



November 2022 Newsletter

Our mission is to provide a supportive and informative environment for people with lung conditions and their carers.

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NEXT MEETING: Thursday 8th December 2022
10:15 am – 12:00 noon
Weston Creek Labor Club
Teesdale Close, Stirling ACT 2611

Christmas Lunch: Friday 16th December at the Irish Club in Weston

From the Editor – Merry Christmas

This is the Christmas Edition of our newsletter for 2022. As is normal your editorial team will now take a well-earned break for the holiday season and the next edition will come out in late January.

The quiz is back in this final edition; so no peeking at the answers on page 6 until you have had a go. And don't forget our Christmas lunch is on 16 December at the Irish Club in Weston.



I would like to thank my editorial team for their help in 2022. Your sub-editors are **Chris Moyle, Helen Cotter and Don Neal**. All the sub-editors proof read the newsletter as it goes through its draft stages.

Don, who has excellent computer skills, also does a final 'sweep' to ensure the edition you read is as polished as it can be. He also uploads each edition to our website and Facebook page. Chris and Helen write many of the articles. Chris, as you will have no doubt noticed, has a knack for writing amusing stories from her past; while Helen puts together much of the informative material which is part of each edition. Merry Christmas to all.

November Meeting - by Marina Siemionow



We had a smaller group of 14 members attend the November meeting with some of our core group interstate and a number of our regular attendees missing. We especially missed Barry and Shirley as no one had heard from either for the last three or so meetings. We shared information about those members who were not able to attend and the group wished them all well, with the hope of seeing them soon.

At the meeting we had a number of very robust discussions on topics that carried over from the October meeting. Towards the end of the meeting Caroline Scowcroft talked to us on a range of issues including membership of The Lung Foundation of Australia and the importance of setting up an Advance Care Plan.

1. Christmas hampers

Marilyn and Kaye are organising these and they will be raffled at our Christmas lunch on Friday 16 December. Some members remembered to bring donations to help make up the hampers and all the others are encouraged to **bring their donations to the next and final meeting for the year on the 8 December.**



Alison, Chris G, Helen R, Margaret, and Pam at the November meeting

2. Business cards

Karen and Pam provided the group with a draft Canberra Lung Life business card. A copy of the card was passed to members and after canvassing everybody's opinions and much discussion, the colour and layout were accepted. We agreed to enlarge the print as much as possible, delete Marina's name and leave the final decision re aesthetics to Karen. Finally, we agreed to the cost of production.

3. COPD Day

We revisited and finalised the arrangements for our stand to mark World COPD Day, at Cooleman Court on Wednesday 16 November. We would like to thank the Lung Foundation Australia who forwarded a box of supplies including up to date brochures and giveaways. Helen has arranged for a COPD Nurse Specialist from the Department of Respiratory and Sleep Medicine, Canberra Health Services to support us at our stand, while Marina will bring a couple of oximeters and wipes. Chris, Marina, Val, Karen and Pam all volunteered to help out on the day.

Editor: You can read about COPD Day on page 5, and thanks to the volunteers.

4. November lunch

The group was not keen on the idea of a picnic for our November lunch as the weather was too unpredictable. Instead it was agreed to arrange the Friday 25 November lunch at The Oaks Brasserie by the Yarralumla Nursery, 36 Robert Boden Grove, Yarralumla. In Marilyn's absence Marina undertook to book tables in the gardens with an option to move the booking undercover if it rained.

Chris Gray mentioned that the Physiologist leading a program she and her husband are currently participating in, had undertaken some extensive research on Long COVID and its impact. We all agreed that she should contact him and arrange for him to come and talk to us at our meeting on 12 January 2023.

Caroline (pictured right) discussed the value of joining the Lung Foundation of Australia (LFA) and discussed the value of maintaining individual membership at an annual cost of \$30.00. As part of the discussion members mentioned how the Foundation's level of support at the 'grass roots level' appears to have waned somewhat over the last few years. **Editor's Note:** LFA are aware of our activities (via our newsletter) and from time to time do contact us. Their offer of 'goodies' to support our COPD Day stall was initiated by LFA.



Caroline also pointed out that we should all have an Advance Care Plan (ACP) in place and we should have it available on paper and keep it with us whenever we travel. An ACP is the series of steps we can individually take to help us plan for our future health care. It helps people who care for us understand our wishes if we can no longer express them. We agreed with the suggestion that this would be an informative presentation topic for a speaker at a future meeting

An introduction to COPD (By Chris Moyle – reprinted from August 2020)

Chronic Obstructive Pulmonary Disease (COPD) is a progressive lung condition that causes narrowing of the bronchial tubes in the lungs (sometimes called bronchi or airways), making it difficult to breathe. Sometimes air gets trapped in the lungs causing the feeling of breathlessness. When the condition occurs, it is chronic (long term) in nature; however, it is important to remember that you are not alone and there are things you can do to help manage the symptoms and improve your quality of life. **COPD** is an umbrella term for a group of lung conditions including **emphysema**, **chronic bronchitis**, and **chronic asthma**.

About COPD in Australia

COPD is a common lung condition affecting both men and women. Around one in seven Australians aged 40 years and over have some form of COPD; however, around half of the people living with COPD symptoms do not know they have the condition. Indigenous Australians are 2.5 times more likely to have COPD than non-indigenous Australians. Whilst COPD is not a contagious disease, it is the second leading cause of avoidable hospital admissions in Australia.

Around 20% of people with COPD also have **asthma** which is described as **asthma-COPD** overlap (also called asthma-COPD overlap syndrome, or ACOS). Asthma-COPD overlap is not a disease on its own and may have several different causes. People with asthma-COPD overlap need different treatment from people with just asthma or COPD alone.

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

Some more Silo Art – Your Editor

You may recall that, thanks to John Morley’s photographic skills, in previous editions we have seen some fantastic silo art from various parts of country Victoria.

On this occasion it is your editor who is the photographer. These magnificent Clydesdales were painted by Melbourne street artist Jimmy Dvate in 2019. The photo was taken back in August, prior to the present weather conditions which have made inland travel inadvisable.

So, where is this particular piece of art found? Goorambat is the short answer but as few of us have ever heard of the one pub town that goes by that name best to say, ‘down Benalla way, not too far from the Hume Hwy’.

Your editor made good use of GPS technology to find a few silos which were off the beaten track in rural Victoria. He half expected to find them swarming with tourists but in most cases he and wife Dianne were the only people around.



Quick Christmas Quiz (some easy, some not so easy)– answers on page 6

1. In Australia what do we call the evening before Christmas?
2. In 1942, what type of Christmas was Bing Crosby ‘*dreaming of*’?
3. Who wrote the above-mentioned Christmas song? (Hint: He has the same surname as a European capital city.)
4. What did children’s group *Hi-5* suggest Santa wear when delivering presents in the Australian heat?
5. In the traditional version of ‘*The Twelve Days of Christmas*’ where was the partridge?
6. In the above-mentioned carol how many birds did they receive from their ‘*true love*’? (Hint: It is quite a few; they could have started their own aviary with them all.)



Hi-5 Picture: <https://www.deviantart.com/hi-5fanbrasil/art/Hi-5-casts-Christmas-is-coming-338618406>

World COPD Day – Tuesday, 16 November - by Chris Moyle

We set up at Cooleman Court from 10:00 am until 2:00 pm with give-away items and information. Eight members attended and Raj, a registered nurse from Canberra Hospital, provided more in-depth advice.

Raj can be contacted about respiratory matters on:
T: 02 5124 7198 or M: 0423 846 394.

There was a visit from Riot Act, a media group who report on local events. This year there weren't a lot of enquiries from passers-by so we can only hope that people are in charge of their lung health.

Thanks to Raj and our members who attended and helped organise the event. One intended helper, Karen, instead ended up in hospital and we wish her a speedy recovery.

Afterwards I went upstairs to thank the Centre's management for hosting us. 'Thanks from our Lung Group'.

'Oh, you're the running group,' was the reply. I was wearing my joggers, but more for support and balance than any running I was going to do. I corrected her as I coughed my way out of there. But it was a nice suggestion.

Editor: Glad you looked the part, Chris; the running shoes make all the difference.



Thanks to Val Siemionow who was our photographer on the day.

Pictured are some of our industrious helpers: Caroline, Pam and Chris G (top); Marina and Chris G (centre); Chris M and Chris G (bottom).



I get out of breath when I eat - Researched by Chris Moyle

Sometimes people with lung conditions feel too breathless to eat very much.

Top tips

- If you struggle to eat and breathe, go for softer, moist foods that are easier to chew and swallow. Using a slow cooker or cooking casseroles tenderises foods, so you don't have to chew as much and eating and breathing is easier. You can also prepare these meals in advance at a time when you have more energy or are less fatigued.
- Try having more nourishing liquids such as milk, smoothies, juice and soups.
- Breathing can sometimes become harder after eating a large meal. Try eating smaller meals and snacks more often.
- Take time when you eat. Try to swallow every mouthful before going on to the next. This is especially important if you have a chest infection. Breathlessness can make it harder for you to swallow safely. If you have trouble swallowing or notice you are coughing when eating and drinking because you feel food or drink is going down the wrong way, talk to your health care professional.

If you're losing weight without planning to or are struggling to eat enough, talk to your doctor. They may prescribe a nutritional supplement or recommend nourishing drinks. They may also refer you to a dietitian for further advice.

Reference: www.blf.org.uk

Canberra Lung Life Christmas Lunch

At the Irish Club in Weston

On Friday 16th December, from 11:30 am

Cost: \$35.00 for a set two course lunch
The main course: choice of pork or salmon

RSVP: Marilyn Allen by Friday 9th December
Text or call: 0431 033 825



Answers to the Christmas Quiz

(1) Christmas Eve (2) White (3) Irving Berlin (4) Shorts (5) In a pear tree

(6) 23 (one partridge, two turtle doves, three French hens, four calling birds, six geese and seven swans)

Picture Reference: <https://www.pexels.com/photo/red-volkswagen-beetle-scale-model-3444345/>