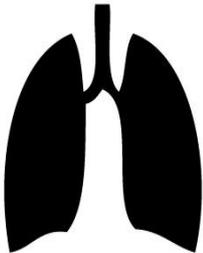


CANBERRA  
**LUNG LIFE**  
SUPPORT  GROUP

**Newsletter June 2012**

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

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**Next Meeting**  
**May Thursday 2012**  
**10.15 am – 12 noon**

**The Weston Club**  
**1 Liardet St**  
**Weston ACT**

**There will be no speaker this month. Please bring a photo of yourself as a young person to the meeting and write a sentence about some aspect of your life**

**Dates for your diary**

Thursday 14 June 2012	Lung Life Support Group Meeting
Wednesday 27 June 2012	World Spirometry Day
Tuesday 24 July 2012	Mid-Year Luncheon
Tuesday 14 August 2012	Session with Physio students @ UC

**May Meeting Report**  
**Chris Moyle**

Marie Falconer, Community Awareness Educator with Carers ACT Australia addressed our May meeting. Carers ACT is located at 30 Beaurepaire Crescent, Holt; the phone number is 6296 9900. There are counsellors at Holt and at the Smith Family premises in Phillip who can talk over the phone or in person. You just need to ring and make an appointment.

Carers ACT works primarily with family carers but includes neighbours or friends who provide care. It supports carers in their caring role and helps the carers to do what they have to do and all of its services are free. Conditions supported include mental and terminal illnesses and frail age. Membership of the organisation is free. There are 46,000 carers in the ACT and about 4,600 are members of Carers ACT, but you don't have to be a member to receive the services. A newsletter,

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“Carers Circle” issued every quarter, keeps members and non-member aware of what is being offered.

There are 20 different services all funded in a slightly different way. One program of great importance is respite, for the cared and the carer. Respite is given to a wide range of those who require support. For example:

- Families with children with disabilities, such as autism, aspergers, mental conditions
- Sometimes respite can be a piece of equipment eg things like a clothes dryer
- Mature carers looking after adult children eg a 90 year old woman looking after a 70 year old daughter with Downs Syndrome
- Children with a parent with a mental condition or illnesses such as MS or diabetes
- Children in a family supporting a disabled sibling.

In May sixty carers were given a welcome break at Murramarang on the South Coast with free accommodation, massages and bush walks. Often such an occurrence is the only time the carer has had off in years. The Cottage at Deakin, for people with low level dementia, and Fraser House, which provides disability respite for mature carers, both offer day and overnight respite accommodation.

Carers need to live in the ACT but the person being cared for can live interstate. If the carer needs an ambulance, the person they care for goes to hospital also. Other services can be brought in while the carer is in hospital – eg, buy in someone to cook meals. Respite is flexible. Services are usually short term - short bursts - but there is always the capacity for flexibility.

For after hours emergency respite contact the Commonwealth Respite and Carelink Centre on 1800 052 222

### **Copy of a letter from Alby Richards to Donna Azzopardi**

special interest to those on oxygen

Dear Donna,

From Air Liquide I have purchased 15 metres of **Non Kink** plastic tubing to connect between my oxygen concentrator and cannula.

As a 19 year user of this life-giving equipment I am well qualified to say this tubing is a superior product for patients to that supplied by British Oxygen as:

- Being green in colour it is more visible than the translucent tubing supplied by British Oxygen,
- It is 15 metres long (British Oxygen 10metres) than enables me to reach every corner of my house,
- It meets the manufacture's claim that it does not kink, and
- It is far safer product as it does not form dangerous loops that are a continuous hazard to patients and their cares, having twice caused me to fall to the floor.

I have reported the above critique to British Oxygen by phone.

The green tubing that I applaud is made by Meditube Extrusions Pty Ltd. 4B Buch Avenue, Epping, Victoria 3076. Phone number (03) 9401 5918.

Your faithfully,  
Albert Richards.

### **The Best Antioxidants for Your Lungs** (Website *Livestrong.com*)

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Chris Moyle

Your lungs are under a near-constant assault from free radicals – renegade molecules that destroy your vulnerable lung cells. Free radical activity significantly increases if you smoke or inhale pollutants. **Antioxidants** are your lungs' only defence against free radical damage.



Consider taking these antioxidants for your lungs to limit free radical damage.

**Vitamin A** found in milk, cheese, eggs and liver (are well absorbed and especially important for immune deficiency diseases); pawpaw, rockmelon, carrots.

**Vitamin C** found in oranges, tomatoes, broccoli, apples, bananas and blueberries.

**Vitamin D** found in milk and mushrooms.

**Vitamin E** found in spinach, kale, vegetable oils, peanuts, pistachios, walnuts, almonds, sunflower seeds, mangoes and olive oil.

**EGCG** found in green tea.

**Flavonoids** found in pears, apples, onions, beans and berries

**Resveratrol** found in red wine – from red grapes (also reduces risk of cardiovascular disease)

**Selenium** found in brazil nuts, brown rice, eggs.

**Fish or fish oil supplements** (rich in Omega-3 acids) can reduce inflammation in your lungs.

**Broccoli** Sulforaphane in broccoli acts on the lungs and reduces inflammation which makes the lungs function better in patients with COPD and asthma.

## GREAT TRUTHS ABOUT GROWING OLD

Growing old is mandatory; growing up is optional.

Forget the health food. I need all the preservatives I can get.

When you fall down, you wonder what else you can do while you're down there.

You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.

It's frustrating when you know all the answers but nobody bothers to ask you the questions.

Time may be a great healer, but it's a lousy beautician.

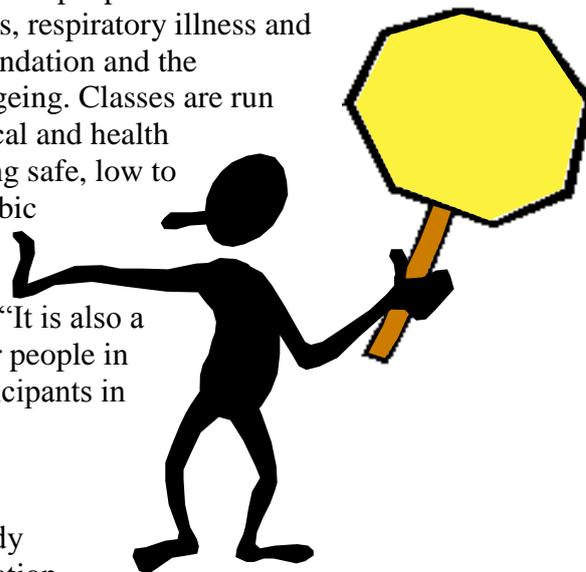
Wisdom comes with age, but sometimes age comes alone.



## Get active with all the right Heartmoves

Heart Foundation Heartmoves is an easy, accessible physical activity program that helps improve the health, wellbeing and quality of life of Canberrans. Heart Foundation ACT CEO Tony Stubbs said all Heartmoves classes are run by accredited fitness professionals, and classes are available throughout the Canberra region. “Heartmoves and Heart Foundation Walking provide opportunities to be active in a safe environment and it also enables individuals to connect with other people in the community,” Mr Stubbs added.

Heartmoves is in its 12<sup>th</sup> successful year of delivering this innovative exercise program that has been developed specifically for the older adult, and those people who have a stable chronic condition such as heart disease, diabetes, MS, arthritis, respiratory illness and obesity. It was created by experts from the Heart Foundation and the Australian Government Department of Health and Ageing. Classes are run by trained and accredited leaders in the fitness, medical and health industries. The exercise program focuses on delivering safe, low to moderate intensity sessions incorporating gentle aerobic movements, weight bearing or resistance exercises, flexibility, balance and coordination- all of which can help improve fitness and improve quality of life. “It is also a great way to meet new people and connect with other people in the community” as Judy, one of the Heartmoves participants in Fadden attests.



Diane Percy, Heart Foundation ACT’s Heartmoves Coordinator, said “The Heartmoves leaders are already registered fitness professionals, so this extra accreditation sets them apart from other trainers. As fitness professionals, being equipped to safely conduct exercise for the older client and those with a stable chronic condition is the priority. Health professionals are referring clients to the Heartmoves exercise program with the knowledge that the Heartmoves leaders have the education and skills to deliver a safe program”.

The Heartmoves program is a safe and easy way to exercise for health. People can start at their own level and exercise at their own pace in a friendly atmosphere. The social aspect of the program helps to keep the participants motivated. There are always chairs available and all exercises have a modified seated version.

For more information contact Diane Percy,  
6269 2653 or  
[diane.percy@hearfoundation.org.au](mailto:diane.percy@hearfoundation.org.au)

### **Heart Attack** **Chris Moyle**

At our April meeting Daphne told us about her heart attack symptoms – breathlessness and racing heart, without pain – which woke her up in the middle of the night. She didn’t think she was having a heart attack and went back to sleep. The following day her daughter sent her to hospital where the heart attack was diagnosed. Daphne has since had two stents inserted and thankfully is still with us.

Statistics show that one Australian has a heart attack about every 10 minutes and 40% of women have no chest pain. The Heart Foundation recommends you watch out for any pain, pressure,

heaviness or tightness in one of more of your chest, neck, jaw, arm/s, back or shoulders. You may also feel nauseous, a cold sweat, dizzy or short of breath.

If you recognise any of these symptoms STOP and rest. TALK – tell someone how you feel. If your symptoms are severe or getting worse, or have lasted 10 minutes or more:.....CALL 000 (Triple Zero). Ask for an ambulance. Don't hang up. Wait for the operator's instructions. If Triple Zero does not work on your mobile phone, try 112.

## **Seniors Week**

Helen Reynolds

Pam, Maddie, Robyn and Barry, the gopher for the group – gopher coffee, gopher something to eat, gopher whatever was necessary to keep the ladies talking to anyone and everyone who was interested in COPD and other lung conditions. This small but intrepid band of Lung Lifers were staffing the Canberra Lung Life Support Group's stand at the Senior's Day Expo at the Bus Depot Markets building, Kingston. They were joined for a period of time by our esteem leader and her sister and brother-in-law who were visiting from over the wide blue yonder. Rueben also dropped in as I did but unfortunately I was too late, everyone had gone home. But ... next year I will be on time and maybe I'll meet up with some of you who have come to support the intrepid group and our common cause.



A big thank you from Pam to her group and from all of us to Pam and her group.

## **Session with Physio students @ UC**

Helen Reynolds

We are all guilty of complaining because we feel “they don't understand” and “I'm not a chronic disease. I'm me”. Well, here is the perfect opportunity to get the message across to a group of future health professionals. We can have an impact on how the students perceive the “individual” who suffers from COPD or any lung related condition. It's a “win – win” situation.

At this point in time Pam, Val, Peter, Maddie, Brian and Judy are interacting with the future health professionals of Canberra and possibly interstate. They are answering the students' questions regarding their condition, allowing the students to see the personal side of a “chronic disease”. As well, they get to discuss their spirometry and oxygen saturation results and have these results monitored. Pam, Val, Peter, Maddie, Brian and Judy are in control, they do and say only what they feel comfortable doing and saying. A “win-win situation”!

The next session is scheduled for Tuesday 14 August 2012. Lots of time to get your act together and join Pam and her group in developing the understanding of the human condition within the chronically ill. Parking is always of paramount concern, but not to worry. Parking is provided and the walk is not too far. And, after the session, the coffee shop is not far away so the social side of such an event is readily available.

For those of you who would like to join Pam and her group in her most worthwhile enterprise please email [bapjh@live.com.au](mailto:bapjh@live.com.au)

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## **Active Cycle of Breathing Techniques**

With winter coming on we need to do everything we can to remain as healthy as possible. One way to do this would be to improve our breathing and perhaps the Active Cycle of Breathing Techniques would do just that! ACBT uses an alternating depth of breathing to move phlegm from the small airways at the bottom of your lungs to the larger airways near the top where they can be cleared more easily with huffing/coughing.

**The parts of the ACBT are:**

### **Breathing control**

This is normal gentle breathing using the lower chest, with relaxation of the upper chest and shoulders. It helps you to relax between the deep breathing and huffing.

### **Deep breathing**

These are slow deep breaths followed by a three second hold with a relaxed breath out. 3 – 4 deep breaths are enough.

### **Huffing**

This is a medium sized breath in, followed by a fast breath out through an open mouth, using the muscles of the chest and stomach to force the breath out. This will move secretions along the airways to a point where you can cough them up. Huffing is a less tiring way of clearing your secretions than coughing.

### **Coughing**

This should follow 2 – 3 huffs OR a deep breathe in. Don't cough unless secretions are ready to be cleared.

### **In what position should I practice this breathing technique?**

You can use this method of breathing in whatever position you find is most comfortable, or seems to clear most secretions, for example, sitting in a chair, lying on your side, or 'tipped' if this helps.

### **What other techniques can I use with the Active Cycle of Breathing (ACBT)?**

It is often beneficial to 'hold' for three seconds at the end of one or all of the deep breaths. If your physiotherapist advises, you (or a helper) can 'clap' your chest while you breathe out.

### **How long should I spend doing it?**

- If you have a chronic respiratory condition but you are very well, 10 minutes will be long enough to ventilate your lungs and clear any secretions.
- You can do it as long as you are clearing any secretions but 20 minutes is usually long enough for any one treatment.
- If you have an infection and your cough is more productive than usual, you will need to practice the cycle more often during the day.

### **References**

[www.northdevonhealth.nhs.uk](http://www.northdevonhealth.nhs.uk)

[www.livingwithcopd](http://www.livingwithcopd)