**Environmental Effects on Lung Disease – Perfumes and Chemicals**

Ainsley Ringma, Lung Care Nurse, The Australian Lung Foundation

Many people, both those with and those without respiratory disease, report sensitivity to “smells”, including perfume and other chemicals such as cleaning products and even deodorants. The degree of sensitivity can range from being uncomfortable in the vicinity of smells, to severe headaches, to sneezing uncontrollably.

**Fragrance Allergies**

Colette Bouchez, a medical journalist and former medical writer for the New York Daily News, has written an article on fragrance allergies (published on the WebMD website, http://www.webmd.com/allergies/features/fragrance-allergies-a-sensory-assault) and states that the use of fragrance in products is on the rise, as is the number of people affected by them. Bouchez quotes Pamela Dalton, an olfactory researcher at the Monell Chemical Senses Center in Philadelphia, “From hair shampoos to carpet shampoos, from laundry detergent to shower gels, from homesprays to hairsprays to moisturizers, cosmetic and personal care items, the scent industry has literally exploded,” she says. The article also explains that as people are individuals, what affects some may not affect others. For most people sensitive to a scent, once the scent is out of “smelling” range, the symptoms abate. Yet for some people, the more they are exposed to it, the longer it takes for the symptoms to disappear. Then at the extreme end of the spectrum, some people develop multiple sensitivities to a number of products.

In the article, Dalton goes on to explain, “Because the ‘fragrance’ is what we smell when we have the onset of symptoms, we blame the fragrance. But, in fact, it’s possible that the reaction we are getting may instead be the result of the many chemicals used in the formulation of the fragrance.” Some ideas that may assist in reducing exposure to contact with fragrances include:

- Remove yourself from the offending fragrance – avoidance is the best solution
- Let people around you know of your allergy and they may reconsider the use of perfume in the future when near you
- If you are in a work environment, it may be appropriate to educate staff of the impact fragrances can have on some people.

**Chemicals and Asthma**

The Asthma Foundation NSW has some useful information about chemicals and asthma on its website (http://www.asthmafoundation.org.au/Chemicals.aspx). The Foundation says that most of the reactions that people say they have to chemicals are not allergic reactions. However, people with asthma do have sensitive airways so some chemicals may cause asthma symptoms; these are called irritants. Exposure to certain chemicals (such as cleaning products) over a period of time, may lead to the development of asthma. These chemicals are called sensitisers.

**Inhaled Chemicals**

- Formaldehyde gas which may be emitted from wood-based panels, furniture, glues, dyes, paints and cigarettes has a sharp smell. It can irritate the eyes and airways. Symptoms are temporary depending on the length and strength of exposure.
- Nitrogen dioxide can worsen asthma symptoms with high exposure. The main indoor source of this comes from unflued gas appliances (e.g. heaters). Outdoor exposure comes mainly from the burning of coal and oil in power stations and from motor vehicle emissions.
- Volatile organic compounds (also called VOCs) come from synthetic and natural materials such as floor coverings, furniture, cleaning agents and products such as paints, adhesives and sealants. They can cause irritation of the nose, throat and airways. These often occur when floor coverings, paint, or furniture is new, so they can sometimes be avoided by staying away from the area for a few days, and ensuring it is well ventilated.

**Other Chemicals**

- Sulphur dioxide is used as a preservative in some foods (additive number 220–228). This may cause asthma symptoms in some people with asthma. Sulphur dioxide is also formed when coal and oil are burned, so living close to power stations and smelters may sometimes produce wheezing, chest tightness and shortness of breath.
- Aspirin: up to 11% of adults and 2% of children need to be cautious about taking aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDs) as they can cause asthma symptoms. Aspirin/NSAID-intolerant asthma (also known as aspirin-sensitive asthma) is a distinct type of asthma where symptoms occur 1–3 hours after taking this type of medication.

If you think you are sensitive to chemicals, it is important to find out which ones and then avoid them whenever possible. Make an appointment to discuss any concerns with your GP who may refer you for allergy testing.

The Australian Lung Foundation acknowledges the Asthma Foundation NSW for granting permission to use their content in this article.
Dear Readers,

Welcome to the August edition of LungNet News. We have had a very busy three months since I last penned this column and I would like to share some of our activities with you.

Staffing Update

In May, we were sorry to say farewell to Administration and Finance Assistant, Nicola Colquhoun who has moved onto new challenges, but we welcome Helen Bogaart who has taken over the role. In June, we welcomed Nigel McPaul who is looking after the Australasian Lung cancer Trials Group (ALTG) whilst Karen Lather is on maternity leave. Nigel has also taken on the role of Multi-centre Clinical Trials Network (MCTN) Coordinator and is the Executive Officer of the Pulmonary Interstitial Vascular Organisational Taskforce (PIVOT), the Respiratory Infectious Diseases (RID) Consultative Group and the Cough in Children and Adults: Diagnosis and Management (CICADA) Consultative Group.

A New Constitution for the Lung Foundation

In April, the Lung Foundation held its Annual General Meeting in Perth, where members voted on and approved a completely new Constitution to guide our activities. As a result of this, a new Scientific Advisory Committee will be formed to consolidate the various programs that are undertaken as part of our work. The new Constitution also provides for a different mix of members in the composition of the National Council and we have appointed four new Councillors: Professor Christine Jenkins, Clinical Professor of Medicine at the University of Sydney and Thoracic Physician, Concord Hospital, Sydney; Dr David Serisier, Interstitial Vascular Organisational Taskforce (PIVOT) Respiratory Organisational Taskforce (PIVOT), Professor Gary Anderson, Department of Pharmacology, University of Melbourne and Department of Medicine, Royal Melbourne Hospital; and Dr Lucy Morgan, Department of Thoracic Medicine, Concord Hospital, Sydney. In April, Council member, John Caravousanos tendered his resignation and the Lung Foundation thanks him for his support during his four years with the National Council.

Idiopathic Pulmonary Fibrosis National Registry Development

As many readers will know, the number of patients diagnosed with idiopathic pulmonary fibrosis (IPF) in Australia is on the increase. The Lung Foundation has had an interest in IPF for a number of years via its Pulmonary Interstitial Vascular Organisational Taskforce (PIVOT), which was formed in 2005. Recently, we were able to bring together the key opinion leaders in the IPF area to undertake an exciting new project - the development of a national IPF Registry. The primary aims of this project, which is initially for three years, are to determine the incidence, epidemiology and risk factors of IPF in Australia, which are currently unknown. The project will be based at the Royal Prince Alfred Hospital in Sydney with Dr Tamera Corte the inaugural Chair of the Principal Investigator Group. We are delighted that support for the project has been given by the Royal Hobart Hospital Research Foundation, as well as families affected by IPF. The project was initiated by Professor E Haydn Walters and Associate Professor Richard Wood-Baker in Tasmania, both of whom are long-time supporters of the Lung Foundation. Further updates will be available in future editions of the newsletter.

Advocacy News

I have been busy in Canberra once again this quarter and have attended meetings with all sides of politics. This has generated some very positive support for our information evening for MPs and Senators due to be held in the Houses of Parliament on 12 October. We will be assisted on the evening by Mr Shayne Neumann MP, Chairman of the Caucus Committee on Health and Dr Mal Washer who has agreed to assist us with carrying out some lung health checks on his fellow Members of Parliament. Back in May, I was invited to join Shayne Neumann for the Budget night speech and dinner in the Great Hall. This was a very busy evening and I met with pretty well everybody except the Prime Minister!

New Zealand Alliances

The Australian Lung Foundation has been invited to help with ideas and direction for the organisation of the inaugural New Zealand Lung Cancer Conference in Auckland, which is planned for March 2012.

Breath of Life

The Breath of Life Music Festival is on again! With the expert assistance of OPCON, a well-known Tasmanian music promoter, we are looking forward to the 2012 Breath of Life Music Festival, to be held in Launceston, Tasmania on 10 and 11 March. We have an exciting line-up of national and local performers and are hoping for a crowd of over 12,000 fans.

Yours Aye

William Darbishire
**Lungs in Action**

*Elizabeth Harper, Project Co-ordinator, Lungs In Action, The Australian Lung Foundation*

The Australian Lung Foundation’s *Lungs in Action* program is the community based exercise maintenance program for people with stable chronic lung conditions who have completed pulmonary rehabilitation. Thanks to the generous support of our wonderful pulmonary rehabilitation physiotherapists and their teams, we have been able to add more programs over the last few months. New program locations include: Warriewood (near Sydney); Grange, Clayfield and Victoria Point (Brisbane); and Caboolture (Queensland). We also have instructors undergoing their training to open programs in Launceston (Tasmania); Melbourne; Wyong and Medowie/Maitland (NSW); Coorparoo/Annerley and Ashgrove (Brisbane); and Bundaberg and Mackay (Queensland). A new program will be coming soon to the Sunshine Coast/Hervey Bay region in Queensland. More information about *Lungs in Action* and a full list of program locations can be found at [http://www.lungfoundation.com.au/our-initiatives/lungs-in-action-program](http://www.lungfoundation.com.au/our-initiatives/lungs-in-action-program) or call The Australian Lung Foundation on 1800 654 301.

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**News from the Lung Care Nurse**

*Ainsley Ringma, Lung Care Nurse, The Australian Lung Foundation*

Here we are in the second half of the year and I am happy to report that our Lung Cancer Telephone Support Group for patients is still going strong. Unfortunately, the Carers Group has not been received with as much enthusiasm, and this is a shame. I feel that the carers of people with lung cancer play such an important role and are often overlooked in the general confusion and turmoil in the daily life of the patient with lung cancer. I talk to the carers on the phone and they are such wonderful people, who often neglect their own health for that of their loved one. It is so important for them to take time out to also look after themselves, so if you are a carer or know of someone who is a carer of a loved one with lung cancer, please remind them of our Telephone Support Group.

On a lighter note, I had some wonderful calls from LungNet News readers after my last newsletter report. You are really keeping me on my toes and I love the questions that you come up with. I do like the fact that you are so knowledgeable and proactive in your own care. If you are not satisfied with the answers received from health professionals, you investigate further. If only all patients were such advocates for their own health. Good work everybody!

**Handy hint:** For those of you on home oxygen, if you get sore ears, you can use a sweatband and hook the ear pieces through that. This gives the ears a break for a while, but still keeps the prongs in place. One of my male patients used this technique to good effect and also enjoyed the fact that he looked like a tennis player!

For more information on the Telephone Support Groups, or for any other enquiries, please contact me on Thursdays and Fridays on 1800 654 301 or direct on 07 3251 3647.

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**Inspired Adventures Fundraiser for the Lung Foundation**

The Australian Lung Foundation is proud to announce a new fundraiser which provides participants with the opportunity to enjoy a trip of a lifetime to the Great Wall of China. We have teamed up with Inspired Adventures, a company which helps individuals raise funds for their favourite charities in return for a fantastic trip overseas. This nine day trip will take place in May 2012 and highlights include:

- A visit to the historic Forbidden City
- A five day 60km trek along the Great Wall of China surrounded by the breathtaking scenery of mountains and rivers
- A visit to a local Chinese village which is rarely seen by tourists
- The hustle-bustle of the markets in Beijing.

If you, or someone you know, would be interested in this amazing opportunity, please email Helen Trussler at helen@inspiredadventures.com.au

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*Oxygen Anytime Anywhere*

*Inspired Adventures Fundraiser for the Lung Foundation*
Two very successful LungNet Education Days have already been held this year. The inaugural ACT Education Day took place on 14 April and a report on this event was published in the May edition of LungNet News. The WA Education Day was held on 12 May and was once again well supported and attended. Attendees enjoyed the presentations from our three guest speakers and, due to the popularity of the topics: Keeping Positive Whilst Living with a Lung Condition, Obstructive Sleep Apnoea and Correct Puffer Techniques and Use of Accessories, wherever possible, we plan to offer these at our other events this year or next. We thank all the speakers and Trade Stands who gave up their time to attend our event and are particularly grateful to Air Liquide and ResMed for the donation of raffle prizes. The major prize, donated by Air Liquide was won by Brian Anderson who took home an enormous gift basket.

With this edition of LungNet News, you will find enclosed your invitation for the remaining 2011 Education Days.

Please remember to book before the deadline which is printed on the invitation. In this issue, we provide a few hints and tips on enhancing your LungNet Education Day experience.

- **Layer your clothing** as rooms are air conditioned and can often be cold. Please bring a warm coat, jacket, or jumper. Unfortunately, we are unable to control the temperature at the venues.
- **Bring a pen and paper** if you would like to take notes on the speakers’ presentations.
- When asking a question of the speaker, please raise your hand and wait for a microphone to be brought to you. This allows both the presenter and other attendees to hear your question as well as the answer. Unless otherwise indicated by the speaker, please wait until the end of the presentation.
- If you have mobility problems, please ask at the venue reception for direction to the nearest lifts or escalators. Venues are chosen with access and parking availability in mind.
- Whilst we are happy to assist with special dietary requirements for lunch, it is not usually possible to arrange this for morning tea. Special dietary requirements need to be advised when booking your place at the Education Day, as the venue needs time to order the food.

Finally, enjoy your day, and come and say hello to the Lung Foundation staff who are always pleased to have the opportunity to meet you.

### “Health Work”: The Time You Take to Manage your Health

**Dr Paul Mathews, Research Fellow, Australian Primary Health Care Research Institute, The Australian National University, Canberra**

At the Menzies Centre for Health Policy at The Australian National University, we have been undertaking research about people’s experiences of chronic illness within the Australian health system. We recently enlisted the help of The Australian Lung Foundation to find participants to complete a survey, which focused on time use and the co-ordination of health care for older Australians. 2,500 people responded to the survey, giving us a rich picture of their “health work”. One of the emerging findings is that people feel they are “doing a second job” when it comes to their health care. Quite a lot is known about the work of carers, but almost nothing is known about how much time people spend on activities related to their own health each day. We will be looking at their activities and time use, as well as the work respondents do looking after someone else. Another focus is on understanding how the health system could be better organised to fit the needs of older Australians. What are the key elements that lead to good coordination, and best care? We are just beginning to explore the data, and will keep you informed of the interesting results as they emerge. Thanks to the members of The Australian Lung Foundation who completed the survey.

### Pulmonary Fibrosis Fundraiser

The Australian Lung Foundation sincerely thanks Marie-Rose Auguste from the Sunshine Coast in Queensland for her wonderful achievement in raising $4500 for the Lung Foundation’s pulmonary fibrosis program. Marie-Rose undertook to raise these funds after her husband, Pierrot passed away from idiopathic pulmonary fibrosis (IPF) in January 2011. She decided that the best way to honour his memory was to give the proceeds of a planned garage sale to the Lung Foundation in order to help research into IPF. She began by setting up a fundraising page via Everyday Hero, http://www.everydayhero.com.au/marierose_auguste and planned to hold the sale on the weekend of Saturday 30 April and Sunday 1 May. Her initial aim was to raise $1000 and she publicised the sale via Facebook, and through emails sent to family and friends. Donations, not only from Australia but also from overseas, started to roll in straightaway, accompanied by heart-warming and humbling messages. On the day of the sale, laughter was the order of the day, although there were a few hidden tears as Marie-Rose and her daughter parted with some much loved mementos of Pierre. Some people were curious about IPF and the questions they asked proved to be an excellent opportunity to raise awareness of the condition. By the end of the weekend, the amount raised was almost $900 and, with a few odds and ends remaining, they were easily persuaded to hold another garage sale the following Saturday, which raised over $250. Along with the funds donated via Everyday Hero, the total surpassed Marie-Rose’s original fundraising target by almost $3500. “A million thanks to everyone involved and hopefully our humble effort and the generosity of many will be of some help towards promoting research into idiopathic pulmonary fibrosis”, said Marie-Rose.
Bowled Over by Barefoot Fundraiser!

The Australian Lung Foundation gratefully thanks our tenacious supporter, Mary Coelho, and her hardworking steering committee who raised over $14,000 for three charities including the Lung Foundation at their Bowl over Cancer barefoot bowls event at Randwick Bowling Club, Sydney in April. The Bowl over Cancer team organised a mega raffle, a silent and live auction, a barbeque and a live concert. “The idea for a Bowl over Cancer event came from our wonderful Lung Cancer Care Coordinator, Beth Ivimey, and we ran with it”, Mary said. Mary’s husband, Cornelius, a never-smoker, was diagnosed with terminal lung cancer in January 2008 and defiantly took up lawn bowls in 2009. Lawn bowls helped Cornelius cope with the ongoing physical and psychological challenges of living with lung cancer and he found he had a talent for it. In 2009, he competed in the World Masters Competition and in 2010 he won a number of club championships. “Cornelius is a survivor and I feel that all patients need, not only medical attention, but also inspiration and support from family, friends and acquaintances, to fight this disease”, Mary said.

Nurse Travel Grants Awarded to Attend 14th Cancer Nurses Society of Australia Winter Congress

Congratulations to the four nurses awarded Travel Grants through the newly established Australian and New Zealand Lung Cancer Nurses Forum (ANZL CNF). The grants enabled the recipients to attend the Cancer Nurses Society of Australia (CNSA) 14th Winter Congress in Sydney in July. Nicole Evans (Peter MacCallum Cancer Centre, Melbourne), Anita Heinrichson-Fitch (Nepean Hospital, NSW), Julie Saunders (WA Cancer & Palliative Care Network) and Robyn Sharman (Border/East Hume Cancer Network, Wodonga, VIC) also attended a Lung Cancer Workshop within the CNSA Winter Congress program. The ANZL CNF, a Special Interest Group for nurses who care for lung cancer patients and their families, or who have a special interest in lung cancer, launched their website and online forum at the Lung Cancer Workshop. For FREE membership to the ANZL CNF, go to http://www.lungfoundation.com.au/images/stories/docs/lungcancer/anzlcnf_membership_form.pdf

Help Us Shine a Light on Lung Cancer

The Lung Foundation is delighted to announce an exciting new partnership with the Lung Cancer Alliance (LCA), the peak lung cancer advocacy organisation in the United States. During Lung Health Awareness month in November, the Lung Foundation will host the first ever Shine a Light on Lung Cancer vigils outside the USA. The vigils will take place in Sydney and Canberra and aim to “honour loved ones, raise awareness, and provide hope, compassion and support for all those touched by lung cancer”. We invite our supporters and your community of family, friends and colleagues to either register to attend one of the two major vigils or register your own vigil and shine a light on what matters to you! Shine a Light vigils can be held in private homes, public parks, hospitals, universities or cancer centres – it is entirely up to you. The Lung Foundation will support you by providing an event website, vigil checklist, promotional flyer and marketing support via our website, Facebook and Twitter. Vigil torches will be available to purchase from our website for $2.50 each and funds raised will go directly towards our patient/carer initiatives. The Sydney event will take place on Saturday 12 November and will start from Circular Quay, travelling via the Cahill Expressway to Observatory Hill. For full event details, visit our website, www.lungfoundation.com.au and click on the Shine a Light logo. Details of the Canberra event will also be available here.

For more information about any of the KJLN initiatives, please contact Kerrie Callaghan on 07 3251 3641 or email kerrie@lungfoundation.com.au.

New Department of Health Framework and Guidelines for Nicotine Addiction in Western Australia

The Respiratory Health Network in Western Australia is pleased to release the Framework for the Treatment of Nicotine Addiction. It provides a State-wide approach to delivering comprehensive, integrated smoking cessation treatment and support services in WA. The Framework recognises smoking as an addiction, rather than a habit or choice. A useful one page sheet summarising the resources and tools from the Framework is also available. The WA Health Clinical Guidelines and Procedures for the Management of Nicotine Dependent Inpatients have also been revised. The Guidelines provide advice on how to manage patients’ nicotine withdrawal whilst in a smoke-free environment. Although aimed at Department of Health staff, the Guidelines can be used in other settings to provide a simple treatment pathway for patients who may like to stop smoking. For further information, see www.healthnetworks.health.wa.gov.au, phone 08 9222 0200, or email healthpolicy@health.wa.gov.au

New Lung Foundation Media Campaign

The Lung Foundation is putting together a media campaign which will be rolled out nationally later this year. One of the themes of this campaign is to explore the stigma associated with lung disease, particularly in relation to smoking. Unfortunately, it is common that people delay visiting their doctor to talk about potential lung disease if they are current or past smokers as they feel uncertain whether the doctor will support their wish to stop smoking. If you have had this experience and would like to help others in the same situation, then we would like to hear from you. Please email jo@lungfoundation.com.au or call 07 3251 3643 for more information.
With the increasing number of Support Groups who wish to contribute to the Patient Support around Australia feature in LungNet News, it has been decided to trial a new approach of focusing on one or two Groups per issue. This will allow a more in-depth look at the Groups and their activities, as well as putting the spotlight on some of the people involved. We have decided to implement this change due to the positive feedback from our readers on the more personal stories that have been featured in the newsletter from time to time.

To kick off this feature, in this issue, we put the spotlight on John Buckley from Meringandan in Queensland, Jenny Darcy, Respiratory Nurse at Westlakes Community Health Centre in Toronto and the Pulmonary Hypertension WA Support Group.

John Buckley
This article was submitted by Ross Lisle, Co-Chair, Better Breathers.

John Buckley is a stalwart of the Better Breathing Support Group in Toowoomba and was a founding member of the Group which started in 1999. He was President for many years and is still actively involved as a committee member. Over the years, he has supported many chronically-ill members with genuine regard and practical assistance (phone calls, transport, a helping hand to walk steadily, and so on). At 87, age is no barrier to John who also lends his support to the community at large. He is a delight to know – a real gentleman, positive, interested in others, an intent listener, polite and courteous, with a fabulous sense of humour. In his lifetime, he has been a missionary in New Guinea, a construction labourer, a scout leader, a relieving postmaster at 44 Post Offices around Queensland and a TAFE instructor in wood carving.

John quietly goes about his work, providing transport for friends to attend medical appointments, weekly shopping or social outings and visiting wheelchair-bound folk to bring some light entertainment and relief to their day. He makes phone calls to those feeling poorly and frail, not just to cheer them up, but to offer support and make them aware that others do care. He also remembers and makes a point of contacting those who have recently lost their partner. He shares these qualities freely with all he meets, without expectation of thanks and he does this in spite of some severe medical limitations. He contracted malaria early in life, then later tuberculosis, and more recently emphysema and has had lung volume reduction surgery. He has experienced the trials of struggling for every vital breath; he knows the effort it takes to walk up every few steps, to speak a full sentence, to perform simple everyday actions most people do unconsciously, but those with breathing difficulties find almost impossible. Yet, he gives so much and inspires so many.

John Buckley is a wonderful Australian, a highly respected member of the Better Breathing Support Group and a superb example for the young and the old in the Toowoomba region. We salute you, John and thanks for sharing your spirit with us.

Jenny Darcy
This article was submitted by Norman Mitchell.

Having recently completed the pulmonary rehabilitation program at Westlakes Community Health Centre in Toronto, I would like to share my thoughts about the experience. Firstly, I had the pleasure of meeting Jenny Darcy, the respiratory nurse who interviewed and assessed me for the program. Jenny had recently returned to work after a 12 month break due to health reasons and even though she was finding her feet back at work, she was a shining light that illuminated the exercise room and brought a ray of sunshine to those participating in the rehab classes. Looking after people with COPD problems is clearly Jenny’s forte and her enthusiasm and expertise is an encouragement to all attending the program. I must also thank the other rehab staff for their help, support and advice. Personally, I have gained so much from participating in the rehab program, both in the improvement of my physical well-being and my mental outlook towards life as a whole. FOOTNOTE: Jenny comes from famous Irish stock. Her Great Uncle was none other than Les Darcy (1895-1917) the great Aussie boxer of world fame.

Pulmonary Hypertension WA Support Group
The Pulmonary Hypertension WA Support Group is a newly formed group offering support to those affected by pulmonary hypertension. The Group consists of patients, carers, family, friends, volunteers and some health care professionals. This self-help group focuses primarily on pulmonary hypertension, but welcomes other patients with an orphan (rare) lung disease. The Group aims to provide opportunities to meet other people living with chronic lung disease and share information that helps them in their daily lives. The Group is committed to raising awareness of pulmonary hypertension, both in the community and amongst health care professionals. It also aims to ensure that Western Australians with this disease are kept up to date with current treatments, care and information.

If you would like further information about this new Group, please contact Joint Coordinator, Melissa Dumitru on 0418 930 291.

The Australian Lung Foundation
is now on Facebook, Twitter
and YouTube

In response to changing times and the widespread availability of technology, the Lung Foundation now has a social media presence where you can find details of our events and news online!

Like us on Facebook:
http://www.facebook.com/australianlungfoundation

Follow us on Twitter:
http://twitter.com/lungfoundation

Check out our YouTube page:
http://www.youtube.com/thelungfoundation

If you have a Twitter, Facebook or YouTube account, please support The Australian Lung Foundation as we would love to hear from you!
World COPD Day 2011
World COPD Day is on Wednesday 16 November and this year, the focal point will be on chronic obstructive pulmonary disease (COPD) screening. Building upon the success of Test Your Lungs Day in October 2010, The Australian Lung Foundation is aiming to make lung function screening more accessible and available to the general public.

Two major FREE lung function screening events will take place, one at Federation Square in Melbourne and the other at Customs House Square in Sydney and we will also be promoting the use of hand held Piko6 and COPD6 screening devices. The purchase of and training for these devices will be available through the Lung Foundation and further information will be available to all health professionals in the coming months. For more information about the use of COPD screening devices in the community, see http://www.lungfoundation.com.au/professional-resources/copd-screening-devices-in-the-community.

We are also encouraging and supporting groups who wish to organise a Catch Your Breath...Walk for COPD, a static display, an information day or any other activity for World COPD Day to do so again. Event materials and educational resources will be available as in previous years.

Australian Men’s Shed Association - Health Week Promotion

Men’s Health Week took place from 13 – 17 June and during this time, The Australian Lung Foundation worked in collaboration with Asthma Australia to co-promote lung health awareness through the Australian Men’s Shed Association’s Spanner in the Works? project. On Friday 17 June, FREE lung function screening tests were made available at the Arana Hills Men’s Shed meeting in north Brisbane. Lung Foundation staff members, Ainsley Ringma and Karen Wright attended the event and were kept busy offering the tests and raising awareness about respiratory health. Queensland Minister for Health, Mr Geoff Wilson MP, was present and enthusiastically undertook a Piko6 screening test. The Lung Foundation is always keen to attend such community health events and appreciated the opportunity to participate.

Do you have Chronic Bronchitis or Emphysema or COPD?

Would you like to take part in a research study?

Leading Australian researchers at various Australian hospitals/sites are trialling a new once daily treatment for COPD and are seeking volunteers to take part in an international study.

YOU may be eligible if you are:
Aged 40 years and over
Current or ex-smoker

Interested?
For further obligation-free information please call the national toll free number 1800 800 285

The study has been approved by a Research Ethics Committee, information is kept confidential, there are NO participation costs and travel expenses can be reimbursed.

COPD Patient Story Project

Work is progressing well on the COPD Patient Story Book project and we are pleased to advise that we have received a wide range of stories from both patients and carers. We are still accepting stories, so feel free to put pen to paper and submit your story. Please also provide a recent head and shoulder photo of yourself, preferably in electronic (jpeg) format. We welcome stories from family members such as children and grandchildren, outlining how a diagnosis of COPD in a loved one has changed their life and their relationship or interaction with them. We are also keen to hear from allied health professionals who might have an interesting tale to tell.

Speaking from Experience DVD

A new resource about living with COPD is now available for loan from The Australian Lung Foundation. Working in conjunction with RealTime Health, the Lung Foundation has produced the Speaking from Experience DVD which outlines the opinions, experiences and coping tips of several COPD patients. The DVD is 64 minutes long and features seven people, including one carer/partner, discussing how COPD has impacted the various aspects of their life and how they have managed it. The following topics are covered: Diagnosis; Impact on employment; Smoking cessation; Pulmonary rehabilitation; Management - Staying healthy and active; Mental health; Medication; Vaccinations; Challenges; Support and Words of wisdom. For more information and a short sample of the DVD please go to http://www.lungfoundation.com.au/lung-information/lung-and-respiratory-conditions/copd.

For further information about World COPD Day, the COPD Patient Story project, or the Speaking from Experience DVD, please contact Karen Wright on 07 3251 3637 or email projects@lungfoundation.com.au

COPD News

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Farewell to Lung Foundation Friends

The Australian Lung Foundation pays tribute to the following members:

Phyllis Griffiths passed away on 27 May from lung cancer. Phyllis, who also had COPD, was a founding member of the Breathe Ezy Support Group in Nambour on Queensland’s Sunshine Coast. Over the years, Phyllis was a member of both the Nambour and Maroochydore Groups, holding various Committee positions including News Editor. She will remain in the history books of Breathe Ezy forever.

Bob Fothergill passed away in early June. Bob had COPD and was a founding member of the Air Club in Colonel Light Gardens, South Australia and was the recipient of a Medal of the Order of Australia (OAM) for his community work.

Alex Bain passed away on 6 April after a long struggle with COPD. Alex established the Townsville BreathEzy Support Group after undergoing lung volume reduction surgery in 2000. Over the last 11 years, Alex had held a number of Committee positions with the Group until his health prevented him from regular attendance at their meetings. For his significant contribution to the community of Townsville and Thuringowa, Alex was awarded an Australia Day Recognition Award.

Lung cancer advocate, Jan Webb died in May. As a nurse, Jan spent her life caring for, nurturing and motivating others. Her nursing career included positions in Bangladesh, Fitzroy Crossing in Western Australia and Coen in Queensland and she was CEO of the Beechworth Health Service, North East Victoria. She was a valued member of the Border and Hume Region Lung Cancer Support Group and will be missed by all who knew and loved her. Jan requested donations made at her funeral go to the Kylie Johnston Lung Cancer Network and the proposed Albury-Wodonga Cancer facility.

News from the World of Interstitial and Orphan Lung Disease – Pulmonary Interstitial Vascular Organisational Taskforce (PIVOT) Report

PIVOT members are delighted by the appointment of new Executive Officer, Nigel McPaul who joined The Australian Lung Foundation in June. Nigel will be working towards the organisation of the next PIVOT meeting with new Chair, Associate Professor Adam Jaffe from Sydney Children’s Hospital who has taken over the role from Dr Ian Glaspole who held the position from November 2008. The Lung Foundation thanks Ian for all his hard work during that time and welcomes Adam and Nigel to their roles.

COPD Patient Taskforce Report

Bryan Clift, Taskforce Chair

Members of the COPD Patient Taskforce welcome you to the August issue of LungNet News. Winter is a difficult period of the year for most of us and we hope you are handling it well. I am delighted to welcome two additional Taskforce representatives to our team: Helen Reynolds, who lives in Canberra, strengthens our ACT representation and Megan Rushton, who comes from metropolitan Sydney. The appointment of both Helen and Megan will help to raise the awareness of COPD in their local areas. We continue to encourage additional delegates to join the Taskforce, particularly in metropolitan South Australia, Northern Territory and Tasmania. If you are interested, please contact Karen Wright at The Australian Lung Foundation on 1800 654 301.

A health matter of importance

Whilst researching another medical matter, I came across an article by David Freeman entitled, “Household Hazards for People with COPD”. Such hazards include: mould (in the bathroom and under sinks, where it is damp and dark); fumes contained in cleaning products; general household dust and the most surprising one for me was the smoke and fumes from indoor open grate fires, which was rated as damaging as cigarette smoke. All of these can affect us more during the winter months when most of us avoid sudden temperature changes by staying indoors. To help lessen the impact of these hazards, it is very important to ensure good ventilation, particularly when you are cleaning. To read the complete article, go to http://www.emedicinehealth.com/script/main/art.asp?articlekey=1187255

Until next time, cheers and keep well.
Bryan Clift