



October 2018 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 11 October 2018
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close
Stirling ACT 2611

Guest Speaker: Ian Phillips, General Manager Diabetes ACT
An introduction to Diabetes

Dates for your diary

Thursday 8 November 2018

CLLSG Meeting

Wednesday 21 November 2018

World COPD Day

September Meeting

Chris Moyle, Helen Reynolds

Our usual meeting room was in use so we opted to have an informal coffee get-together with a short business session followed by lunch. It was the perfect opportunity for socialising and catching up with our fellow members, particularly Chris Moyle and Carmel Jarvis who we haven't seen for many months. It was good to see you both again, and looking bright eyed and bushy tailed.

Matters discussed:

- When we are in hospital or just in need of a kind word a card from the CLLSG reminds us we are thought of, even worried about. For some time Carmel Jarvis has been responsible for sending our thoughts to our members. A few kind words can mean so much. Now Carmel needs to hand over the reigns and the CLLSG needs someone to take them up.
- Sometime in the future Helen Reynolds will also be needing to relinquish her role as Newsletter Editor. When will be decided by the state of her eyes. So don't panic, just give it some thought.
- **World COPD Day** is on Wednesday 21 November 2018. We discussed what we might do on this day. Everyone was enthusiastic about a lunch at the Yacht Club, and suggestions were made as to how we could advertise the day in the media. Details of this still need to be finalised.

We then had lunch before Pam and her company left the group to be taxied to the ANU Medical School for their engagement with the first year medical students. A report on this later in the newsletter.

The A – Z of Preventative Medicine

Chris Moyle

Wipes (alcohol based). Use them to prevent super bugs like MRSA, which can't be treated with antibiotics. Clean handbags inside and outside regularly. Use alcohol-based wipes on bag and also on mobile phone. (Dr Oz show)

Wrinkles (Dr Oz) Buy wrinkle cream with Retinol (Vitamin A). It is the only proven ingredient to fight wrinkles.

Zinc assists in calcium absorption. Oysters are the best source of zinc. About 70% of zinc comes from animal products. Meat, liver, eggs and seafood are good sources of available zinc, whereas wholegrain products contain zinc in a less available form. Phytates and dietary fibre limit zinc's absorption. Animal food sources provide the major portion of dietary zinc, and as a consequence pure vegetarians (especially women) may be at risk for marginal zinc deficiency. Zinc is needed for bone growth and metabolism. It enhances the effects of Vitamin D promoting calcium absorption. Zinc is also involved in the regulation of the immune response. Many older people tend to become somewhat deficient in zinc and so their immune system suffers.

From Australian Bone Density Testing Centre

Lung Foundation Australia You Tube

Helen Reynolds

I was surfing Lung Foundation Australia's web site when I happened upon Lung Foundation Australia You Tube. A couple of hours later I decided to share this worthwhile resource with you all. I was astounded by the topics, the quality and the interest the videos inspire.

Some of the video titles:

"How healthy lungs work and function"

"Lung function: a 90 second review"

"Spirometry: How to take a function test"

"How your lungs work"

COPD - World Wide

Information from World Health Organisation and other sources

What Does COPD Look Like around the Globe?

The Global Burden of Disease Study reports over **251 million** cases of COPD globally in 2016 which means there are probably millions more now in 2018. More than 90% of COPD deaths occur in low and middle income countries.

It's likely that COPD will increase in the coming years due to an increase in smoking and in the ageing population in many countries.

Risk factors

- The primary cause of COPD is tobacco smoke, including second-hand or passive exposure.
- Indoor air pollution (such as solid fuel used for cooking and heating)
 - Exposure to indoor air pollution can affect the unborn child and represent a risk factor for developing COPD later in life.
- outdoor air pollution

WHO leads the **Global Alliance against Chronic Respiratory Diseases (GARD)**, a voluntary alliance of national and international organizations, institutions and agencies working towards the common goal of reducing the global burden of chronic respiratory diseases. Its vision is a world where all people breathe freely. GARD focuses specifically on the needs of low and middle-income countries and vulnerable populations.

- occupational dusts and chemicals (such as vapours, irritants and fumes)
- frequent lower respiratory infections during childhood.
- long-term asthma.

Challenges

- **Poverty.** The first challenge is living in poverty. A poorer person is more likely to be exposed to tobacco smoke, use of biomass fuel and outdoor pollution by living closer to an air-polluting factory.
- **Lack of regulations.** Many governments in low- or middle-income countries do not regulate cigarette smoking, tobacco marketing or pollution.
- **Access to healthcare.** Many individuals in developing countries do not have access to healthcare and/or cannot afford the treatment options.

Who is at risk?

Previously COPD was more common in men, but because of comparably high levels of tobacco smoking among women in high-income countries, and the higher risk of exposure to indoor air pollution (such as solid fuel used for cooking and heating) for women in low-income countries, the disease now affects men and women almost equally.

World Health Organisation's response

WHO aims to:

- raise awareness about the global epidemic of COPD
- create more healthy environments, especially for poor and disadvantaged populations
- decrease risk factors of COPD, such as tobacco smoking and exposure to second-hand smoke indoor and outdoor air pollution, unhealthy diet and physical inactivity
- improve access to effective therapies for people with COPD and
- prevent premature deaths and avoidable disabilities from COPD.

While we are still on the path to finding a cure for COPD, raising awareness in the meantime is imperative for combating the disease worldwide.

The latest POC news

Helen Cotter

We've been telling you for some time now about our request for the Government/Health Directorate to provide POCs for oxygen users instead of oxygen cylinders. Our request was followed by a trial to see if that was feasible.

The trial is completed with iffy results but it was decided to go ahead and develop a policy for providing POCs in certain circumstances where it is clinically warranted. Once the policy is developed, it will then need to be endorsed.

It's great news that POCs will be provided but it will be a slow and careful process to ensure that their provision is clinically sound.



Veteran Affairs have been providing POCs under certain circumstances for some time now but, apart from them, I believe we are the first state/territory to even contemplate providing POCs for users. I think that's a plus for the ACT. POCs have been around for at least 10 years, so it's time we moved into the latest technology.

Showcasing Australian Pharmaceutical Companies

Kaye Powell

On Monday 18th September 2018 Parliament House hosted PharmAus18, Showcasing the benefits of medicines to patients and the community. The day began at 9:00 am with registration and continued through the day ending from 6:00 – 8:45 pm with the Industry Showcase and Evening Reception in the Mural Hall.

My part was in the evening when, along with Kelcie Herrmann from Lung Life Australia in Queensland, I answered questions relating to COPD and the effect it has on day to day living. We had lots of new literature to hand out.

There were 17 innovative and interactive educational displays by Australian Pharmaceutical Companies.

Visit to ANU Medical Students

Pam Harris, Chris Moyle, Lyn Brooks, Helen Reynolds

Twelve of our members met with groups of first year medical students at the School behind The Canberra Hospital. Each group was led by one of the students under the supervision of a doctor.

For me an interesting feature of this experience is what the students take from it as each of our members has a different and personal perspective of the aspects of their condition.

Lyn Brooks stressed the importance of diagnosing and treating Mycoplasma Pneumoniae, an infection she has struggled with over the years, and which has now led to her COPD – as stated by respiratory specialist, Dr Mark Hurwitz. The general information given to students is that Mycoplasma is a minor illness, easily treated with antibiotics. This may be the case with younger people, but it can be a different story with the older population.

Pam Harris, who organises the visits, said the general opinion was that it was an enjoyable time chatting with the students. Thanks Pam for again organising this experience, for the students who get to converse with someone living with respiratory conditions and for the members, who get the opportunity to talk about their medical conditions with such an attentive audience.

Catching up with members carried over to TCH Medical School. The first person I saw was Carolyn Dalton, a friendly face from way back.

HCCA Training Consumer Participation

Helen Cotter

Are you, or someone you know, interested in learning more about how consumers (all of us) can participate in and improve our health system? Would you like to learn more about the ACT health system, and have an opportunity to speak up for consumers who use health services? Some of CLLSG's membership have attended this course and found it worthwhile. And the food was good, too.

HCCA's next free, two day *Consumer Participation Training Course* will be held over two Saturdays - 20 and 27 October 2018.



There were many pollios in attendance, among them Pauline Hanson.

All are welcome to attend. Transport assistance may be available. Please advise any dietary requirements.

When: 10:00 am to 3:00 pm, Saturdays 20 and 27 October 2018

Venue: HCCA, Maitland House, 100 Maitland Street, Hackett

For more information, please contact Kate Gorman at kategorman@hcca.org.au or on 02 6230 7800. RSVP to adminofficer@hcca.org.au or on 02 6230 7800.

Health of the Nation Report 2018 Royal Australian College of General Practitioners (RACGP)

The RACGP interviewed over 1500 GPs as part of their annual insight into the state of general practice. So, if you visited your GP for a consultation for one or more of these conditions you could well be included in these statistics.

The most common conditions treated by GPs were:

- Psychological problems 62%
- Respiratory conditions 45%
- Musculoskeletal 43%
- Endocrine and metabolic problems 36%

Conditions of most concern to GPs were:

- Mental health 50%
- Obesity 45%
- Diabetes 18%
- Aged care and the ageing population 14%
- Drug addiction 12%
- Chronic pain and palliative care 8%

GPs are at the frontline of health care. Many of the emerging health conditions in Australia are managed by GPs in their early stages. These concerns need to be well supported by the Government to prevent them.

