

July 2014 Newsletter

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

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Next Meeting	Thursday 10 July 2014 10.15 am - 12 noon The Burns Club, 8 Kett Street, Kambah ACT 2902
Guest Speaker	Bernie Bissett, Physiotherapist from the University of Canberra will enlighten us on inspiration muscle training.

Dates for your diary

Thursday 14 August 2014	Canberra Lung Life Support Group Meeting
Thursday 31 July 2014	Mid-winter Luncheon
Thursday 4 September 2014	ANU Medical School
Wednesday 19 November 2014	World COPD Day

June Meeting Helen Cotter

Over 20 members attended our meeting, with 7 apologies. We asked people to sign a permission slip if they were happy for us to use their photo in support of the group. This they willingly did. This means we can continue to use photos in the newsletter or send them to the Lung Foundation (LFA) or other such organisations when appropriate. For instance, we send photos to LFA after Education Day and World COPD Day. HCCA asked to put an article with photos from our newsletter on their website. We are pleased to be able to publicise Lung Life in this way.

During the month, we held a Working Party meeting to discuss the co-ordinator's role and the future steps for Lung Life. The Lung Life meeting endorsed the decisions we made:

- The co-ordinator usually runs the meetings. From now on, the members will run the meetings on a rotational basis, each member taking the role for three months and each member having the right to refuse. The co-ordinator will be back up person in case of sickness or absence. For the next three months, Carmel will be running the meetings.



The Working Party taking a brief break before we stop for lunch and chit chat.

- HelenR and PamG agreed to be media people, to write and send Lung Life information and articles to a wide range of newspapers and newsletters. We would be pleased to receive names of appropriate newsletters etc that may like to use our contributions.

PamH gave us details of our Mid-winter Lunch: Thursday 31 July; cost \$25, 12 o'clock noon at the Burns Club (see full details later in the newsletter).

Pam also had details of the next visit to the ANU medical students at Canberra Hospital - Thursday 4 September at 1.30 pm. Travel costs are covered. If you are interested in volunteering, contact Pam on ph: 02 6288 2053 or bapjh@live.com.au.

The business side ends about 11 am and then we move onto the speaker, this month Judy McKenzie from the Chronic Care Team.

Judith McKenzie, Respiratory Nurse at The Canberra Hospital. **Chris Moyle**

Oxygen plays a vital role in the breathing processes and metabolism of living organisms. It is inhaled and then diffuses through membranes in the lungs into red blood cells. Haemoglobin in the blood binds oxygen when it is present changing haemoglobin's colour from bluish red to bright red. Oxygen is carried by the blood stream to all parts of the body and a process of oxidation occurs (metabolism). Carbon dioxide, a waste product, is then released from the cells into the blood for transport back to the lungs. This carbon dioxide is exhaled and the process begins again.

Supplemental oxygen can only be prescribed by a respiratory physician. In COPD the lungs lose their natural elasticity as they become damaged and over-expanded. This can make it harder to breathe air out fully. Air therefore becomes trapped in the lungs, which means the breathing muscles have to work harder. These muscles require oxygen to be able to work and a person with COPD may have a higher oxygen requirement just to continue breathing.

Who receives supplemental oxygen?

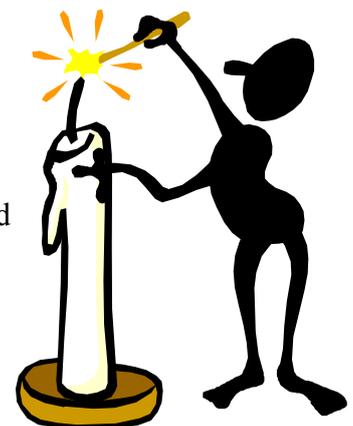
Oxygen blood levels can be measured by an oximeter placed on the finger. A reading of 93% - 100% is considered normal, but a reading of 88% or less is cause for further investigation. Next an arterial blood gas test may be performed. An 85% reading is OK, but if oxygen is below 55% - 60% then a prescription will be made out for supplemental home oxygen.

Supplemental oxygen helps the cells and organs function properly, reduces stress on the heart, improves exercise tolerance and reduces tiredness. The cheapest way to dispense oxygen is to use a concentrator. Oxygen cylinders are also available.

Shortness of breath may not be fixed with home oxygen, but the oxygen is benefiting the body. Not all shortness of breath is due to low oxygen levels. It can be caused by anaemia, heart and asthma problems and from a person being unfit.

Exercise is very important in improving and maintaining muscle strength and fitness. A person with chronic lung disease will benefit from participating in an exercise program, which will assist them to stay well.

A COPD Action Plan is an important tool in managing the condition. The GP will fill out the Plan with the patient and ensure prescriptions are filled out and ready for use when needed. It is important to treat infections promptly. This is much better than leaving an exacerbation to get worse and then going to hospital.



Dangers of oxygen: Home oxygen doesn't explode but it does cause fires. Avoid smoking cigarettes and stay away from lit birthday candles.

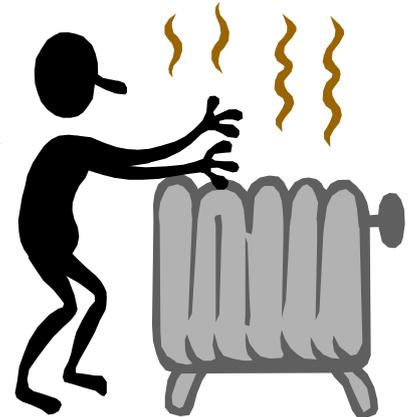
Breathing exercises: It's important to practise diaphragmatic breathing. Breathe through the nose as this warms the air and filters viruses etc. Shallow breathing can cause anxiety but deep breathing is very calming. When breathing in expand the chest and fill the lungs. The breath slows down during this process, and it can help shortness of breath. Leaning forward can open up the airways and make breathing easier. The aim is to have the out breath a little bit longer than the in breath, but don't force it. Extend the out breath just a little.

The A - Z of Preventative Health Care

Chris Moyle

Germs

To avoid contracting infection wash hands frequently. When out in shopping centres where you're touching other people and lots of different surfaces try to remember: **Don't touch your face!** It's the easiest way to transfer germs to your eyes, nose or mouth where they'll easily enter your body and set up infection. In public toilets use paper towels rather than press a germ-laden blow-dryer button, and use paper to open the main toilet door when exiting. Best thing to do but (I find) hardest to do is **Don't touch your eyes, nose or mouth.** (From "The Doctors" TV program)



Hand washing is the single most important step in preventing the spread of disease-causing germs. So, do you think you wash your hands enough? Are you doing it properly? This step-by-step guide will show you how to wash your hands effectively so you know that you are minimising your risk of catching and spreading illnesses.

Here's How:

1. Turn on water, preferably to a warm, comfortable temperature.
2. Use approximately a 10 cent sized squirt of liquid hand soap (or according to manufacturer's instructions).
3. Lather and rub hands together for at least 20 seconds (Sing the "Happy Birthday" song twice).
4. Be sure to wash well, front and palm, between fingers and under nails, although using a nailbrush is not necessary.
5. Rinse all soap off hands then, using a paper towel, turn off the tap.
6. Using two fresh paper towels, dry hands completely.
7. Open garbage can with paper towels and discard towels.
8. Acquire a fresh paper towel for the door handle, exit the facility and discard the paper towel appropriately.

Source: http://www.ehow.com/how-does_5234009_seven-stps-handwashing.html with some amendments by the Editor.

Gum Disease

Gum disease affects most people at some time during their life. It is usually caused by a build-up of plaque on teeth. One of the common signs of gum disease is bleeding gums. Different stages of gum disease are gingivitis and periodontitis. See your dentist if you have swollen or bleeding gums or loose teeth. Cleaning teeth carefully each day can help prevent gum disease.

Source: http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Gum_disease

Oxygen info

We have available some parts from an InogenOne Portable Oxygen Concentrator that no longer works. We have:

- * 1 trolley carry case
- * 1 blue battery and battery charger
- * Electricity cords, including one for the car
- * A satellite conserver
- * Manuals.

Contact Helen on lung.life1@hotmail.com or 02 6281 2988.

More Oxygen info

Esther has an oxygen cylinder holder available. It's a circle made of steel 'straps' that the cylinder slips into. It hooks on underneath a walker so that the cylinder can go under the seat. Contact Esther on 02 6288 7072.

You're born with 300 bones but when you get to be an adult you only have 206.

Fun Facts

Source: Elders

The most common name in the world is Mohammed.

Birth control pills designed for humans will also work for a gorilla.

Thomas Edison, inventor of the light bulb, was afraid of the dark.

Four out five people over 100 years old are women.

Sitting and Health

From the Department of Health's Physical Activity and Sedentary Guidelines.

Sitting too much is not good for your health. It is connected with an increased risk of developing many health problems such as cardiovascular disease, type 2 diabetes, anxiety, depression, musculoskeletal problems, some cancers and unhealthy weight gain. There is clear evidence that doing some physical activity is better than doing none at all.

It's difficult for people with lung conditions to be too active but think about when and where you can be physically active. Making some small changes to your daily routine can make a big difference. For instance:

- When tidying up, put things away in small trips instead of one big one.
- Set the alarm to remind you to get up and move about.
- Stand up and move during the ads.
- Walk around when talking on your mobile phone.
- Instead of sitting and reading, listen to recorded books while you walk, clean, or work in the garden.
- Turn off the TV during the day and do something else.
- Do some suitable home exercises - even while you are watching TV.

Any other suggestions?

Paddy's dog goes missing and he's inconsolable. His wife says "Why don't you put an advert in the paper?" He does, but two weeks later the dog is still missing. "What did you put in the paper?" his wife asks. "Here boy" he replies.

Paddy's in jail. Guard looks in his cell and sees him hanging by his feet. "What on earth are you doing?" he asks. "Hanging myself," Paddy replies. "It should be around your neck," says the Guard. I know," says Paddy "but I couldn't breathe."

Why I came to Canberra

Ebba Marrington came to Canberra in 1955 with the Canadian High Commission. She lived in the Commission, which was originally on London Circuit. Ebba quickly joined in with all the local people, many of whom were living in hostels. She attended hostel functions, parties, social outings and other fun and games. There were parties at Cotter with bonfires and food - and car races on the road coming back to Canberra - 2 cars racing each other on the dirt road.

The shops closed on Saturday morning at 12 noon and Ebba was so busy socialising on Saturday mornings, meeting all the people she knew and stopping and chatting that she didn't get her shopping done - had to ask for another day off work to complete her shopping.

On the way to a posting in Japan Ebba joined the Canadian Delegation attending the UNESCO Conference in New Delhi, India. She returned from Japan to marry an Englishman. They were planning to return to England but the ship they were to catch sank. They took that as an omen and stayed.



Wheelie Bin Assistance

ACT residents who live in a property where no one is physically able to take their bin(s) to the kerbside for collection due to chronic illness, frail aged or disability can apply for assistance. If an able-bodied person lives at the premises you will not be eligible for this service.

On collection day the garbage collector will retrieve the bin from the designated area, empty it and return bin to the designated area. This is a free service for eligible people. You may be required to provide medical or other information to support your application.

How do I apply?

You can apply for this service by phoning Canberra Connect on 13 22 81, or by applying online at <https://forms.act.gov.au/smartform/public/FormServer?formId=2025>

TAMS Website: http://www.tams.act.gov.au/live/Recycling_and_Waste

The A-Z of Lung Disease

Helen Reynolds

Pneumonia

Pneumonia is an infection of the lungs. Many different germs can cause pneumonia, including bacteria, viruses, and fungi. When you breathe in these germs, they can settle in the air sacs (alveoli) of your lungs. Deep in your lungs, the germs may grow and overcome your body's normal defences. The good news is that there are many things you can do to lower your risk of getting pneumonia.

Preventing pneumonia

Some of the germs that can cause pneumonia are easily spread from person to person. They are carried in the nose and throat of an infected person. When an infected person coughs, they spray drops of infected saliva (spit) into the air around them. A person who breathes in that air can get pneumonia.

There are things you can do to reduce your risk of getting pneumonia:

- wash your hands properly and often
- throw away used tissues

- don't share cups or eating utensils with people who are sick
- stay away from people who are sick
- get your flu shot each year
- get your pneumococcal shot (some people may need it every five years — ask your doctor).

Source: http://lung.ca/diseases-maladies/a-z/pneumonia-pneumonie/index_e.php

WHAT: *Mid-winter Luncheon*

WHEN: *Thursday 31 July 2014*

WHERE: *The Burns Club*

TIME: *12.00 Midday*

COST: *\$25.00 per person*

**MENU: *Roast meat, vegetables and gravy,
Pavlova,
Coffee/Tea***

If you intend going to the luncheon and haven't, as yet, let Pam know give her a ring on

02 6288 2053 by Friday 25 July 2014

Also, if you have put your name down and find you will be unable to attend, let Pam know so she can adjust numbers so we won't be charged for your lunch

**COMING
EVENTS**

On Saturday 14 September 2014

The ANU School of Medicine is once again in need of our chronic conditions plus us. The students, doctors of the future, as part of their course need to interact with people who have chronic lung conditions. They need to know what it's all about and then to listen to our lung perform for them. All in all, it's a bit of fun and the kids are respectful and interested.

Remember, if you do put your name forward and for some reason are unable to attend, no problemo. There is a back-up list to call upon.

RECEIVING THIS NEWSLETTER

Please be aware that if you receive this Newsletter by post and you have an email address and would like to receive it instead by email you may send your request to Helen Cotter at lung.life1@hotmail.com.