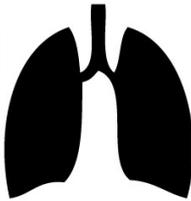




CANBERRA
LUNG LIFE
SUPPORT  GROUP

July 2020 Newsletter

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

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NEXT MEETING: Date to be confirmed
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close, Stirling ACT 2611

We are following the Lung Foundation's directive that no meetings should be held at present.

Congratulations **Ebba, 100** and still going strong.



Ebba on her birthday



A 'COVID style' celebration

COVID-19

A world - wide update

Below are lists of countries which have all been badly affected by the COVID-19 outbreak.

The first box lists the five countries with the greatest number of recorded cases of COVID-19. They are all countries with large populations and are dispersed over five continents, which is an indication of just how far the coronavirus has spread.

The second box lists the five countries with the highest death tolls from COVID-19. The USA and Brazil also head this list.

The third and fourth boxes take population size into account as they show the worst affected countries per/1 million people. These countries are mostly smaller nations, and it would appear that Europe has been the most seriously affected. The tiny principality of San Marino leads the list of deaths per million. They have 'only' recorded 42 deaths, but with a population of less than 34,000 that is a very high rate per million.

Smaller Middle Eastern countries dominate the list of 'Total cases per/1 million'. These nations all have large numbers of migrant workers living in close quarters.

The figures rely on accurate reporting from each individual country and no doubt some nations are better equipped to do this than others.

Note that while these lists are accurate at the time of writing they are not static. While one part of the world may have reached a peak, another part of the world may not have yet seen its worst outbreaks.

For more information like this go to <https://www.worldometers.info/coronavirus/> where all the countries of the world with recorded cases of COVID-19 are listed.

Total cases of COVID-19 recorded

1. USA (North America)
2. Brazil (South America)
3. India (Asia)
4. Russia (Europe/Asia)
5. South Africa (Africa)

Deaths from COVID-19 recorded

1. USA (North America)
2. Brazil (South America)
3. UK (Europe)
4. Mexico (North America)
5. Italy (Europe)

Total cases per/1 million people

1. Qatar (Asia)
2. French Guiana (S America)
3. Bahrain (Asia)
4. San Marino (Europe)
5. Kuwait (Asia)

Total deaths per/1million people

1. San Marino (Europe)
2. Belgium (Europe)
3. Andorra (Europe)
4. UK (Europe)
5. Spain (Europe)

Helen Reynolds

By Chris Moyle

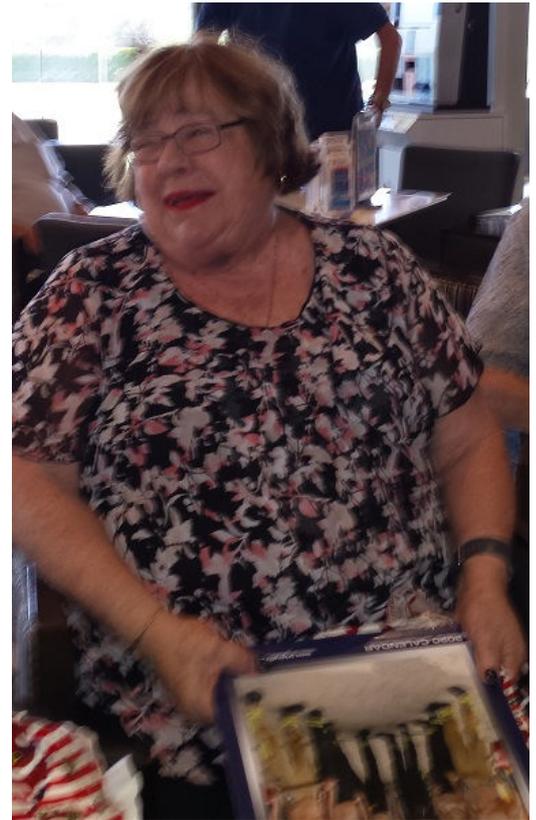
I first saw Helen Reynolds when she attended our July 2011 Italian lunch at the Royals (now The Raiders) Club at Weston. Helen had retired from a successful teaching career. She had been, at various times, Deputy Infants Mistress at Forbes Public School NSW, Principal of Orange Grove Public School (Leichardt Sydney NSW) and Principal of Bombala Public School (NSW), the last from which she retired in 1995. She moved from Sydney to Canberra in 1989 and has come to love the more relaxed lifestyle and lack of traffic gridlock on our roads. Also, after Sydney, Canberra's air was much less polluted. I say 'was' as unfortunately that is not necessarily the case now, with Canberra having the worst air quality in the world on one occasion in January this year.

Helen was diagnosed with COPD (emphysema), a disease which she'd never heard of before, but soon learnt more by attending a Pulmonary Rehabilitation Course at Canberra Hospital and then coming to our meetings. Helen filled out an Action Plan with the help of her GP and follows that when she has an exacerbation – a good idea for all of us. She also secured help for herself through My Aged Care and has assistance in many areas to give her a good quality of life.

After Caroline Polak-Scowcroft's departure Helen became the ACT representative on the CPAG Teleconferences – she was followed in this role by Helen Cotter. The two Helens followed each other on the "COPD Working Committee" started by Beth Forbes, the Chronic Care Nurse at Canberra Hospital. Both Helens were also involved in ACT workshops on "The Future of Chronic Care and Support for those Living with Chronic Conditions". In October 2012 they both attended an evening for the (Federal) "Parliamentary Friends" at Parliament House. This was attended by politicians interested in health issues. Helen Reynolds gave a speech, tinged with humour, about the difficulties caused by COPD, which was well received.

In 2013 Helen organised a visit to the Canberra Botanic Gardens, with the group being driven around in their electric bus, "Flora Explorer". The excursion was followed by lunch at the Botanic Gardens Cafe, which was so successful that Helen organised it again in 2014 and 2015.

In February 2012 Helen became the Editor of our monthly newsletter,



which is sent out to all our members, and to others, mainly in the health industry, who support our organisation, “The Canberra Lung Life Support Group”, or who just have an interest in the area. It now goes out to about 100 people, some with lung conditions and some without. Helen has improved the newsletter immensely with fancy titles, cartoons, jokes, and many photos. After eight years she has stepped down, due to worsening eyesight, and handed over to Geoff Cox.

We acknowledge Helen’s work for all these years, and also thank her friend, Don Neal (pictured with Helen at the 2014 Christmas Lunch) for his assistance, especially with sorting out computer issues encountered in producing the newsletter and for his role as a sub-editor.

How a stimulus package works - A delightfully novel solution for debt

From Nepean Men’s Shed Inc. Notice Board, April 20, 2020

It is a slow day in the small Saskatchewan town of Pumphandle in the USA, and streets are deserted. Times are tough, everybody is in debt, and everybody is living on credit. A tourist visiting the area drives through town, stops at the hotel, and lays a \$100 bill on the reception desk, saying he wants to inspect the rooms upstairs to pick one for the night. As soon as he walks upstairs, the hotel owner grabs the bill and runs next door to pay his debt to the butcher.

The butcher takes the \$100 and runs down the street to retire his debt to the pig farmer. The pig farmer takes the \$100 and heads off to pay his bill to his supplier, the Co-op. The guy at the Co-op takes the \$100 and runs to pay his debt to the local prostitute, who has also been facing hard times and has had to offer her ‘services’ on credit. The hooker rushes to the hotel and pays off her room bill with the hotel owner.

The hotel proprietor then places the \$100 back on the counter so the traveller will not suspect anything. At that moment, the traveller comes down the stairs, states that the rooms are not satisfactory, picks up the \$100 bill and leaves.

No-one produced anything. No-one earned anything. However, the whole town is now out of debt and now looks to the future with a lot more optimism.

And that is how a Stimulus package works.

PUZZLING

Unscramble the letters of the two words in the sentence below to reveal some sage advice.

If we do some (R I C E E S E X) _____ we may be

(T H R I L E E H A) _____ .

Answer on page 6



A Quote from John Steinbeck

"What good is the warmth of summer without the cold of winter to give it sweetness?"

How neighbouring wood heaters have made one Canberra's home almost unliveable

From the Canberra Times July 6, 2020

After a summer of dealing with near-constant hazardous bushfire smoke, Michelle Weston thought the rest of the year would bring about much clearer air, but as winter rolled around and the temperature started to drop, smoke once again found its way into the asthmatic's Weston Creek home, due to multiple wood heaters being started at nearby homes. The situation has become so bad that Ms Weston had to find another location to sleep in due to the high levels of smoke getting in, despite keeping all doors and windows shut to keep the smoke out.

‘The asthma is induced by the smoke. The smoke's gotten into my furniture and clothes and into the ducted heating, which just blows the smoke back in’, Ms Weston said. ‘I lie down at night and try and breathe and the bedding is covered in wood smoke because of the fires’.

Ms Weston said there were several wood heaters in nearby homes that were contributing to the smoke coming through into her house. While the Weston Creek resident and her husband are long-term Canberra residents, the couple normally travel away from the ACT during the winter due to the cold weather. As a way to try and manage the wood smoke that keeps coming into her home, Ms Weston said she had been using two large air scrubbers to filter out the smoke but was also looking to other measures as well.

‘A lot of smoke was coming up through venting in the floor and now I'm having to rip up the floor and replace it’, Ms Weston said. ‘By the time I do things around the home to rectify the smoke, it will cost close to \$50,000’.

The Weston Creek resident said she had made complaints to the ACT Environment Protection Authority about several wood heaters causing the nearby smoke. She said the smoke levels had reduced somewhat following the complaint made to the authority.

Wood heaters have been a long-standing issue in Canberra each winter due to the levels of smoke pollution emitted from them. While hundreds of old wood heaters have been removed from Canberra that number is declining.

ACT government spokesman

‘Almost 1200 wood heaters have been replaced with reverse cycle systems under an ACT government scheme since 2004. However, just 15 were removed from Canberra homes in the 2019-20 financial year. During 2018, 23 heaters were removed under the scheme with a further 30 removed in 2017. It is illegal to install wood heaters in Dunlop, East O’Malley, and all suburbs in the Molonglo Valley with the exception of Wright. Restrictions on wood heaters in new suburbs are also being considered’.

An ACT government spokesman said it was not known how many wood heaters had been installed in homes in the past year.

‘In a normal year, the greatest impact of the ACT's air quality is the emissions from wood heaters used for space heating’, the spokesman said. ‘Additionally, wood heating also has an indirect ecological impact from firewood collection, especially where it is collected illegally’.

Standards for new wood heaters in the ACT were implemented in September 2019, requiring an overall efficiency of no less than 55 per cent. Ms Weston said she was trying to cope as best as she could with the

smoke levels with several weeks of winter still to come.

‘I had issues with the bushfire smoke earlier this year, and then the wood smoke increased the asthma and took it to another level’, she said.

The DORSS Committee

DORSS stands for Domiciliary Oxygen and Respiratory Support Scheme. It’s the Committee that looks at out-of-scope oxygen and respiratory (e.g. CPAP) referrals. Most referrals from the respiratory specialist are straightforward but some are different because of special circumstances. The Committee looks at the evidence for the referral and decides whether to accept it or not – or to ask for more information before making a decision. As well as that, the Committee looks at the policy for the area, the criteria for the provision of oxygen and respiratory support and has recently been discussing the introduction of POCs into the policy and provision.

The Committee has two community representatives: Angelo Barich who represents the respiratory community; and Helen Cotter, who represents the oxygen community. These appointments are made through HCCA who provides the representatives for all Health Department Committees. The representative needs to have completed the HCCA Consumer Representative Course.

Helen is standing down from the DORSS Committee as the oxygen representative having been on it for quite a few years. So, the Committee and HCCA will soon be looking for a new representative. If you would like to be on the Committee and would like some more information, give Helen a call 02 6281 2988 or email her at cotterhe@hotmail.com.

Good news – possibly

Canberra Times July 7, 2020

Researchers at Queensland University of Technology (QUT) noticed that only small numbers of people with chronic lung conditions such as asthma or COPD were among the seriously ill in the early stage of the pandemic. This was unexpected, as it was assumed they would be at greater risk of infection. Researchers wondered if the use of inhalers regularly was protecting them. It may be that corticosteroid therapy lessens the effect of the virus. Research is now underway to check this out.

Thanks, from one of our readers

Your Editor recently received a phone call from Ross Borchers to say that, while he is not a member who attends meetings, he does enjoy reading the newsletter each month. He had been particularly impressed with the article ‘Saving Lives Through First Aid’ which appeared in the December 2019 edition.

Well done to Val Dempsey, the guest speaker who supplied the information for this article, and writer Chris Moyle – who also wrote the piece about Helen Reynolds. Also, thanks to Helen Reynolds our previous Editor, for putting together our newsletters for the last eight years in such a clear and concise manner, and of course to all our sub-editors.



Answer to Puzzling: exercise and healthier