



October 2017 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 October 2017
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close
Stirling ACT 2611

Guest Speakers: Lyn Morley and Helen Cotter will do a song and dance act about the Lung Life Support Group.

Dates for your diary

Tuesday 17 October 2017	Flora the Explorer at the National Botanic Gardens
Thursday 9 November 2017	CLLSG Meeting
Wednesday 15 November 2017	World COPD Day
Tuesday 5 December 2017	Christmas Luncheon

September Meeting

The changeable weather affecting some of us resulted in a drop in numbers again this month. Our coordinator Lyn Morley ran the meeting and we dealt with the following items:

- Lyn encouraged us to participate in any surveys, usually from LFA and HCCA, which she forwards to us by email, to ensure we add our voices to data on health, attitudes and the medical system.
- We finalised the passenger and lunch list for the Australian National Botanic Gardens tour on Flora the Explorer, their electric bus on Tuesday 17 October 2017 at 11am. The cost of the tour will be \$6.00.
- Helen Cotter presented a report on the recent CPAG teleconference she and Kaye participated in. Report later in this newsletter.

- We asked for ideas for possible application for grant money for the benefit of people with chronic lung disease. We're keen to hear all suggestions.
- We expressed our disappointment that the Chronic Care Nurse, Jody Hook, has resigned. Jody has been a great support for us, always helpful, practical and very approachable. We shall miss her.
- HCCA organised a meeting to discuss Quality and Safety in ACT Health. Lyn Morley and Helen Cotter will attend (Report later in this newsletter).
- We were pleased to receive the promotional material from LFA about World COPD Day on Wednesday 15 November 2017. It was lovely to see a photo in the material of our hard working Lung Life members and Jody Hook at last year's World COPD Day. We set up a stand at The Canberra Hospital and Jody performed a simple lung function test on any willing passer-by. We plan to do this again this year, when the emphasis is on overcoming the stigma attached to having a chronic lung disease.
- Lyn talked about the benefits of looking at Lung Foundation Australia's website including the section where you can chat with others who have a similar condition.

And then it was over to our speaker.

Marg Wade on Canberra Secrets

Helen Cotter



Marg is a passionate believer in Canberra being a lovely place to live with many interesting, often little known, sights dotted around the Capital. In 1999, she wrote her first book on *Canberra Secrets*, which she updated in 2003 and is now rewriting her third version as new and interesting sights keep popping up.

As a natural progression of her interest, she now runs tours, both bus and walking, to highlight the various sights. These tours can be tailored to suit the interests of the participants. In her talk, Marg showed us photos of some of these sights and told us the interesting back stories to them.

Street Art

There are many beautifully constructed examples around of street art and there are twenty six places where you can legally do your own. Some street artists have their art works in Art Galleries or have entered for the Archibald Prize.

This is not the example Marg showed us but is one example of what street art can be like. The one she showed us was as beautiful.



Statues

Canberra has many interesting statues. This one is of Curtin and Chifley walking from Kurrajong Hotel where they lived, to (Old) Parliament House. The sculptor, Peter Corlette has also created Simpson and his Donkey at the War Memorial, Menzies down by the Lake and Weary Dunlop, also at the War Memorial. Corlette examined men wearing clothes of the same style as Curtin's and Chifley's to make sure he got the way the clothes looked with all their creases and wrinkles when men are walking and talking.



Inside the Serbian Church of St George, Barton



This is the beautiful interior of the church with its most amazing murals on the walls and ceilings of both historic and religious paintings (not the photo we were shown). The artist, Karl Matsic, was originally asked to paint a screen; then he asked if he could continue with the interior of the church in his own free time, which he did for many years. The church is open at different times during the week for visits.

The Carillon

The Carillon was a gift from the British people to the Australian people. It is big by world standards and is only one of two in Australia that is played manually. A carillon by definition has twenty three bells, ours has fifty five bells.

In an example of inspired thinking, it was modelled on a standing up Toblerone packet or three of them, all equilateral triangles.



All Saints Church, Ainslie



This church was once the old mortuary station at Rookwood Cemetery, Sydney. In the early days few people had cars so the trains brought the coffins and the mourners to the cemetery. The train came down what is now the aisle of the church to unload the coffins. Once people had cars the station was no longer used, fell into disrepair and was finally offered for sale. It was bought by All Saints, Ainslie, dismantled brick by brick, transported to Canberra on eighty three semi trailers and rebuilt exactly as it was in Sydney.

Other Canberra Secrets

Marg talked about and showed us photos of many other Canberra Secrets, including the bandaged dogs in Civic Walk, the WW1 Trenches near Jerrabomberra Wetlands (where they trained the military in trench warfare using different types of trenches for different purposes, now filled in but signposted), the miniature replica, at Cockington Green, of the ancient city ruins of Palmyra (recently ruined totally by ISIS), and the James Terrell Skyspace Dome outside the National Art Gallery (free to visit day or night for quiet meditation and contemplation).

It was a most interesting talk, inspiring us all to go and look afresh at Canberra sights.

Come drive around the Botanic Gardens in Flora the Explorer

When: Tuesday 17 October 2017

Time: 11.00 am

Cost: \$6.00

And afterwards for lunch at the restaurant.

CPAG teleconference

Helen Cotter

Kaye Powell and I are the ACT representatives on this Australia-wide link up organised by LFA to discuss LFA and State/Territories issues. CPAG stands for COPD Patients Advocate Group and is part of LFA.

The teleconference discussed various issues, including the following:

- **World COPD Day and Lung Health Awareness Month (November).** The theme for this year is: the stigma associated with having a lung disease. Information will be on their website and they encouraged us all to let them know we are participating and what we are planning.
- We can encourage others, such as pharmacies, to participate in World COPD Day, perhaps with signs and information or providing lung function tests. LFA will provide information and resources if you or the Pharmacy let them know.
- **Peer support** LFA wants to know how better to support us, both as a support group and as individuals with a lung condition. They now have on-line discussion groups and also one-on-one support. But can they do more and what's the best way to do it?
- We discussed the issue and floated various ideas. Any suggestions would be appreciated. What would work best for you?
- **Members' update.** Kaye mentioned we were losing our very valuable Chronic Care Nurse Jody Hook and how disappointed we all are.
 - Kaye also mentioned the on-going issue of not being able to continue with Lungs in Action once Pulmonary Rehab was completed as Lungs in Action was full and unable to take any more participants. Lungs in Action is an initiative of LFA, run by UC.
- I mentioned that the POC trial was continuing slowly:
 - the POC we have for loan is very useful. What a good idea it was to have one for loan
 - the ACT has released a free app for your smartphone to assist with pollen and pollution awareness
 - we are forwarded emails letting us know when the next fire burn off will be held so we can adjust our behaviour as necessary. A very useful piece of information.

Next teleconference is in two months time. It's good to hear the information, issues and ideas from LFA and the other states.

Quality and Safety in ACT Health

Helen Cotter

HCCA is investigating quality and safety in ACT Health. It is collecting information through:

- an on-line survey (some of you may have done this survey Lyn sent through)
- examining ACT Health's data
- interviews with key people and
- discussion groups.

They are looking at all settings concerned with health - GP practice, community care, hospitals etc.

Lyn Morley and I attended a discussion session where we looked at the features that indicate a service is of good quality. We talked about the good experiences we've had and we knew of in quality care. Was the outcome good? Did the practitioner/s show understanding and good listening? Were the social determinants noted? And so on.

We talked about poor experiences and what we thought were priorities for improvement. Once we started talking the flood gates opened. We remembered many examples of both good quality and poor quality experiences for both ourselves and others we knew and discussed suggestions for improvement.

We discussed whether it'd be a good idea to have a website showing the issues, incidents and risks in the hospitals in the ACT. We learnt there is a list on APHRA that tells you whether practitioners have any restrictions placed on them, something we felt was important for people to know in the consideration of their best treatment.

App for air rating **Canberra Times 1.9.2017**

The ACT Government has launched a new app for your smart phone. It is designed to monitor people's symptoms and compare them with local air quality in Canberra. It lets you upload your own data on the symptoms you are experiencing to help identify the environmental factors that may impact your asthma or hayfever. It builds on the Canberra Pollen Count's monitoring system and Bureau of Meteorology data for the Territory. The app, called **Air Rater app**, is the ACT version of a similar smartphone app that has been operating in Tasmania for two years. A useful app for managing your symptoms.

Flying with oxygen

It was mentioned at our recent CPAG teleconference that if you fly with Virgin using oxygen, you will be automatically upgraded from economy to premium economy. If you intend to fly, check it out.

Medical Students Visit **Chris Moyle**

On 14 September 2017 ten of our members (plus Brian from the gym) made the yearly visit to the ANU Medical School, located behind The Canberra Hospital. We were put into groups with a doctor supervising each group and we, as volunteers, spoke about our medical history and the difficulties of living with lung disease.

I took my Flutter Valve and latest chest X-ray for a show and tell. Students with stethoscopes listened to my lungs, learnt how to tap on my back and examined my scoliotic spine.

"Any other illnesses?" asked one student. I could list another six conditions, which made me feel rather decrepit, but it is satisfying to help impart knowledge to these doctors of the future.

Thanks to Pam Harris for organising the visit. Pam wishes to thank everyone who attended, especially Helen Cotter and Nasri for stepping up and helping out at short notice.

The A-Z of Preventative Medicine **Chris Moyle**

Sugar

Did you know the average Australian consumes 28 teaspoons of sugar every day. Yikes! Here are some healthy suggestions from Accredited Practising Dietitian and Founding Director of Food and Nutrition Australia, Sharon Natoli.

- Have raisin bread, a punnet of berries, or handful of nuts instead of biscuits or cake.
- Commercial salad dressings are high in sugar. Make your own with any combination of olive oil, vinegar, pepper, mustard, garlic and/or herbs.
- Use honey as a sweetener. It has a stronger sweetening power than standard sugar.

- Salty sauces have a lot of added sugar. Tomato sauce has 25% added sugar while BBQ sauce has almost 50% added sugar. Try using mustard, olive oil and balsamic vinegar instead.
- Drink water rather than soda, soft drinks or sports drinks.
- Instead of biscuits have a protein snack such as Vaalia No Added Sugar Probiotic Yoghurt.
- Avoid artificial sweeteners such as Aspartame (950-957) and over-use of sugar. The upper limit of sugar per day is 6 teaspoons or 25 grams, which equals 100 calories.
- Sweeten foods with honey, maple syrup, agave syrup or Stevia (a natural herb sweetener easy to grow in your own herb garden).
- Replace tomato sauce with whole crushed canned tomatoes and replace BBQ sauce with malt vinegar, which has no sugar.

Symptoms of the Flu vs Common Cold

Helen Reynolds

Colds are uncomfortable but will usually go away within 7-14 days and are rarely serious. Flu symptoms are usually more severe. In susceptible people the flu can be serious and complications such as pneumonia can be life threatening. Symptoms usually come on quickly and are worst after 2 or 3 days. Most symptoms tend to last 8 days but the cough and tiredness can last up to 3 weeks. The single most effective way to prevent the flu is to have an annual influenza vaccination, but this won't stop you from catching the common cold.

Cold

- sore throat
- runny or blocked nose
- mild fever
- cough
- sneezing

Flu

- high fever and chills
- headache
- sneezing
- runny or blocked nose
- sore throat
- cough
- tiredness
- muscle aches
- joint or limb pain
- loss of appetite
- tummy upset
- diarrhoea

Treatment options are based around:

1. Symptom relief to make you feel better: cold and flu tablets give temporary relief to make you more comfortable while your body is fighting off the cold but they don't make it go away quicker.
2. Supporting your immune system to fight the virus:
 - drink enough water (aim for 2L daily under normal conditions)
 - get enough nutrients - eat your veggies! If you aren't eating a balanced diet with sufficient nutrients, take a multivitamin
 - zinc and Vitamin C are essential nutrients to support healthy immune system and can be taken as a supplement
 - exercise is important for immune function - get active
 - get enough Vitamin D - get out in the sunshine (but remember sunshine safety).

Relieve your systems

Cold and flu tablets give fast (but temporary) symptom relief to make you more comfortable while your body is fighting off the cold - but they don't make it go away quicker.

Safety tips

Many cold and flu medications contain paracetamol. Be careful not to double-up on paracetamol products. Ask your pharmacist if you are taking more than one medication to make sure the product is right for you.

When to see your Doctor

If your symptoms are severe, they get worse or don't go away, see your Doctor.

Source: easyclinic