

September 2014 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 September 2014 10.15 am - 12 noon The Burns Club, 8 Kett Street, Kambah ACT 2902
Guest Speaker	Virginia Rasheed
Topic	Living a Healthy Life with Chronic Conditions

Dates for your diary

Wednesday 3 September 2014	SHOUT Expo, Hellenic Club
Thursday 4 September 2014	ANU Medical School
Thursday 9 October 2014	Lung Life Support Meeting
Thursday 18 September 2014	Coffee Morning at Myers, Belconnen Mall
Wednesday 19 November 2014	World COPD Day
Tuesday 17 March 2015	Senior's Expo

August Meeting

Helen Cotter

Business arising from the previous meeting:

- Some people have been doing a great job acquainting the community with COPD and The Canberra Lung Life Support Group. Peta created the pull-off strips, and members have been busy putting them on Community Notice Boards and in doctors' surgeries.
- The mid-winter lunch last month was a great success enjoyed by everyone who attended.
- A few of our members followed up on Bernie Bissett's talk last month and contacted her at the Physio Department, TCH. She tested their lung inspiration to check whether an IMT device (Inspiration Muscle Training) would be appropriate for them and at what level. Those who needed one are finding it most worthwhile.

New business followed:

- HelenR spoke about the recent C-PAG meeting and the discussion. C-PAG is a group organised by the Lung Foundation that has participants from every Australian State and Territory. They have a phone or Skype link up every two months. Currently, they are discussing information about COPD, Anxiety and Depression. The Lung Foundation hopes to soon have it on their website for all to see.
- The C-PAG meeting also talked about putting on the website the newsletters of the support groups. It would be good to see what others are doing and perhaps use some of their ideas.

- The ANU Medical School is organising another session on Thursday 4 September for volunteers to talk to the medical students about their conditions and their experiences. They pay for taxis to get there and provide a \$30 voucher. If you are interested contact Pam Harris 62881053 or bapjh@live.com.au
- World COPD Day is on Wednesday 19 November 2014. We need to start thinking about our plans for the day.

At the end of business, Carmel led us into the action for the day - **writing up your memories**. She shared her experiences of the Lung Life Support Group as a lovely, supportive group. She feels that getting our memories down on paper adds to the cohesion and success of the group. It creates a fuller, more rounded picture of the individuals we know and adds to our collective memories. Carmel encouraged people to set these memories down for others to read.

Shirley brought along our **Memory Book**. Members talked about the joy of reading this collection and remembering things they may have forgotten.

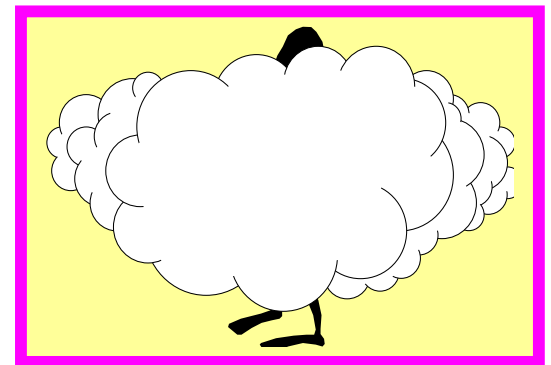
We talked about the memories we had and the sadness of memories we didn't have - especially those of our parents and other significant people when we didn't take time to write them down. Some people are reluctant to write or reluctant to write about themselves. Carmel offered to do the writing for anyone who feels like this: they talk and Carmel writes. I offered to proofread any who were concerned about the way they wrote.

We had a great discussion and people left at the end of the meeting, buoyed with the idea of setting their memories down. At next month's meeting it will be lovely to see the variety of memories people have put to paper.

Why I came to Canberra

Chris Moyle

I was fifteen years old when my parents separated and Mum and I moved from McLaren Vale in the Southern Vales wine-growing area to Adelaide. We lived with Mum's mother as Mum had untreated mental illness, which rendered her unable to cope with looking after a home. Later Mum was diagnosed with Obsessive Compulsive Disorder (OCD) and depressive illness. Grandma did a marvellous job of looking after us as well as her mother-in-law. Imagine, four generations living under the one roof!



Chris will be revealed when we find a photo of her.

After Christmas I wanted to return to the Methodist Ladies College to do the Leaving Certificate, but money for that was no longer available, so Mum enrolled me at a Business College to learn shorthand and typing. I wasn't too pleased as I wanted to rejoin my friends at College. Mum, however, declared she was not up to forcing me to study any more and I'd be going to Business College. I discovered I enjoyed the challenge of shorthand and increasing my speed. I graduated at the end of the year with typing qualifications and a shorthand speed of 80 words per minute (wpm).

The next hurdle was finding a job. I was on the dole for a couple of months and didn't want to work. Once I left home for an interview and decided to go shopping instead. I returned home and lied about the interview but Mum knew. She always knew. The next time she accompanied me to the interview which was so embarrassing that I decided I really would get myself a job. I gained employment at a Medical Benefits organisation and later moved to the ABC. Here I discovered I could get more in my pay packet with 100 words per minute (wpm) shorthand and even more money with 120wpm. I knuckled down and practised my speed every night at home. Mum wasn't getting any better and it was a way of taking my mind off her and her problems. Also I took up ballroom dancing and found new friends.

I also wanted to do my Leaving Certificate and applied to do it by correspondence. But Mum refused to give her approval. I was under 21 and needed her signature.

Then I turned 21. My cousin Wendy had moved to Canberra to work in the Public Service and suggested I could do the same thing. Other relatives encouraged me and with my typing and shorthand qualifications I was accepted for employment at the Public Service Board in Canberra. And so began my new life in the national capital.

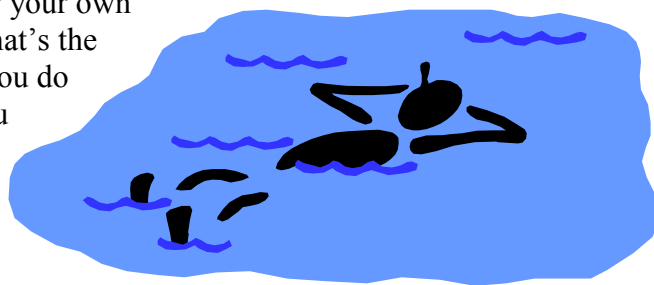
After a couple of years in different jobs and different hostels I moved to the Gowrie Hostel, opposite The Canberra Rex Hotel on Northbourne Avenue. While living there, I studied part time over two years for my Higher School Certificate. Mum then said I was very capable and she was proud of me. But Mum was deteriorating and I wanted to leave Canberra and go back to Adelaide to help her. My uncle, however, absolutely forbade it and said, "You've made the break. Stay where you are and we'll look after Mum."

Then Mum died. I was pleased I'd managed to save myself, but so very sorry I was unable to save my mother.

Water Workouts vs Land Workouts?

Helen Reynolds

Exercise, as we know, is an imperative. But does that mean exercise must be on land? Or could we get the same benefits from exercising in a heated pool? Heading to an indoor heated pool isn't exactly convenient. Firstly you have to get there, either under your own steam or with the assistance of a friend or relative. That's the same whether you exercise on land or in water. But you do have to change into your swimming togs. By now you could be just a little breathless and you're not even wet! But there in the pool are other folks, moving around, chatting, socialising and waiting in the soothing, heated water for the instructor to begin the day's activities. Doesn't sound too bad, does it?



Australian researchers have found that exercising in a pool boosted physical endurance and energy levels in people with chronic obstructive pulmonary disease, or COPD, and physical complaints such as obesity or back pain. "Participants in the water-based exercise training group reported an



improvement in many functional aspects of their daily life such as improved stamina and ability to complete tasks such as walking long distances when shopping," said Renae McNamara, a physical therapist at The Prince of Wales Hospital in Randwick. "They reported less fatigue, as well as less breathlessness when completing activities of daily living such as showering and dressing," she told Reuters Health by email.

Researchers were interested in finding out which type of workout would help people find the most relief - land-based exercise (a mixture of walking, cycling, aerobics and dumbbell lifts) or water-based exercise (aquatic callisthenics done in chest-to-neck high water in a pool heated to 33°C /93°F).

The patients were split into three groups:

Group 1 did one-hour water exercises with a trained physiotherapist three times a week for eight weeks

Group 2 did land exercises for the same amount of time with the same-trained physiotherapist

Group 3 performed no exercise (the control).

At the end of the study, when each group was asked to perform a walking test to measure endurance:
Group 1 (water group) could walk 118% farther than they could at the start of the study
Group 2, (land group), improved their distance, but by only 53%...and
Group 3, the control group, actually got weaker—their distance was 13% shorter.

Also, the people who had been exercising in a pool saw a 9% decrease in shortness of breath and a 13% decrease in fatigue by the end of the study, while people who had been exercising on land saw only a 4% decrease in shortness of breath and a 3% decrease in fatigue.

So why did water workouts come out on top? “Water may have helped more for a few reasons. First of all, you have the effect of buoyancy, which supports your weight and reduces impact on your joints,” said McNamara. “Warm water also helps with pain control and increases blood flow to muscles. Plus, water offers resistance to all your movements, so your muscles work harder, and that strengthens them.”

“What’s ironic is that it wasn’t all that long ago that people with COPD were warned *not* to do water-based exercise. Doctors worried that the water would compress the chest and that the exertion would stress the heart. But studies that have analysed COPD and water exercise under controlled conditions (as in, when patients were under the watchful eye of a health professional) have shown that these fears are unfounded,” said McNamara. “Now that we have these study results, if you suffer from COPD as well as obesity, joint problems or back pain, you owe it to yourself to talk to your doctor or physical therapist about trying pool-based therapy with a trained health professional. (If you have COPD but none of those other conditions...or if you have one of the other conditions but not COPD...or if you suffer from a different type of respiratory problem...you may still find pool-based therapy to be more beneficial than land exercises, so it’s worth a try,” said McNamara.)

Group classes are usually easier to find than individual classes (plus, they tend to be cheaper and more fun). But either type of class is useful. To find one, call your a community recreation centre that has a pool or a hospital with an aquatic rehab centre. Or, as I plan, build up some endurance just by getting in the water and walking, or just having fun. When I feel not so breathless exerting myself, I’ll present myself to CISAC or Gold Creek Country Club to begin exercising in water. But, of course, I will discuss my plan with my GP, first.

Renaë McNamara, BAppSc (Phy), clinical specialist physiotherapist, pulmonary rehabilitation, clinical and rehabilitation sciences, University of Sydney, and Department of Respiratory and Sleep Medicine and Department of Physiotherapy, Prince of Wales Hospital, New South Wales, Australia.

Source: <http://www.bottomlinepublications.com/content/article/diet-a-exercise/best-exercise-for-copd-patients>
<http://www.reuters.com/article/2012/10/05/us-water-exercise-idUSBRE89411020121005>

The A-Z of Preventative Health Care

Chris Moyle

Heart Attack is the number one killer. One Australian has a heart attack about every 10 minutes. Don’t be too embarrassed to go to hospital. The first hour after a heart attack is critical. You can’t die of embarrassment but you can die from a heart attack.

Symptoms of a heart attack:

- pressure in the chest and pain
- pain in jaw
- in left arm and/or
- in abdomen and
- shortness of breath.

Fifty per cent of women don’t have chest pain. The main symptom for women is fatigue. It can be a silent killer. Also women may have a feeling of heat coming across them, pain in jaw or upper back,

nausea, sweating and a heavy or heat feeling in chest. If you think you are having a heart attack call an ambulance without delay, chew an adult-size aspirin and get to hospital.

Ways to prevent a heart attack:

1. avoid stress,
2. exercise regularly
3. watch your diet
4. regularly check BP &
5. cholesterol levels. (from "A Current Affair" and Dr Oz)

Hiccups Best cure - bend forward and sip water from the farthest side of the glass. (Dr Oz)

Do you enjoy a nice cup or mug of coffee? Or tea, if that's your preference? If you answered "Yes!" why not join your Support Group at The Myer Coffee Shop in the Belconnen Mall on Thursday 18 September 2014 at 10.30 am. Come and enjoy a social get together on the Northside.

If you want to become part of the group please contact Helen C on lung.life1@hotmail.com or ring 02 6281 2988.

Traveller's Tales

In a Rhodes tailor shop: Order your summer suit. Because is big rush we will execute customers in strict rotation.

Outside a Hong Kong dress shop:
Ladies have fits upstairs.

Outside a Paris dress shop: Dresses for street walking.

On the menu of a Swiss restaurant: Our wines leave you nothing to hope for.

In a Hong Kong supermarket: For your convenience, we recommend courteous, efficient self-service.

In a Bangkok dry cleaners: Drop your trousers here for best results.

Mid-Winter Luncheon Helen R/Esther

It may have been our Midwinter Luncheon but the weather didn't know that. It turned on a rather pleasant day except it was a bit windy but then given the time of the year that was to be expected. The food was great - I enjoyed the pork crackle - and the Pavlova was scrumptious and of course the company was delightful, as usual.

Lucky Prize Winners:

Ebba - rug made and donated by Laurelle's sister, Nadine
Chris - coffee mugs
Judy - watering bells
Barry - dishcloths hand-made by Val Buccanan, a past Lung Life Support Group member.



Maddie's and Esther's smiling faces welcome Judy to The Mid Winter Luncheon. It was a pleasure to pay for the meal and receive the tickets for a chance to win, who knows what!



Table-hopping was a feature of the afternoon. It was great to see members not restricted by the placement of tables and chairs but moving freely around the room. At the Christmas Party, which will be here before we know it, I would expect to see even more movement between tables and courses. It all adds to the friendly, supportive atmosphere that permeates all occasions when members of the Canberra Lung Life Support Group get together.



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Please be aware that if you receive this Newsletter by post and you have an email address and would like to receive it instead by email you may send your request to Helen Cotter at lung.life1@hotmail.com.