

## June 2021 Newsletter

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

**Editor:** Geoff Cox 042 990 1131  
[selaca@bigpond.net.au](mailto:selaca@bigpond.net.au)  
**Coordinator:** Lyn Morley 041 720 5613  
[lung.life1@hotmail.com](mailto:lung.life1@hotmail.com)

**NEXT MEETING:** Thursday 8 July 2021  
10:15 am - 12 noon  
Weston Creek Labor Club  
Teesdale Close, Stirling ACT 2611

Geoff Cox, who had a lung transplant in 2019, will be the guest speaker

### June Meeting Helen Cotter

The day was cold and bleak – only about 12 people turned up. We had apologies from quite a few – mainly suffering colds and sniffles. Today was a day of talking about issues and organising future events.

At the last meeting, Fiona Wheatland had talked about her COPD project looking at the experiences of those with COPD. So, we arranged a coffee morning with Fiona to talk about our experiences. Three people came to the meeting – with apologies from a couple of others. We had each thought we had nothing much to contribute but, when we started talking, we jogged each other's memories. As Helen Reynolds could not come, she had a one-on-one with Fiona at a later date. It was very worthwhile.



Barry Thom and John Morley are both regular attendees who were at our June meeting.

We discussed changing the statement at the top of our newsletter and turning it into a mission statement and a change was agreed upon. The new statement will be ***Our mission is to provide a supportive and informative environment for people with a variety of lung conditions and their carers.*** Our editor Geoff Cox will look at how to best incorporate it into future newsletters once the font style, colour and letter size are agreed upon.

We gave suggestions for possible future speakers - they included talks by a **respiratory specialist** and by a **pharmacist**, along with talks about **scams** and **funerals**. Other suggestions are welcome.

We discussed what we would like at the meetings; and how to improve our numbers. These may be issues we can come back to at a later date.

We organised a lunch on **Thursday 22 July 2021** which will be held at the **Burns Club**. *Thanks to Pam Harris who contacted the club to check its suitability for our group.*

Finally, we spent some time talking about health, medicine, or other issues that we wanted to tell people about.

Helen Reynolds checked out the **fabulous glasses** that our speaker from LEEF last month talked about – called ORCAM. These clip on to your glasses and read aloud what is in front of you. They also have face recognition and movement. All extremely useful for people with impaired vision – but expensive – around \$5000.

Pam Harris warned us to be sure we are taking the **correct dose of any medicine** we are prescribed. She had a recent experience of taking the wrong amount of a steroid and feeling lousy until she realised what had happened.

Chris Moyle talked about a **problem with antibiotics**. She has had bad reactions to so many of them that she is wondering what happens when she runs out of different antibiotics to take. Chris has bronchiectasis which makes it easy to get infections in the lungs.

Geoff Cox talked about **Hospital in the Home** – and others joined in with their experiences. After an overnight hospital stay in January, he was able to go home early, and the nurses came regularly to do what was needed and to make sure everything was okay. Gradually, they came less often until he did not need them anymore. He felt it was good to be in the comfort of his home rather than the hospital. This had the added benefit of not being around other infectious patients.

Most of those who had attended the meeting then had lunch at the club.



Long-time Lung Life members  
Shirley Dillon and Pam Harris at  
our June meeting.

## TEN FAMOUS PEOPLE WHO HAVE THE SAME NAME

A number of famous individuals have the same name as another prominent person. Can you guess who they are? Their initials may help you identify them. The answers are on page 6.

1. The 41<sup>st</sup> and 43<sup>rd</sup> U.S. President both share the same name. (GB)
2. One of King Henry VIII wives and a well know actress. (JS)
3. The Australian singer songwriter who asked, ‘Who’s goanna to make the gravy now?’; and the former captain of the Sydney Swans. (PK)
4. A boxer who became one of the most famous sportspeople of all time, and the founder of the dynasty that ruled Egypt from the beginning of the 19<sup>th</sup> century to the middle of the 20<sup>th</sup> century. (MA)
5. A cricketer who opens the batting for Australia, and a singer songwriter from the 1970s and 1980s, who was ‘just a suburban boy’. (DW)
6. A former Australian Prime Minister and an Australian actor. (JH)
7. Two AFL players who both played for Geelong, while one of them also spent time on the Gold Coast playing for the Gold Coast Suns. (GA)
8. William Shakespeare’s wife and an American actress. (AH)
9. The former Melbourne Storm and Australian rugby league captain, and an Australian professional golfer. (CS)
10. The incumbent Socceros goal keeper; and an Australian Olympian who won two goal medals in equestrian events at the Barcelona Olympics in 1992 and a third goal medal in Sydney. (MR)

## JOSH LLEWELLYN-JONES (OBE) – his story

Researched by Chris Moyle

This amazing young man has defied the medical odds of being born with cystic fibrosis (CF), a progressive genetic disease, to become an extreme elite athlete and motivational speaker.

At birth Josh was given a 10% chance of surviving his first night due to complications but survived due to immediate surgery to clear a blocked intestine. He was then only expected to live until age 30. Again at 21 years he needed emergency surgery, lasting 7 hours, to correct this original surgery. For all 21 of his years he’d been living with twisted intestines. Once again, he was not expected to survive the surgery, and said his last goodbyes, but survive he did because he was so fit, with the scars to prove it.

Josh, who turns 34 in 2021, explains the disease in his own words: “*Cystic fibrosis is a degenerative disease in which the lungs and digestive system can become clogged with thick, sticky mucus. Long-term issues include difficulty breathing and coughing up mucus as a result of frequent lung infections. The disease can also drastically affect your life expectancy. When I was born, doctors only gave me a life expectancy until my early teens.*”

Josh also only digests 50 – 60% of his food and needs to eat more than the average person.

“*Back then in the UK, there wasn’t loads of research on how to fight the disease. So, when I was 2 years old my family took me to America to speak to a CF specialist, Dr Bob Kramer. He advised that exercise was going to be key in keeping me healthy and prolonging my life expectancy. I just fell in love with sport and fitness from the get-go and over the years it’s really been the driver in keeping my lungs clear.*” Josh’s

words are from: <https://www.joshlj24.com/blog>.

Josh speaks of training his mind as well as his body – to keep a positive outlook as he faces each day.

*“Exercise helps the mucus on my lungs - it forces me to breathe deeply and the very small airways are hard to get to, but the harder you breathe they open up and clear. With exercise, it's not just about physical health and wellbeing, it's about your mental health and wellbeing.”*

*“Growing up, I fell into fundraising through CF. I realized pretty quickly that, if I wanted to raise the money I wanted to raise, then I'd have to do something pretty extreme. So that's where the endurance challenges came about.”*

At 17 years old he was the youngest person in the world to climb Mt Kilimanjaro.

At 29 he completed the first proper ultra-challenge, the “World’s Fittest Man Challenge” to become one of only 5 in the world. It involved lifting 100-tonnes, cycling 100-miles, rowing 20-miles, running 10-miles, cross-training 10-miles, swimming 2-miles, then 3,000 sit-ups, 1,000 push-ups and 1,000 squats, all within 24 hours with only three 2-minute breaks!

The following year, on 29<sup>th</sup> September 2018, he became the first and only man to lift 1,000,000 kgs in under 24 hours to raise awareness for cystic fibrosis, beating the old record by over 500,000 kgs.

On 7<sup>th</sup> October 2019 he swam 21 miles in Dover Leisure Centre (1,353 lengths), then cycled from Dover to St James Palace where he was invited by HRH The Prince of Wales to rest and eat (the best lasagne he’s ever tasted) before running from London back to Cardiff.

Josh trains up to 3 hours a day with a longer session at the weekend. He trains to stay alive. *“Exercise has quite literally kept me alive”,* he says. *“I want my challenges to take people’s breath away because, to put it simply, that’s what cystic fibrosis does to 100,000 people all over the world, every single day.”*



Some 60 years ago CF was considered exclusively a childhood disease, with many infants succumbing to the disease before reaching elementary school age. Advances in treatment mean that people today with CF often

live into their thirties, forties, and beyond, but sadly, there is currently no cure for cystic fibrosis.

On 20<sup>th</sup> December 2019 Josh received an OBE from the Duke of Cambridge for services to cystic fibrosis. He is now a World Record Breaker and fundraiser of over \$800,000 for charity.

Ref: <https://www.joshlj24.com>

## "If he's not back in five I'm doggone out of here."

Next time you need a lift home from the doctor you might like to call on this chauffeur.

This photo was taken by Chris Moyle while waiting for her G.P. in the carpark of the Kambah Village Shops.

**We are looking for more photos** to include in future editions of the newsletter, so have your phone at the ready to snap something of interest and send it to your editor by email or text.



## Asthma Drug Brings Hope for COVID-19 Patients

Forwarded by Val Siemionow; edited by Helen Cotter

*A steroid commonly used in asthma inhalers has the potential to prevent severe COVID-19 symptoms. It could treat the illness early on and help to reduce pressure on hospitals.*

A common asthma medication that can be used at home might be an effective treatment for early COVID-19 in adults, according to a study published in *The Lancet* medical journal. University of Oxford researchers found that **patients who took the drug budesonide when their first COVID-19 symptoms started** were less likely to need urgent medical care or hospitalisation, and had a shorter recovery time. It also reduced the chance of persistent symptoms and fever.

Another University of Oxford study that has yet to be peer reviewed also found that inhaled budesonide **helped people who were at a higher risk of severe COVID-19 outcomes recover quicker.**

Corticosteroids like dexamethasone are already being used effectively in hospitalised, severely ill COVID-19 patients. **Researchers think it likely reduces the inflammation associated with severe COVID-19.** Budesonide probably works in a similar way but may be more localised.

Studies have also shown that the use of inhaled steroids in people with asthma and chronic obstructive pulmonary disease (COPD) reduced the receptor that allows Sars-CoV-2 into the lungs and lab work has shown that **inhaled steroids can possibly prevent virus replication.**

## Taking pressure off hospitals

The scientists said the research was inspired after **reports of COVID-19 hospital admissions showed that patients with chronic respiratory disease were significantly under-represented**. They hypothesized that the widespread use among these patients of inhaled glucocorticoids, a type of corticosteroid, was behind this trend. The research investigated whether budesonide had the potential to reduce COVID-19 patients' need for emergency care, therefore minimizing pressure on hospitals.

While much research on treating COVID-19 so far has focused on patients who already have severe symptoms, this trial shows potential for earlier intervention.

## What do corticosteroids do?

**Corticosteroids are naturally produced in the body, but synthetic versions are used as an anti-inflammatory medicine to treat a range of inflammatory illnesses.** They are often prescribed for people with asthma and other respiratory diseases in the form of an inhaler and are seen as essential for controlling the condition.

Corticosteroids represent one of two main types of treatment for asthmatics. They are designed to prevent an asthma attack from occurring in the first place by reducing the base level of inflammation. The second type of treatment, bronchodilators, is designed to relax the muscles when an attack does happen.

**Reference: Asthma drug brings hope for COVID-19 treatment | Science| In-depth reporting on science and technology | DW | 13.04.2021**

<https://www.dw.com/en/asthma-drug-brings-hope-for-covid-19-treatment/a-57174301>

## **SILVER IS GOLD EXPO 2021** - Previously known as the Seniors Expo

Here in the photo on the right are members of our group at the Seniors Expo in 2017. Barry, Kaye, Esther and Pam are giving information to anyone who may be interested. That's what the Silver is Gold Expo is all about.

Each year, Pam, Esther and Barry with willing helpers have set up and looked after the stand at Epic from about 10:00 am to about 2:30 pm. They need eager helpers for the Expo to be held on **Thursday 16 September 2021** – do volunteer.

There are also so many other interesting sites to look at while you're there.



## **Answers to the Quiz**

(1) George Bush, (2) Jane Seymour, (3) Paul Kelly, (4) Mohammad Ali, (5) Dave Warner, (6) John Howard, (7) Gary Ablett, (8) Anne Hathaway, (9) Cameron Smith, (10) Matt Ryan