

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

On advice from Lung Foundation Australia meetings are currently suspended.

COPD Part Two (Part One can be found in the August 2020 Newsletter)

DIAGNOSIS

While there is currently no cure for COPD, research shows that early diagnosis, combined with disease management programs at the early stage of the condition, can improve quality of life, slow progression, reduce mortality and keep people out of hospital.

Diagnostic tests for COPD can include:

Lung function tests (breathing tests): Spirometry is the most common breathing test used to confirm a diagnosis of COPD. The test involves blowing as long and hard as you can into a tube connected to a (spirometry) machine. The machine assesses how well your lungs work by measuring how much air you can inhale, how much you can exhale and how quickly you can exhale. The results will let your doctor know if you have COPD or another lung condition such as asthma.

FEV1 is the amount of air you can forcefully blow out of your lungs in one second. It is an important breathing test measure for airflow obstruction, such as from COPD. Your doctor will compare your FEV1 with standards (called predicted values) for a person without lung conditions, who is of comparable age, gender, and height. From this comparison your doctor will calculate a percentage. This is used to stage COPD as mild, moderate, or severe.

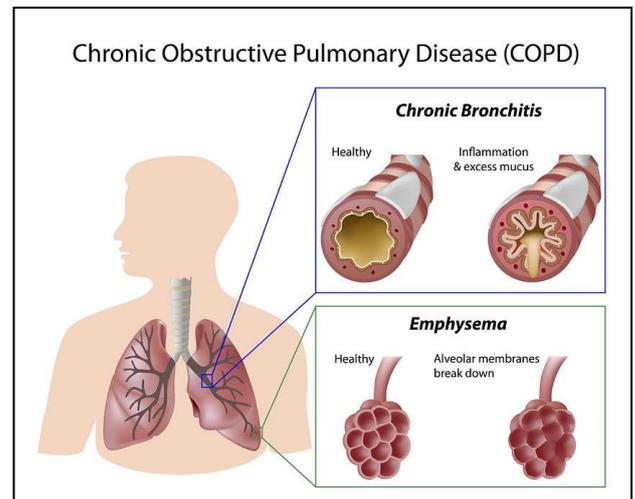
Other tests may include:

- Chest X-ray: takes pictures of the tissues in the lungs and surrounding organs.
- CT Chest: takes more detailed pictures than an X-ray to look at the lungs and surrounding organs.
- Arterial blood gas analysis: a blood test that measures how well your lungs bring oxygen into your blood and remove carbon dioxide.
- Laboratory tests: these are not used to diagnose COPD but may be used to rule out other conditions or to work out the cause of your symptoms.

TREATMENT

Can COPD be cured?

Although the damage to your lungs cannot be reversed, early treatment is important to help improve how you feel. By taking the following steps you can improve your overall quality of life, slow the progression of symptoms, and keep your COPD well managed, including reducing the risk of flare-ups.



Quit smoking

Not all people with COPD have smoked; however, if you do smoke, quitting is the single most important thing you can do to improve your health and lung function. If you continue to smoke, your health and respiratory symptoms will worsen. The sooner you quit, the better your chances of living well and improving your lung function. Do not feel guilty about having smoked. Most people say they would like to quit and may have tried at least once. Some are successful the first time, but others try many times before they finally give up for good.

A quit plan can help you reflect on why you smoke and your motivations for quitting, and help you choose your preferred quit tools. These can include:

- Nicotine replacement therapy (NRT) products.
- Support options such as coaching and/or counselling.
- Other strategies to help you plan for success, such as making changes to your daily routine to reduce the temptation to smoke.

Stay healthy and active

Studies have shown that people with chronic lung conditions use 25 – 50% more energy than people with normal lung function. This is mostly due to the changes in your lungs, increased work of breathing and using more energy to fight chest infections or flare-ups, which are more common in people with COPD.

There are lots of things you can do to make sure you stay healthy and have energy to do the things you enjoy, including:

- Eat a healthy, nutritious diet
- Be physically active
- Get enough rest and good quality sleep
- Look after your wellbeing by enjoying friends, family, and hobbies.

Practising relaxation techniques can also help reduce feelings of stress or anxiety.

Reference: COPD THE BASICS – Lung Foundation Australia <https://lungfoundation.com.au/>

- 1** Lie down on your back in a comfortable place free from any kind of distraction.
- 2** Put your hands on your abdomen (to feel your way through the exercise) & try to relax your muscles.



- 3** Inhale deeply through nose, expanding your abdomen & filling your lungs with air. Count slowly to 5 as you inhale.
- 4** Hold your breath & count to 3.



HOW TO DO DEEP BREATHING - THE CORRECT WAY



- 5** Exhale slowly through your mouth & empty your lungs completely. Again, count slowly to 5 as you exhale & try to release any tension from your muscles.
- 6** Continue to inhale & exhale deeply for 5 to 10 minutes.
- 7** Perform this exercise once in the morning & again before going to bed.



PUZZLING

Can you unscramble the letters in these two words and find the message?

We may avoid **M E N O P A U N I** _____

if we **C A V I T A N C E** _____

Hints on page 5, Answers on page 6.



Ebba Marrington (100 years young)

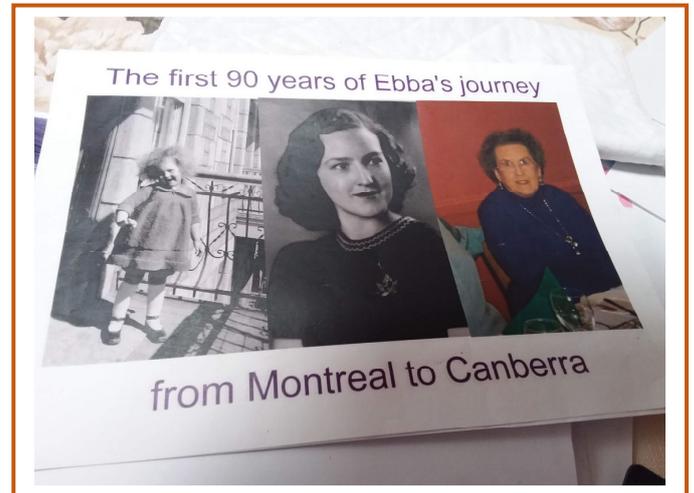
By Chris Moyle

Helen Cotter wrote the following article on the occasion of Ebba's 90th birthday, in July 2010.

This month we are celebrating the 90th birthday of Ebba, one of Lung Life's long term members. Ebba was born in Canada to Norwegian parents who moved there with three children during WWI – her father was away fighting, and her mother felt that conditions would be better for them away from Norway. Ebba, the fourth child, was born and grew up in Montreal, Canada with her two brothers and one sister.

During WWII she worked for Montreal Office of the Norwegian Shipping and Trade Mission keeping track of the merchant vessels sailing all the seas for the war effort, then moved over to the Norwegian Legation. Later she joined the Canadian Foreign Service, being posted to Norway as she was fluent in Norwegian because of her family background.

After that Ebba worked in Ottawa, then Washington, then, in 1955, Canberra. This was Canberra before the lake! A big adjustment, from knee deep snow to hot summer. It was in Canberra that Ebba met and married her husband Geoffrey. Originally from England, Geoffrey was a Quantity Surveyor who opened the Canberra Office for Rider Hunt & Partners and engaged Ebba to work in the office. During this time she took up golf, having a thoughtful and generous boss. Geoffrey unfortunately died of an asthma attack in 1980.



Ebba and Geoffrey had two children, both of whom attended the Grammar schools. Their daughter and son are now married with families of their own.

Like many who have migrated from one country to another, Ebba is torn between Canada, where she grew up with her family, and Canberra, where she has lived for many years and made many good friends. She does however feel that Canberra is 'home' and plans to spend many more years enjoying it. We plan to spend many more years enjoying it with her. Congratulations, Ebba.

On the occasion of Ebba's 90th birthday in 2010, we celebrated with lunch at The Raiders Club at Weston. Pam made placemats with photos depicting three stages of Ebba's life. Ebba sent a typed letter to the Group, thanking all for 'the wonderful and thoughtful celebration for my 90th birthday'. She concluded with 'Thank you to Pam and her helpers for a most fantastic time. I shall remember my 90th until I reach my 100th'.

And indeed, as predicted, she has reached her 100th, on 8th July 2020. A celebration was held, respecting COVID-19 lockdown laws, at her new abode at Fred Ward Gardens. Several of our members attended and musicians from her beloved Jazz Club provided entertainment at an outdoor gathering. Ebba really enjoyed herself.

Ebba contracted emphysema after being a social smoker but has all her faculties and is an amazing lady.

Here's to your 101st (2021) Ebba!



Hints for Puzzling – The first word starts with a silent letter, and the second word has a double c.

COTA (Council on the Ageing)

Advanced Care Planning sessions are now available.

What is - Advanced Care Planning?

Advance Care Planning Australia (ACPA) is a national program funded by the Australian Government Department of Health, enabling Australians to make the best choices for their life and health care. The program encourages people to reflect on their current and future health goals, values, and beliefs.

COTA ACT is offering free one-on-one advice sessions each month to assist seniors in deciding how they would like to be cared for after becoming seriously ill or after a serious accident. The Advanced Care Plan facilitator can talk with you about your options and help you document what is important to you while developing your Plan. You can also specify on the Plan who can make medical decisions if you are not able to, and you can change your mind whenever you want.

All Advanced Care Planning appointments will take place on the first Wednesday of each month between 1:00 pm and 3:00 pm.

Your FREE confidential appointment can be booked by phoning the COTA ACT office on 02 6282 3777.

The appointment will take place at Hughes Community Centre, 2 Wisdom Street, Hughes ACT 2605.

For more information visit the COTA ACT website www.cotaact.org.au or visit the Advanced Care Planning website www.advancereplanning.org.au.

Seniors pop-up technology hub

Recently, the COTA ACT received funding from the ACT Government to offer free one-on-one digital learning sessions to seniors. Digital learning is learning about technology (computers, tablets etc.) and then

using that technology for further learning or personal use (browsing the internet, emails, Facebook etc.).

The **Seniors pop-up technology hub** is a program where senior Canberrans can come and ask questions in a relaxed way, learn about how to get online and become confident in using technology. The learning sessions are designed to assist seniors with staying in touch with their community, family, and friends, and be a resource for finding information online.

The **Seniors pop-up technology hub** will be available at the COTA ACT office at the Hughes Community Centre and from time-to-time throughout the Canberra community, at community centres and shopping spaces across the region.

If you are a senior Canberran and would like to know more about the free digital learning sessions, call the COTA ACT office on 02 6282 3777 or email Events@cotaact.org.au.

For more information visit the COTA ACT website www.cotaact.org.au.

Reference: COTA (Council for the Ageing) August Newsletter.

We are beginning to socialise again

Under advice from the Lung Foundation we are still unable to hold our monthly meetings, and the Labor Club is not yet available for us to return. However, as the ACT has been free of any known COVID-19 cases for some time, members of our group have started to feel more comfortable socialising as they did prior to the health crisis.

My predecessor as editor of this publication, Helen Reynolds (pictured) recently celebrated her 80th birthday by going out to lunch with friends. A group also had an enjoyable time catching up at the Irish Club in Weston.



From the Editor - CATARACTS

A cataract is an eye condition where the lens of your eye becomes cloudy and your vision consequently becomes blurry or hazy. It can also make you sensitive to bright lights, see starbursts around lights, or see everything as slightly faded or yellow.

Your editor recently required cataract surgery, which is a small operation where the cloudy lens of the eye is replaced with a clear plastic lens called an intraocular lens. His cataracts in each eye were a side effect of Prednisolone, a drug which transplant patients take every day. He is pleased to report that he now has 20/20 vision, and the whole procedure was painless, and all the staff involved were both professional and friendly.

For more information on cataract surgery visit: <https://www.healthdirect.gov.au/cataract-surgery>.

Answer to Puzzling – pneumonia, vaccinate.