



March 2018 Newsletter

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

Editor: Helen Reynolds 02 6259 7737
helenrey@creationcorporation.com.au

Coordinator: Lyn Morley 02 6291 0626
lung.life1@hotmail.com

Meeting Coordinator: Chris Moyle 02 6288 8463
chris_m_moyle@hotmail.com

Next Meeting: Thursday 8 March 2018
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close
Stirling ACT 2611

Guest Speaker: Speaker is a representative from Fair Trading.

Dates for your diary

Thursday 15 March 2018	Seniors Expo
Thursday 29 March 2018	9:30am - 11:30 am University of Canberra Physiotherapy students
Wednesday 4 April 2018	1:30 pm - 3:30 pm University of Canberra Physiotherapy students
Thursday 12 April 2018	CLLSG Meeting
Tuesday 10 April 2018	LFA Education Day

February Lung Life Meeting Lyn Morley

Items discussed:

- ◆ The new contact list of members who attend meetings was sent around for any alterations. A couple of people said they had email addresses and weren't receiving the newsletter. I have followed up this matter and they should receive the next one.
- ◆ John Morley has offered to take on the speaker coordination job as Chris Moyle feels she is too unwell to continue this role. Most of the months we planned to have a speakers have been filled. Once again, a great big thanks to Chris Moyle for her tireless efforts over the many years she filled the position.
- ◆ Esther has arranged for a speaker from Fair Trading to speak at the March meeting.

- ◆ About ten people enjoyed Fish and Chips at the Southern Cross Yacht Club at the end of January. The weather stayed cool enough for us to enjoy it. It was decided not to have Fish and Chips at Jamieson in March as it is very busy.
- ◆ The Lung Life Support Group will have a stand at the 2018 Seniors' Expo on Thursday 15 March 2018. It was mentioned that the best time to go is in the afternoon as there are fewer people and it is easier to get parking. (Additional information later in the Newsletter.)
- ◆ Pam told us that the Physiotherapy students want volunteers in late March and early April and had a list available to take names of volunteers.
- ◆ There was a bit of discussion about Education Day which is on Tuesday 10 April 2018. (Additional information later in the Newsletter.)
- ◆ When asked about any other business someone asked about live streaming the meeting. Someone more knowledgeable in computers said it is no good if many different people are speaking. Other people said that people get the newsletter and what happens in the meeting is in it.
- ◆ The need for name tags was discussed as we have many new people. We have to check in the box to find out if we have any spares.

Visit by Podiatrists

Nicole, Luke and Lydia from Brindabella Podiatry at Tuggeranong.

Lyn Morley

One of the topics covered was diabetes. We were told that when there is too much sugar in the blood and the body can't process it, the blood becomes thicker and doesn't flow as it should. Because of this thickness the blood doesn't always flow to the feet. This is why many diabetics lose feeling in their feet or have very painful feet due to the damage to the nerve endings in the feet.

Swollen Feet

This is usually a temporary nuisance caused by standing too long or a long flight -- especially if you are pregnant. In contrast, feet that stay swollen can be a sign of a serious medical condition. The cause may be poor circulation, a problem with the lymphatic system, or a blood clot. A kidney disorder or underactive thyroid can also cause swelling. If you have persistent swelling of your feet, see a physician



Source: www.webmd.com/diabetes

Later in the talk it was demonstrated how the blood flow is measured by using an instrument called an Ultrasound Doppler. One of the members was tested and also Luke, the speaker, was tested. We could all hear, with the help of the microphone, the blood beating in their feet.

We were shown some exercises that are good for our feet and legs. We were also shown what to look for when buying a pair of shoes that are good for our feet. It is important to have a solid sole, heel and a good toe on your shoes. Someone asked about thongs and they are definitely not good as the toes have to curl to grip the thongs when you walk. The Athlete's Foot was mentioned a few times as a good shop to buy shoes.

It is important to moisturise your feet. Lydia explained how you can do this if you can't reach your feet properly. You put moisturiser on some cloth and rub it in with a pair of tongs or a shoe horn or something with a long handle.

Many questions were asked by members of the group and answered by one of the speakers. It was a very worthwhile presentation not only for those of us who are diabetic.

Lung Donation after death - for people with Interstitial Lung Disease/Pulmonary Fibrosis

Maureen Bell

At last year's Rare Lung Diseases Conference in Sydney I heard that there were insufficient lungs for research purposes. So I contacted firstly the Lung Foundation in Brisbane with no result, then the University of Newcastle.

I was told by Susan Goode of the Hunter Cancer Research Alliance that their Biobank only takes tissue from people with cancer but that the University of Newcastle is establishing a Lung Biobank for those with other lung diseases.

Following on from that lead I have been contacted by Assoc. Prof. Christopher Grainge and this is what he told me -

"Many thanks for your email to the Hunter Cancer Biobank, they passed your details on to me. I am A/Prof Chris Grainge and I run the regional interstitial lung disease service from Newcastle, and in conjunction with Professor Darryl Knight am establishing a lung biobank which we aim to be Nationwide. We work together on research into interstitial lung disease, and Darryl is the scientific lead of a National program in idiopathic pulmonary fibrosis.

You are completely correct that one of the major reasons that lung research is slow, is that we cannot safely get lung tissue from people who have lung diseases, especially pulmonary fibrosis. To try and ameliorate this problem, currently we are accepting donated lungs from patients who are having a lung transplant in Sydney, and from patients local to Newcastle who die from their lung disease. The lungs are then stored for future research at the Hunter Medical Research Institute in Newcastle. We are aiming, contingent on funding, to expand this to all of the transplant centres, and possibly to other major interstitial lung disease units."

Let's hope they are successful in getting funding to expand the program but at present they cannot accept donations from Canberra. I will keep you informed if I hear anything further.

Belconnen Women's Group

Meets Thursdays 10am-12noon at Belconnen Community Centre, Meeting Room 1

Tea/coffee available; Cost: \$4.00

This is a very friendly group with a come-when-you-can atmosphere. It has guest speakers and occasional outings

Find out more about it from: Judy 02 6258 9910 or Sue 02 6258 2861

It's that time again!

Pam Harris

The physiotherapy students from the University of Canberra need us to do our thing. It's a fun day. We get to socialise with members of our support group as well as with the students. And we get fed!

If you're a morning person - Thursday 29 March 2018 from 9:30 am to 11:30 am or an afternoon person - Wednesday 4 April 2018 from 1:30 pm to 3:30 pm.

If you would like to join the group ring Pam on 02 62882053. Everyone most welcome.

USEFUL NUMBERS AND WEBSITES

ACTION: Phone 13 17 10 Web site www.action.act.gov.au.

CANBERRA CONNECT: Staff will be able to answer queries, make a referral or put you through to the right person in the ACT Government. Check the web site www.canberraconnect.act.gov.au or ring 13 22 81 (they can also tell you the location of shopfronts).

MYWAY: Phone 02 6207 7711 Web site www.transport.act.gov.au/catch_a_bus/myway.

COTA ACT Seniors Information Line: Phone 02 6282 3777 (business hours Monday to Friday).

Seniors Information Online: See the website at www.seniors.act.gov.au.

Wheelchair accessible taxi centralised booking: 13WATS (13 92 87).

Incidents and complaints: phone the Office of Regulatory Services (Public Transport Regulation) on 6205 4585 or email taxiservices@act.gov.au.

ACT TAXI Subsidy Scheme: 02 6205 1012

Seniors Moving Safely: This is a useful website about road safety for older people, at www.seniorsmovingsafely.org.au.

ACT Engine Immobiliser Scheme: The scheme aims to reduce motor vehicle theft in the ACT by discounting the fitting of engine immobilisers to seniors' cars. For more information call Canberra Connect on 13 22 81.

Service Stations Providing Driveway Service: Need someone to fill up your car for you? The Access City Hotline has a list of service stations where staff will (sometimes or always) provide driveway service for people with disabilities (call 02 6257 3077).

Information and Support for People with Disabilities: NICAN provides information about accommodation, travel, recreation and support services for people of all ages with disabilities. You can check their website (www.nican.com.au) or call them on 02 6241 1220.

National Toilet Map: You can find a map showing the location of all Canberra's public toilets at www.toiletmap.gov.au.

Lung Foundation Australia has a variety of useful information:

IPF Registry www.lungfoundation.com.au/IPF.

webinar for those with lung cancer: www.lungfoundation.com.au/lung-cancer-connect.

Membership of LFA: www.lungfoundation.com.au/lyl or 1800 654 301 (called: Love Your Lungs).

www.altg.com.au: This is the website of the Australasian Lung Cancer Trials Group (ALTG), ANZ's lung and thoracic cancer clinical research group. It collaborates with a number of organisations including NHMRC Clinical Trials Centre (CTC) and Peter MacCallum Cancer Centre. Read more about it in the latest LungNet News, February 2018.

www.australianclinicaltrials.com.au: This website lets you know what clinical trials are being conducted in Australia. You may find a trial that you can volunteer to be part of.

Australia Day Honours 2018

Helen cotter

We're pleased to hear that Richard White, a longtime member of Lung Life, has received an Australia Day award – the medal of the Order of Australia (OAM) - for service to community health. Richard has been, and still is, very involved with support for people with dust diseases.

Richard has been a member of Canberra Lung Life Support Group for over 10 years. He has been very active in keeping us informed about dust diseases, providing us with information about the diseases, and about the Senate Inquiry and its outcome.

Over thirty years ago, Richard White was sandblasting barges in Darwin, and inside inspection plates, blasting and cleaning out in the confined space of the RAAF bulk fuel tanks. In 1992, he was diagnosed with silicosis, a lung disease caused by exposure to toxic dust in the workplace.

For years he has been struggling to get equity in treatment and support for himself and for others with such conditions. He is currently the Convenor of the Australian Sandblasting Diseases Coalition. Richard was very active in getting a senate inquiry into dust diseases, *Workplace Inquiry to Toxic Dust*, which recommended increased awareness, information, prevention and improved treatment and standards at a national level.

Since then, a number of its recommendations has been adopted, including more specialised monitoring at work sites, along with 'on the spot' inspections. As well, the time limit for taking action has been increased.

One example of improvements after the Inquiry is seen in the Fire Services around Australia. Firemen/women who have ingested toxic fumes or contaminants by swallowing, absorbing or breathing, previously needed to fight through the courts to establish that the cancer they had contracted was from their workplace. Now they are automatically accepted for compensation.

We've appreciate Richard's input very much. He has provided us with important information that increases our awareness of dust diseases and of the importance of good air quality at work, home and in the environment. Our congratulations to Richard for achieving the OAM. A wonderful honour.

The Seniors Expo

Pam Harris

The Canberra Lung Life Support Group will once again be running a stall at the Seniors Expo, Site 47 on Thursday 15 March 2018 from 10:00 am to 3:00 pm. Anyone who is able to give a little time to assist with the stall should call Pam on 02 62882053. It would be much appreciated.



Lung Foundation Australia's Education Day
Tuesday 10 April 2018
Southern Cross Club, Woden
9:45 am - 2:00 pm

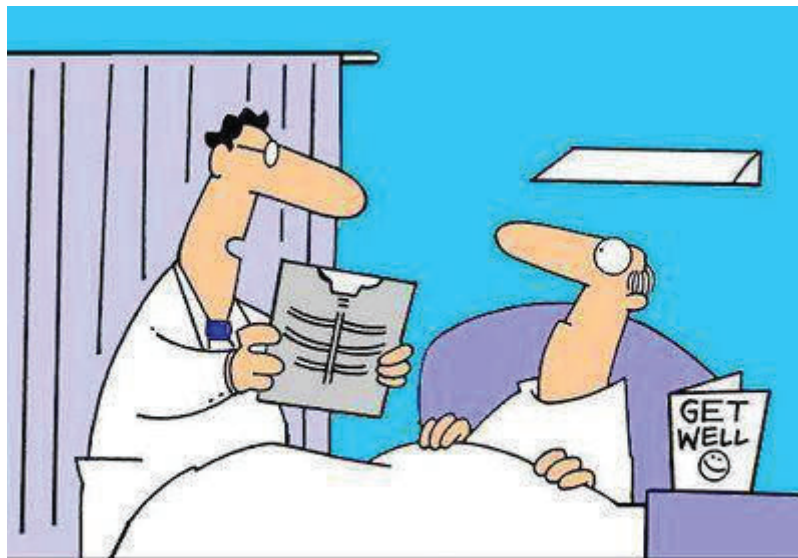
\$15 with lunch included (discounted entry for members of LFA)

The topics and speakers are still being finalised. We'll let you know as soon as we do.

Meanwhile, put the date in your diary.

If you want more details or to secure your place, call Lung Foundation Australia on
1800 654 301.

Please let them know if you have any dietary requirements.



"Your x-ray showed a broken rib,
but we fixed it with Photoshop."

Source: www.greatcleanjokes.com.

The A - Z of Preventative Health Care

What are you thinking?

Chris Moyle

Mental health can be affected by 'unhelpful' or 'faulty' thinking. We all have unhelpful ways of thinking, but it's when they start to interfere with daily life that they become a problem.

In the table below you will see six unhelpful ways of thinking. Read the different unhelpful ways of thinking and then choose the ones you think you might do (either sometimes or often). Then when you next feel worried or anxious you can try and identify which unhelpful way of thinking contributed to your worry or anxiety, and try to challenge it.

Source: www.jeanhailes.org.au

Unhelpful way of thinking	What this means	Do you do this? (think about all those that apply to you)
All or nothing	Thinking is black or white, good or bad. In doing this you forget there is often a grey area where there is a bit of good and a bit of bad.	
Negative focus	You focus on all the things that are wrong and forget about any positives, or any of your strengths.	
Having rigid rules that you live by	Your thoughts have words like “should” “can't” and “must” in them. For example, “I should do this or I will feel guilty”.	
Catastrophising	The worst possible thing will happen. You focus on how awful and unpleasant something is, that it is sure to end in disaster.	
Jumping to conclusions	This is when you think you know what will happen – and it is bad. You try and predict the future and read people’s minds.	
Personalising	When you think something bad has happened or it has actually happened, you think you are to blame – it is your fault.	