\)](#)

[The Global Initiative for Chronic Obstructive Lung Disease \(GOLD\)](#)

Donation

We have received an offer of a donation: a large oxygen concentrator and unused masks and tubing. Useful for your beach house? If you are interested, please contact Helen on 6281 2988 or lung.life@hotmail.com .

Computer lessons in own home

from Smart Living, CT July 24 2011

Stewart, a computer-wise retiree, offers individual tuition in your home, covering features in your computer such as Windows and Word, creating, using and saving documents, files, folders etc, using the internet and emailing. He also covers other aspects that you specifically want.

Stewart leaves lessons loaded onto your computer for later reference. He charges \$90 for a two hour session. If you invite a friend, you halve the cost each!

You can contact him on: 6293 4469 or email: ezypeasy@optusnet.com.au .

The National Toilet Map

This is an Australian Government Initiative that may be of interest.

Information on the location, opening hours and availability of wheelchair access for more than 14,000 public toilets nationally can be found on the internet: www.toiletmap.gov.au.

Brain food

Answers to puzzles in August newsletter.

brut bout boat coat **coal**

coal cool coop crop **drop**

Odd one out

Can you find the odd one out?

1. UUSTGA 2. AAYJURN 3. CHARM 4. DUSYTEA 5. LUYJ 6. PREESTMEB

Hint. It's not number 3. Answers next month. Good luck.

Dates for your diary

Wednesday 16 Nov 2011	World COPD Day
Thursday 29 March 2012	Session with Physio students @ UC
Thursday 14 August 2012	Session with Physio students @ UC



ACT
Government
Health



Arthritis
AUSTRALIAN CAPITAL TERRITORY
Incorporating Osteoporosis ACT

“Living a Healthy Life with Long -Term Conditions”

2011 COURSE SCHEDULE

Do you have diabetes, asthma, heart disease, arthritis, cancer,
back pain, obesity or any condition lasting longer than 6 months?

Does it prevent you from living life as you would like?

Cause you stress? Impact on your relationships?

Arthritis ACT-phone 6288
4244

October/November
Fridays 12pm-2.30pm

October 14, 21, 28,
November 4 ,11 &18

Phillip Health Centre

October/November
Thursdays 10am-12.30pm

October 20, 27, November 3,
10, 17 & 24

**Belconnen Health
Centre**

October/November
Fridays 10-12.30pm

October 28, November 4,
11, 18, 25 & December 2

**To register for Health Centre courses, or discuss course details please
phone :**

**Community Health Intake
Phone 6207 9977 between 8am-5pm Monday- Friday**

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to subscribe.*

lung.life@hotmail.com or return the mailed newsletter