

November 2015 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 12 November 2015
10:15 am - 12 noon
The Burns Club
8 Kett Street Kambah ACT 2902

Open Forum:

- On-going topics as well as topics members raise.
- Please bring along your information about hiring buses for outings (Suggestions for day trips are also welcome).
- Also your information about emergency bracelets.
- We will have a **Getting-To-Know-You** session where members can talk about themselves and their interests.
- Any ideas, worries or concerns you would like to discuss.

Dates for your diary

Thursday 5 November 2015	Fish and chips at the Yacht Club
Wednesday 18 November 2015	World COPD Day
Wednesday 2 December 2015	Christmas luncheon
Thursday 10 December 2015	Lung Life Meeting, The Burns Club, 10:15 am - 12 noon
Thursday 17 March 2016	Seniors Week Expo 2016 at Thoroughbred Park

October Meeting

Helen Cotter

The Burns Club has still not completed its refurbishment so we had another meeting in the lounge area. The seats are comfortable but it's a bit difficult to hear all that's said as there is a fair bit of background noise - not as bad as last month's hammering and drilling.

- We made final arrangements for our day at the Botanic Gardens and made a final decision about our Christmas lunch (details later in the newsletter).
- Pam G suggested a topic for Education Day next year - on fitness for travel, including flying. Any other suggestions for topics warmly received.
- Peta asked for interest in travelling to Sydney for the day to see eg the Archibald Prize. We discussed the idea of hiring buses for outings and decided that members research the costs etc

and come to the November meeting with the information. (Suggestions for day trips are also welcome)

- Ebba raised the topic of the role of the Lung Life Support Group and we spent some time discussing the issue. As a support group, we need to be supporting each other; assisting our members when they need it; having enjoyable meetings with perhaps games etc and informal chit chat; getting to know each other. The question is whether we are doing that.

The discussion ranged around the size of the group and whether large groups can be as supportive as smaller groups and whether the group can be both a support group and an advocacy group. Much of the discussion was left open ended but we did decide that:

- we would continue with speakers - with a non-speaker meeting every two or three months. The non-speaker meeting will be more informal and personal.
- we would continue with including our chronic condition/s on our contact list so that we can know who has the same condition as us - especially important for new people (we will also have emergency contact details on the contact list - in case of emergency!).
- at the November meeting, we will have a Getting-To-Know-You session where members talk about themselves and their interests.

The meeting also discussed emergency bracelets. We decided that members research the information and bring it to the November meeting. Carolyn is following up on the idea of talking to schools about COPD and will report back as soon as she can. The meeting closed about 12 noon and over 20 of us headed to the Bistro for a lovely lunch and chat.

World COPD Day: Wednesday 18 November 2015

This year, Lung Life is combining with the Chronic Care COPD nurse, Jody Hook, to set up a stand near the main entrance of the Canberra Hospital.

Jody will provide a simple breathing test for willing passers-by to check their lung function and members of Lung Life, in their **green t shirts**, will provide information etc on COPD, the Lung Life Support Group and Lung Foundation Australia.

Christmas Hamper

Please bring to the November meeting items suitable for the Christmas Hamper Raffle to allow Esther and her helpers time to organise the raffle and lucky door prizes for the Christmas luncheon.

The A-Z of Preventative Medicine

Chris Moyle

Mammograms (www.health.act.gov.au) ACT resident women over 75 years are eligible for a free mammogram every 2 years with BreastScreen ACT; however you will not be sent a reminder letter. If you are unsure about whether to continue having regular mammograms, please discuss this with your doctor. Cancer can develop at any time so it is important you know what is normal for you. If you notice any unusual changes to the LOOK or FEEL of your breasts you should see your doctor as soon as possible.



Mercury (Dr Oz) Symptoms of poisoning: fatigue, headache, insomnia, hair loss, tremors, trouble thinking clearly and unsteady gait. Eat fish lower in mercury i.e., salmon, sardines, herrings and smaller fish. Avoid tuna, swordfish and tilefish. White Albacore tuna has more mercury than cheaper chunky tuna.

Moles (Dr Oz) Check moles regularly and take notice of any changes. Look for asymmetry, irregular border, uneven (light and dark) colours in one mole, colour changes over time and a diameter larger than 6mm. Moles may also evolve to develop new signs and symptoms such as new itchiness or bleeding. Any of these signs means you should have the mole checked by a GP. Melanoma is 99% curable if caught early.

Christmas 2015 Luncheon

When: Wednesday 2 December 2015
Where: Weston Creek Labor Club (informally known as the Stirling Club)
Teesdale Close, Stirling
Phone: 02 6288 5047
Cost: \$30.00 - \$33.00

Pam will take names at the November meeting. If you won't be at the meeting but would like to come to the Christmas Luncheon, contact Pam on bapjh@live.com.au or 02 6288 2053.

Be Kind to Your Kidneys

Active Retirees Feb/March 2014

One in three Australians has a risk factor for kidney disease but most are unaware until it's too late.

What do kidneys do?

Kidneys are filters: 12 times an hour, your entire blood supply runs through them and is cleaned and sorted. Useful materials such as nutrients and minerals get recirculated through your body. Unnecessary waste such as toxins is excreted in your urine.

Kidneys also make vital hormones and enzymes to keep you healthy. They make:

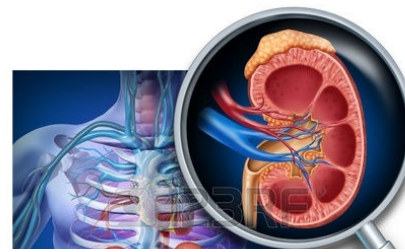
- erythropoietin, a catalyst for the production of red blood cells
- renin which helps manage blood pressure
- active vitamin D that assists with calcium absorption and contributes to the making of strong bones.

What is kidney disease?

There are five general types of kidney disease:

- an obstructed kidney eg a kidney stone or a tumour
- vascular disease where the blood can't get in or out of the kidney effectively
- the kidney itself may get inflamed or clogged up
- polycystic kidney disease where cysts develop and take over the kidney
- diabetic kidney disease which deposits substances in the kidneys' filters and prevents them from working.

"Human kidney magnification from a body as a medical diagram with a cross section of the inner organ Stock Illustration"



Chronic kidney disease occurs when you lose a third of your kidney function for more than three months. It may be due to any type of kidney disease and may result in kidney failure.

What are the signs?

- High blood pressure
- Changes in urine - amount; number of times you go; appearance; presence of blood
- Bad breath and metallic taste in your mouth
- Leg and ankle puffiness; itchiness

- Headaches and poor concentration
- Shortness of breath
- Nausea and vomiting.

It's important not to disregard any changes as damage can occur without the person knowing it and kidney disease is easily picked up with a simple blood or urine test.

Source: http://www.emedicinehealth.com/image-gallery/kidney_am_stone_picture/images.htm



**Join the two Helens for Fish 'n Chips
at the Southern Cross Yacht Club
on Thursday 5 December 2015.
Meeting time is 11.30 am
if you would like to join us.
Just for fun.**

Lung Foundation Australia needs your help! Helen Reynolds

Lung Foundation Australia is applying for Medicare item numbers for Pulmonary Rehabilitation and Pulmonary Maintenance Exercise classes (like Lungs in Action). Generally speaking, this will mean classes would be more affordable and more accessible to patients with chronic lung disease.

You can help make this happen. We are all aware of the value of these classes but we need to get the message out there. We need to gather as much support as possible to convince the government that these programs are vital and should be subsidised across Australia.



From **Monday 12th October 2015 to Friday
13th November 2015** you can show your support by:

- 1) Completing the Medical Services Advisory Committee (MSAC) survey on the protocol.** For more information and suggested survey responses please go to: <http://lungfoundation.com.au/wp-content/uploads/2015/09/Suggested-survey-responses.docx>.
- 2) Writing an email or letter to the MSAC.** This should be directed to the Health Technology Assessment Team (HTA) at hta@health.gov.au.
- 3) Writing a letter of support to your local MP.**

Source: <http://lungfoundation.com.au/about-us/advocacy/support-pulmonary-rehabilitation/>.

October 2015

Prof Robyn Ward
Chair, Medical Services Advisory Committee
Australian Government Department of Health
MDP 851
GPO Box 9848
Canberra ACT 2601

Dear Prof Ward,

Re: Application 1405 - MBS Item number for Pulmonary Rehabilitation & Pulmonary Maintenance Exercise

As a group we support Lung Foundation Australia's application for an MBS item for pulmonary rehabilitation and pulmonary maintenance exercise.

We are people living with chronic lung disease and can wholeheartedly say pulmonary rehabilitation is highly effective for people with chronic lung conditions. Primarily it helps to keep us well and out of hospital. Importantly it also improves quality of life by teaching us ways to better manage our breathlessness and our disease and health in general.

We all agree that an MBS item number is necessary to improve access to these much needed programs.

So may we, the undersigned, please take this opportunity to urge you to progress this application to its final stage, to put pulmonary rehabilitation and pulmonary maintenance exercise on Medicare.

Yours faithfully,