

February 2015 Newsletter

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

Editor: Helen Reynolds 02 6259 7737
helenrev@creationcorporation.com.au
Coordinator: Margaret Geaghan 02 6254 6873
lung.life1@hotmail.com

Next Meeting: Thursday 12 February 2015 10.15 am - 12 noon
The Burns Club, 8 Kett Street Kambah ACT 2902

Guest Speaker: Emma Baldock to speak about mindfulness.

Dates for your diary

Wednesday 4 February 2015*

Yarralumla Southern Cross Club
Tea & Coffee Morning - 10.30 am
Fish and Chips lunch - 11.45 am

Thursday 12 February 2015

Canberra Lung Life Support Group Meeting

Thursday 26 March 2015

Physio Students 9.30 am - 11.30 am

Wednesday 1 April 2015

Physio Students 1.30 pm - 3.30 pm

January Meeting

Helen Cotter



Chris chaired the meeting and, as part of her role, led us in some fun exercises. As we all know, we must be physically active - use it or lose it!

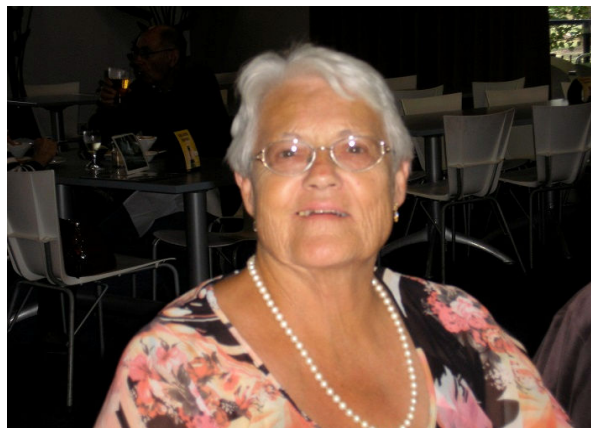
Chris welcomed everyone to the first meeting of the year and dealt with the necessary business:

- We discussed who the next few speakers would be.
- Carmel talked about the enjoyable time she and David had at the end of year do for the Pulmonary Rehab people - Carmel and David went along as representatives of our group.
- Pam told us the dates for the next visit to Physio students - Thursday 26 March 9.30 - 11.30 and Wednesday 1 April 1.30 - 3.30.
- Nasri told us about and showed us his new puffer (Bretaris Genuair) which he feels, is giving him good results. It's a bronchodilator used for maintenance of a condition and not for short term, quick relief. The effect is to make breathing easier. He takes it twice a day in place of his other puffers.
- We organised a fish'n chips lunch on the lakeside grounds of the Yarralumla Southern Cross Club for Wednesday 4 February at 11.45 am. Trees, grass, beautiful views, tables and chairs, food and friends: what more could you ask? Shirley suggested that people might like to get there about 10.30 am and have a cup of coffee first in the very pleasant surroundings.

* Blue for New Event - to catch your eye - so you will be there!

New Coordinator

Helen Cotter stepped down as the Coordinator of the Canberra Lung Life Support Group and introduced the new Coordinator, Margaret Geaghan. Helen has been Coordinator for about 5 years and felt it was time for someone else to bring a new approach to the group. Margaret is ably suited for the position as she is a positive, enthusiastic person who will apply her qualities to the role. She will be taking over the lung life email - lung.life1@hotmail.com - so future messages will come from her.



Introducing and welcome to Canberra Lung Life Support Group's new coordinator, Margaret Geaghan

Members of the Lung Life group gave Helen Cotter a beautiful present as a thank you for all her work as the Coordinator. Helen is not disappearing. She will continue dealing with any oxygen matters and will help support Margaret and the group in any way she can and can be contacted henceforth using her personal email cotterhe@hotmail.com.

The meeting ended at 12 noon as usual and many followed on with lunch at the Club.

The A-Z of Preventative Medicine

Chris Moyle

Isolation

There are a lot of reasons people become socially isolated - hearing and visual impairment, difficulty walking, depression and fatigue to name the most common. But avoiding people can increase your risk of dying younger. One recent study looked at the effect of social isolation in the over-50 crowd and found that it can increase the rate of death by as much as 48%! That's an astounding statistic. Previous studies have shown that people who are isolated are more likely to develop high blood pressure, sleep disturbances, adrenal exhaustion, decreased memory and cognition and decreased immunity.

The researchers looked at 6,500 men and women aged 52 and older. They measured their level of social isolation in terms of contact with family and friends and participation in civic organisations. They also measured their degree of feeling lonely using a questionnaire. They followed the group for the next seven years and measured the death rate from all causes.

It was found that the death rate was 26% higher in the more socially isolated men and women. And in the men and women who kept the most to themselves the increase in death rate climbed to 48%. The feeling of loneliness was not enough on its own to increase the death rate. The researchers concluded that, "Although both isolation and loneliness impair quality of life and well-being, efforts to reduce isolation are more relevant to mortality."

So even if you don't feel lonely but find yourself staying alone in the house all the time it may be time to seek any help you need to go out and socialise. This may be medical, psychological or practical help. Getting old is a battle, but it's a really good idea to get out of your trench every now and then.

Ref: "Social isolation, loneliness, and all-cause mortality in older men and women."
Proc. Natl. Acad. Sci. USA.

" as Lung Foundation Australia states, lung disease does not discriminate: it affects young, old, male, female, smokers, former smokers and non-smokers - never smokers. It affects us all."

Stephen Jones (Throsby) Hansard 1.12.2015

Reasons for Coming to Canberra

Chris Moyle



John Kovack worked as a spray painter in Lidcombe, Sydney before moving to Canberra 29 years ago. He was diagnosed with Whipples disease, a severe illness which affected his whole body and necessitated hospitalisation several times. John was a smoker and developed emphysema, but continued to smoke, finding it difficult to break the habit. One time he was in hospital and hadn't smoked for a while. But another patient produced a packet of cigarettes and John took one and smoked it. Then he asked for another. In those days you could smoke in hospital. It wasn't until much later that John managed to break the smoking habit.

Eventually he quit work and his super was paid out but he didn't want to settle in Sydney. John had a sister in Canberra, so he moved here in 1985. The Whipples disease affected his eyes and John is blind in one eye. Consequently he doesn't drive instead using public transport and his own feet. He also walks a lot which he knows is a great exercise.

Parliamentary Friends of the Lung Foundation Australia

Helen Reynolds

The main thrust of this get together of Lung Foundation Australia and a Parliamentary multiparty group called the Parliamentary Friends of Lung Foundation Australia, was to bring to their attention the importance of Lung Health Awareness Month and to relate the benefits of pulmonary rehabilitation and maintenance programs for sufferers of lung disease to the wider community.

Heather Allen, CEO of Lung Foundation Australia, introduced us to Just One Breath, a new initiative of Lung Foundation Australia. It was launched in conjunction with Lung Health Awareness Week and has tips for good lung health and a simple lung health checklist. Also, music and sporting stars share their Just One Breath stories: Christine Anu, Casey Dellacqua, James Morrison, Melissa Breen, Matt Hall, Archie Roach and Justen "Jughead" Allport, all show what they can do with "just one breath". This is a TV ad, which I hope we will see, many times, in the future. Hopefully it will open people's eyes to the importance of their lungs and just what they are capable of doing.

Professor Jennifer Alison (Professor of Respiratory Physiotherapy, and chair of the Australian Pulmonary Rehabilitation Network for the Lung Foundation Australia) spoke to the benefits of Pulmonary Rehabilitation from an academic perspective. She was followed by William, who had just finished the Pulmonary Rehabilitation Course at The Canberra Hospital. He told us of his experiences and the benefits he achieved from his participation in the ten week course.

Then it was my turn. I agree the Pulmonary Rehabilitation Course is a great thing but when I attended the course I really didn't understand its importance. Years later, through education by the Canberra Lung Life Support Group speakers, the newsletter and the Lung Foundation Australia's Education Days, I know, not only how important a Pulmonary Rehabilitation Course is, but why there must be a follow-up course that has no end date, is affordable and easy to get to for all those who need it. As I explained, the cost of such a program would have less impact on the public purse than frequent trips by sufferers of lung conditions to the Emergency Department and hospitalisation.

Ms Hall, Member for Shortland and Opposition Whip, stated when she spoke in the House of Representatives, 1.12.2014, "*Not only does it (Pulmonary Rehabilitation) improve the quality of life by increasing functional capacity but it keeps people well and out of hospital. By reducing hospitalisation, it reduces the cost to our health system, it reduces the in-patient bed days, it reduces the mortality and it also, as I mentioned, reduces the health costs.*" Ms Hall then went on to promote the Just One Breath campaign: "*... it has tips for good lung health and a simple lung health Checklist*".

Liz Harper, Lung Foundation Australia, sent me a copy of the pertinent sections of Hansard 1.12.2014 relating to Ms Hall's motion to the House of Representatives and Mr Wyatt's seconding of the motion relating to Lung Health Awareness Month (November) and the work done by Lung Foundation Australia. I was more than pleasantly surprised by the understanding and concern illustrated by Members of the House who spoke to the motion.



Kevin Wyatt, Professor Jennifer Alison, Jill Hall, Heather Allen - some pretty heady persons.



Heather, Beth, Joeline, Helen, Helen, Jenny and William.

Christmas Party 2014

Helen Reynolds

As a Support Group we came together at the Burns Club to enjoy a festive Chrissy outing in the company of like minded people. The day went very well: the food was good and the company even better.

Raffle Winners

Jenny, Carmel, Lorna, Jan and Ebba.



Raffle prizes all lined up to encourage people to buy a ticket or two.

Christmas Lunch and Esther and Kylie, like everyone else, are having a good time.



Ebba was one of the lucky ones.



Barry and John are posing for the photo: Barry has a big smile and John an almost smile.



Chris's hard work was recognised.



Chris and Fifi are smiling, too. And isn't that a wonderful thing?!

RECEIVING THIS NEWSLETTER: 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 Margaret Geaghan at lung.life1@hotmail.com.