

## • Advances in Scleroderma Related Lung Diseases

**Dr Susanna Proudman, Department of Rheumatology, Royal Adelaide Hospital and Consultative Group member of The Australian Lung Foundation's Pulmonary Interstitial Vascular Organisational Taskforce (PIVOT)**

### Scleroderma related lung diseases

Scleroderma (SSc) is a systemic autoimmune disease which typically starts with Raynaud's phenomenon in the hands and feet. Raynaud's phenomenon is the short-term interruption of blood flow to the extremities such as fingers and toes, due to the constriction of blood vessels, brought about by exposure to cold. This starves the tissue of blood and brings about a change in colour to the skin – from blue, to white and sometimes, red. The skin of the hands, and sometimes feet, eventually thickens and tightens due to inflammation and is followed by fibrosis (scarring). In severe cases, these changes may progress up the arms and eventually affect the skin of the whole body.

Similar changes can occur in the tissues and blood vessels of other organs of the body such as the lungs and the kidneys, potentially causing organ failure. In up to 15% of patients with SSc, this affects the blood vessels of the lungs, leading to increased pressures across the lung circulation, a condition called pulmonary arterial hypertension (PAH). This places extra strain on the right side of the heart, and if left untreated, eventually causes heart failure and death. A more common lung complication, occurring in up to 80% of SSc patients, is pulmonary fibrosis, also known as interstitial lung disease (ILD), a form of scarring due to inflammation in the tissues of the lungs. This can be severe in 10-15% of patients.

SSc can be broadly classified into two subgroups: **limited** and **diffuse**, based on the amount of skin and other organs affected. **Diffuse** means that the disease is more widespread and the internal organs are more severely affected.

SSc is sometimes referred to as CREST (this stands for the symptoms of **C**alcinosis – calcium deposits in the skin, **R**aynaud's phenomenon, **E**sophageal dysfunction, **S**clerodactyly – hardening and tightening of the skin of the fingers and **T**elangiectasis – small red marks commonly on the skin of face and hands).

With SSc, there is considerable clinical overlap and all patients are at risk of most complications.

### Advances in therapies for scleroderma related lung diseases

Until recently, treatment options were limited, especially for SSc-PAH. Medications such as bosentan and sitaxentan, improve exercise capacity, cardiac testing and quality of life in SSc-PAH and give a survival benefit compared with historical therapy. Importantly, earlier treatment is associated with better outcomes. Sildenafil

(Viagra) and iloprost also have some benefit, although improved survival is yet to be demonstrated. Access to PAH-specific treatments in Australia is improving. Currently, bosentan (Tracleer®), iloprost (Ventavis®), sitaxentan (Thelin®) and sildenafil (Revatio®) are funded by the Australian Pharmaceutical Benefits Scheme (PBS) for SSc-PAH. PBS criteria exist for starting and continuing the use of these therapies.

There have been few treatment studies in SSc-ILD. Two recent randomised, placebo-controlled trials of cyclophosphamide, showed, for the first time, a modest benefit in lung function, shortness of breath, skin thickening and health related quality of life.

### Advances in screening patients for scleroderma related lung diseases

Whilst new treatments can improve patient survival, diagnosis requires investigations that involve some risk to the patient such as right heart catheter (RHC) for PAH and a CT scan of the chest for ILD. There are no factors that usefully identify patients at risk of developing PAH or ILD so it is recommended that all SSc patients undergo annual screening tests such as echocardiogram and lung function tests to identify those who should be investigated further. The *Australian Scleroderma Interest Group* (ASIG) was formed in 2005 by rheumatologists, respiratory physicians and cardiologists dedicated to improving the management of SSc. Given the lack of organised systems for screening, the group established 12 centres around Australia. Thus, the *Australian Scleroderma Screening Programme* (ASSP) was formed and in December 2007, a web-based patient registry went on-line.

### The role of The Australian Lung Foundation - PIVOT

Many of these advances couldn't have happened without collaborations between specialists with different expertise. In 2005, The Australian Lung Foundation established the Pulmonary Interstitial Vascular Organisational Taskforce (PIVOT) to bring together experts in respiratory medicine, cardiology and rheumatology. This group is dedicated to improving the outcomes of patients with uncommon lung diseases such as PAH and ILD, by raising awareness of these conditions, improving patient education and facilitating research activities. Through these advances, the future for patients with complex diseases such as SSc is looking brighter.

Footnote: patients with scleroderma who are interested in attending an ASSP screening centre, should discuss referral with their treating specialist.  
([www.rheumatology.org.au/rheumatologists/asing-public.asp](http://www.rheumatology.org.au/rheumatologists/asing-public.asp))

## From the CEO's Desk



Dear Readers

Welcome to another edition of LungNet News.

### Staff News

We were sorry to say farewell to "Lungs in Action" Project Officer Kristin Peters who has moved to Zimbabwe

with her family; Liz Harper will see the project through to completion at the end of 2009. Director of Operations, Monique van Heerden, has also moved on, with Chris Emery commencing as her replacement on 6th July.

A morning tea was held in April to farewell Alice Jackson who has been an enthusiastic volunteer, helping with the LungNet News mail-outs for many years. A very sincere thank you to Alice for all her assistance over the years.



Alice Jackson (centre) with CEO and other volunteers

We would like to say a long overdue "Congratulations"



to Lung Foundation staff member, Karen Lather and her husband, Peter on the birth of their daughter, Ceinwen in February. Karen is currently on maternity leave, but will be returning to the office in August.

### Government Relations

The May Federal budget contained potential funding opportunities for the Lung Foundation's COPD and lung cancer programs. We received a positive response from the Department of Health and Ageing for the extension of the Lung Foundation's "Breathe Easy, Walk Easy" rural and remote pulmonary rehabilitation and train-the-trainer project.

The Lung Foundation has submitted responses to both the Henry Tax Review and the Productivity Commission Review into the not-for-profit sector. Our submissions can be found on the relevant websites.

### National Council

The Australian Lung Foundation National Council awarded life memberships to Dr Robert Edwards (Chairman) and Mr Jim Mattock (Treasurer) in recognition of their generous contribution to the Lung Foundation and respiratory health in Australia over the years.

### Activities

ASX Thompson Reuters has advised the Lung Foundation that it has again been chosen as one of the selected charities to benefit from their fundraising activities in 2009/2010.

The inaugural "healthy active afternoon", which was part of the Thoracic Society of Australia and New Zealand (TSANZ) Annual Scientific Meeting in Darwin was organised and hosted by the Lung Foundation. The afternoon was considered a great success with the golf being particularly popular.



The winning golf team - the "Respiratory Tigers"

### Lung Foundation Memberships

Thanks to everyone who renewed their Lung Foundation membership for 2009/10. Membership has now reached a record number of more than 1,000.

### Vale Elizabeth (Liz) Simon

The Lung Foundation was deeply saddened by the passing of Liz Simon, one of our strongest advocates for those afflicted by lung cancer. Liz fought hard but lost her battle with the disease in late April. I was very honoured to be asked to speak at her funeral.



Yours Aye

*William Darbishire*

### About the LungNet News

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## News from the World of Interstitial and Orphan Lung Disease

Juliet Brown, Executive Officer of The Australian Lung Foundation's PIVOT Group

# PIVOT

Pulmonary Interstitial Vascular Organisational Taskforce

ARNOLD (Australasian Registry Network for Orphan Lung Diseases) is now live! The first phase of

data collection began on 1st July, with an email inviting Australian-based physicians of the Thoracic Society of Australia and New Zealand (TSANZ), members of the Orphan Lung Disease/Lung Transplantation/Interstitial Lung Disease/Pulmonary Vascular Disease (OLIV) Special Interest Group and Advanced Trainees to contribute to the Registry. The ARNOLD website, [www.arnold.org.au](http://www.arnold.org.au) has been established and provides physicians with a simple email/web-based method for recording monthly incidence data on pre-determined lists of adult and paediatric orphan lung diseases. Information about the different lung conditions is included on the website (this section is still being developed), and an online Patient Forum has

also been set up. New Zealand data will be recorded once Ethics approval is received. Physicians who have patients with an orphan lung disease are encouraged to lodge their interest in the Registry by visiting the website and clicking on the Contacts tab, [www.arnold.org.au/contact.php](http://www.arnold.org.au/contact.php)

A PIVOT fundraiser took place in May when the Jockey Club at Morphettville in South Australia held its monthly fundraising lunch with proceeds of the raffle donated to The Australian Lung Foundation pulmonary fibrosis cause. The Lung Foundation was represented at the lunch by PIVOT member, Dr Susanna Proudman who spoke about the work of the Foundation and specifically, PIVOT. We would like to thank the Sharon Forrester-Jones Racing Group and Annette Newlyn who arranged for the money to be donated.

If you would like any further information about PIVOT, please call Juliet on 1800 654 301.

### Pulmonary Fibrosis Support Group in the West

Joy Clinch from Gosnells in Western Australia lost her two daughters to pulmonary fibrosis and would like to make contact with anyone in Western Australia who has pulmonary fibrosis, or has cared for someone with pulmonary fibrosis. She would like to raise awareness of the condition and start a patient support group. If you are interested in speaking with Joy, please contact her on 08 9398 1021.

### Triumph for Breath

As previously reported in the May edition of LungNet News, Jack Evans of Armidale, NSW is turning his passion for car restoration into an awareness raising

campaign for Chronic Obstructive Pulmonary Disease (COPD). Jack lost his wife, Gill, in June 2006 after she had battled COPD for some 16 years. After many hours of hard work, the restoration of his Triumph Super Seven is nearing completion and the car will soon be on the road. Jack intends to retrace the journey taken by Percival

Armstrong and George Manley who drove from Perth across the Nullarbor to Sydney in 1929. This epic journey was to prove that the Triumph was more than just "a nice little town car". On the 80th anniversary of the trek, Jack will be travelling with his daughter Alison and intends to make many stops along the journey to raise awareness about COPD and hopefully also raise much needed



funds to assist the ongoing support and services provided by The Australian Lung Foundation.

The departure from Perth will be 30th September 2009 and Jack's trek will include the following locations: Perth - Kalgoorlie - Norseman - Eucla - Ceduna - Port Augusta - Peterborough - Broken Hill - Nyngan - Tamworth before he arrives home in Armidale.

Sponsorship from Shannons Insurance, Great Southern Rail, TopDog Advertising and Star Track Express has been secured. We will be calling on all patient support groups and interested parties along the journey to rally their support and welcome Jack and Alison. Please follow Jack's progress on The Australian Lung Foundation website [www.lungfoundation.com.au](http://www.lungfoundation.com.au) and if you would like any further information, please contact Karen Wright on 07 3251 3637 or [projects@lungfoundation.com.au](mailto:projects@lungfoundation.com.au). Should you wish to make a donation to assist with ongoing support and services for COPD, please visit our website and follow the links.



## World COPD Day 2009



# World COPD Day

Lung Health Awareness Month is once again in November and this year, World COPD Day will be celebrated

on Wednesday 18th November. Please mark your calendars and dig out your favourite green t-shirt!! We will be promoting our signature event, the **Catch your breath...walk for COPD** again this year and information will be distributed shortly to all groups who have participated in previous years. We hope to have over 100 groups register to coordinate an event, with participants collectively achieving over 2000 km in walking distance. If you would like to be involved, please contact Karen Wright on 07 3251 3637 or email [projects@lungfoundation.com.au](mailto:projects@lungfoundation.com.au)

## • Ritchies Supermarket Community Benefits Scheme

If you are a shopper at Ritchies Supa IGA, you may be familiar with their Community Benefits scheme, which donates a percentage of the money spent by customers to their nominated club, school or charity. The Australian Lung Foundation has been registered with the scheme since 2006. Stores in Victoria, Queensland and New South Wales can be found at the following locations:

**Victoria** – Aspendale Gardens, Balnarring, Beechworth, Bentleigh (west), Berwick, Camperdown, Carrum Downs, Churchill, Cobden, Cobram, Cranbourne, Dandenong, Diamond Creek, Dromana, East Bentleigh, Emerald, Frankston (Beach St), Frankston (Towerhill), Griffith, Hastings, Maffra, Mt Eliza, Mt Waverley, Narre Warren, Pakenham, Ringwood North, Rosebud, Rowville, Sale, Seaford, Shepparton, Somerville, Timboon, Wantirna, Wonthaggi, Yarra Glen, Yarrowonga



**New South Wales** – Ballina, Berowra Heights, Boambee, Cessnock, Cranebrook, Coffs Harbour, Erina, Inverell, Kurri Kurri, Kyogle, New Lambton, Port Macquarie, Rutherford, Singleton

**Queensland** – Carindale, Cavill Avenue, Daisy Hill, Logan City, Mt Gravatt, Stones Corner

All you need to do is pop into your local store, ask for your free Ritchies Community Benefit card and register **The Australian**

**Lung Foundation** as your community benefit program. Ritchies Community Benefit card holders also receive weekly discounts on selected items and "Seniors Discount" is available every Tuesday or Thursday. When you make purchases of \$20 or more and show your Seniors Card, you will receive a 5% discount off your purchases.

For further information, please see the website [www.ritchies.com.au/benefits.html](http://www.ritchies.com.au/benefits.html)

## • LungNet Education Day Western Australia

The first of the 2009 LungNet Education Days was held on 1st July at The Boulevard Centre in the Perth suburb of Floreat and proved to be a resounding success. Presentations were given by Dr Martin Phillips who spoke about lung volume reduction surgery and the endo-bronchial valve technique; Ms Jane Porter, a dietitian with the Chronic Disease Management Team who spoke about diet for optimal health; and Dr Justin Waring who spoke about common lung infections and included discussion of swine flu.



WA State Coordinators, Sarah Jones (left) and Louise Ganderton with Juliet Brown from The Australian Lung Foundation (centre)

COPD Patient Taskforce member, Mr Barry Blaikie also provided a brief overview of the role of the Taskforce and emphasised the importance of the group in contributing to the work of The Australian Lung Foundation. We would like to thank all our fantastic speakers for giving up their time so freely, the Trade Stands who set up information displays and donated prizes to the raffle, the Support Groups who attended and donated prizes to the raffle, State Coordinators Louise Ganderton and Sarah Jones for their assistance with organising the event, and all those who attended and helped out on the day.

## Changes to The Australian Lung Foundation Membership for 2010

"A new membership benefits package will be released in the New Year to coincide with a change to the Lung Foundation's membership year. The current membership year runs from 1st April to 31st March, but from 2010, this will change to 1st January to 31st December, which will bring it into line with the Lung Foundation's financial year," said William Darbishire, CEO of The Australian Lung Foundation.

He went on to say that the membership benefits package is in the process of being finalised – however, it is looking very exciting. Current members who are financial until March 2010 will receive a three month credit on the membership renewal notice.

## Diary Dates 2009

LungNet Education Day Qld	9 September
LungNet Education Day NSW	17 September
Triumph for Breath	30 September
LungNet Education Day Vic	23 October
LungNet Education Day TAS	24 October
LungNet Education Day SA	28 October
Lung Health Awareness Month	November
Lunch for Lung Cancer	13 November
National Plant for Lung Cancer Day	15 November
International Lung Cancer Awareness Day	17 November
World COPD Day	18 November

## • LungNet Education Day Update

Details for all LungNet Education Days have now been finalised and you will find your invitations enclosed:

QLD	9th September	Kedron-Wavell Services Club, Cherside
NSW	17th September	Burwood RSL, Burwood
VIC	23rd October	Mulgrave Country Club, Wheelers Hill
TAS	24th October	The Grange, Campbell Town
SA	28th October	The Bay Function Centre, Glenelg

Please note the change of venues for NSW and SA.

# The Kylie Johnston Lung Cancer Network (KJLCN) Update

**Kerrie Callaghan, Projects/Communications Coordinator,  
The Australian Lung Foundation**



## Gala KJLCN Lunch for Lung Cancer in Brisbane

Details of the lunch, which will be held in memory of lung cancer patient and advocate, Liz Simon who passed away on 21st April have now been finalised:

*Friday 13th November 2009, 11.30am - 2.00pm  
Sebel and Citigate, King George Square, Brisbane*

Come and laugh through our lunch with Australian's funniest working mum, Fiona O'Loughlin. Fiona is currently performing on *Dancing with the Stars* so she may have some flash dance moves to compliment her hilarious comedy routine!

The lunch includes:

- Three courses
- Complimentary drink on arrival
- Fabulous entertainment
- Great raffle prizes
- Lots of laughs

### Ticket Prices:

Single ticket ..... \$120  
Early-bird ticket ..... \$110  
Table of 10 ..... \$1150  
Earlybird Table of 10... \$1050  
(Early bird offer closes on 31/10/09)



Funds raised will go towards employing a lung care specialist nurse on our 1800 number to provide medical information, support and understanding to people living with lung cancer.

The Kylie Johnston Lung Cancer Network would like to gratefully acknowledge our major lunch sponsor, Turner Freeman Lawyers for their generosity and support, together with sponsors, Flight Centre, Sebel and Citigate, TopDog Advertising and Air Liquide Healthcare.

## Fundraising

Rhobelle Nicdao recently completed the "Run Melbourne" half-marathon (21km) in memory of Matt Pusey, a never-smoker who passed away from lung cancer in November 2008. Rhobelle used the online Everyday Hero facility to raise approximately \$3,600 for The Australian Lung Foundation/KJLCN to fund lung cancer research. What a fantastic effort from Rhobelle!



## KJLCN Lung Cancer Support Group, Brisbane

We are currently looking to start a Lung Cancer Support Group for patients and carers affected by lung cancer in Brisbane.

For more information on the Gala Lunch, the Support Group or any other KJLCN initiative, please contact Kerrie Callaghan on 07 3251 3641 or email [kerrie@lungfoundation.com.au](mailto:kerrie@lungfoundation.com.au)



## Better Living with COPD – A Patient Guide

Demand continues for our patient resource, *Better Living with COPD – A Patient Guide*. In excess of 10,000 copies have now been distributed and we are thrilled by the positive feedback. You can view the Guide online by visiting The Australian Lung Foundation website,

[www.lungfoundation.com.au/content/view/252/275/](http://www.lungfoundation.com.au/content/view/252/275/) where it is available to download and print by chapter. If you would like to order a printed copy, please use the link to the Order Payment Form available on the website and complete and return it with your payment. Alternatively, you can order a copy by calling us on 1800 654 301. The cost of the resource will remain at \$7.50, plus postage and handling, until current stocks are exhausted. If you have any queries, please contact Lisa Morris on 07 3251 3600, or email [lisa@lungfoundation.com.au](mailto:lisa@lungfoundation.com.au)

## A Tangible Donation

Two Sydney pulmonary rehabilitation programs have recently received a generous donation from a benefactor of a supply of COPD Patient Handbooks to supplement their resources. This is an example of a practical way to demonstrate your appreciation of a program and also helps to support the work of the Lung Foundation.

## COPD Patient Taskforce – New Members Wanted

The COPD Patient Taskforce is made up of patients and carers affected by Chronic Obstructive Pulmonary Disease (COPD), who come together on a monthly basis via teleconference to discuss ways to improve support and services for those in the community who have COPD.

Our goal is to achieve representation in each State and Territory and we are currently looking for new Taskforce members in QLD, VIC, TAS, SA and NT.

If you have COPD, or care for someone who does, and would be interested in being involved, please contact Karen Wright on 07 3251 3637 or [projects@lungfoundation.com.au](mailto:projects@lungfoundation.com.au) to discuss the role and to obtain a copy of the Terms of Reference.

## Moving?

Don't forget to let us know if you change your address or telephone numbers to ensure that your newsletter can find you.

## • Patient Support around Australia

### WA

Calling all respiratory patients and family members in the Mandurah area! We have been contacted by Maureen Maloney who would like to start up a patient support group. If you are interested, please call her on 08 9582 9220.

"Esperance Easy Breathers" is looking to expand its membership. The group currently meets in Esperance on the first Friday of each month. If you are interested in being part of this group, please call Kay Rose on 08 9071 5009.



Founding President of "SWILS" (South West Impaired Lungs Support Group) Graeme Richmond passed away unexpectedly in June. Graeme's contribution to raising awareness of, and supporting those with lung disease made a difference to many people and was truly appreciated. He is survived by his wife, Marijke, who assisted him with both the establishment and ongoing organisation of the group.

Our sympathies go to Marijke, her family and all their friends and fellow support group members. Geoff Bicknell takes over the leadership role and can be contacted on 08 9729 2221.

### NSW

Members of "Taree LungNet Support Group" celebrated the group's 10th birthday on 21st July at the Winning Post Function Centre, Taree-Wingham Race Club. The group was formed on 26th May 1999 by a group of people including Jim Mooney (who recently passed away) and social worker, Karyn Jarvie, who is the current Pulmonary Rehabilitation Unit Manager at Manning Base Hospital and still devotes a great deal of time to the group. We congratulate them on this wonderful achievement and wish them all the best for the future.

We are sorry to report that the "Tablelands Lung Care Group" has closed. Originally founded by David Dickinson, the group has been run by Marie Berger since David passed away in 2007. We would like to thank Marie for all her hard work over the last two years.

### QLD

Myrna Wakeling, Leader of the "Talk Lung Care" (TLC) group in Brisbane's north has told us about a worthwhile and fulfilling initiative called "Project Love 'n' Care" with which the group has been involved since 2007. The group's involvement resulted from one of their monthly meetings, when a member spoke about an outreach volunteer program which had been started to provide "Care Kits" to children and young people who had been taken into the care of the State. The Kits provide the children, who have very few possessions, with something they can call their own and include basic items for personal hygiene, clothing, reading and writing material, and a soft toy to cuddle and love. All the items are given and made by various people in the community.



Members of TLC with their Project Love 'n' Care certificate of appreciation

Myrna says, "TLC felt that we would like to look beyond our own problems and support this worthy cause, so we collect toothbrushes and toothpaste and knit small toys. This has given us great joy to know that we can help these children all over Queensland". For more information about "Project Love 'n' Care", see [www.projectloveandcare.com/](http://www.projectloveandcare.com/)

We have received the sad news from the Queensland Asbestos Disease Related Support Society informing us that its Founding President, Shirley White passed away on 6th June from leukaemia. She is survived by her husband, Reg, and our sympathies go to all her family, friends and fellow group members.

Tom Aitken, Coordinator of "Breathe Ezy Maroochydore" has decided to step down from his position after seven years in the post. The group would like to thank Tom for all his hard work over the years.

### VIC

The members of the "Ararat Respiratory Support Group" and the "Ballarat District Respiratory Support Group" enjoyed a get-together on 26th May, at the Community Health Centre in Wendouree. The guest speaker was Mr Lester Cheeseman from TADVIC, an organisation in Victoria which makes or modifies equipment for people with disabilities.

Over a delicious lunch, it was agreed that getting the groups together was a positive move and would be encouraged in the future. Tentative arrangements were made for joining together to celebrate World COPD Day in November.



Members of the Ballarat District Respiratory Support Group at their May meeting

### TAS

The "LUST" (Lungs Under Stress and Trauma) group celebrated its 12th birthday with a lunch at the Mowbray Hotel on 17th June. The lunch was well-attended by members, both past and present. Although membership remains fairly static, those who do attend the meetings enjoy the various speakers and monthly luncheons.

The "LIPS" (Lungs In Poor Shape) group has been very active socially of late, enjoying an outing to the Two Oaks Café in Somerset in May, followed by a June birthday luncheon at the Fuchsia Fantasy Tea Rooms at Lillico.

### SA

The "South Coast Breathless Buddies" group from Victor Harbor is celebrating its fourth birthday on 21st August. Following its monthly meeting, members will enjoy lunch at The Grosvenor Hotel in Victor Harbor. The group has been very busy with fundraising initiatives and recently donated an oxygen concentrator and nebuliser to the Victor Harbor Hospital.



"Breathless Buddies" donate equipment to Victor Harbor Hospital  
Photograph courtesy of The Times, Victor Harbor

Unfortunately, the "See Breathers" group at Christies Beach has been forced to close due to lack of numbers. We would like to thank Christine Southan for holding the reins most recently and all other former members of the Committee for their hard work.

### NT

As this newsletter goes to print, we have heard that Thelma Nicholson of the "NT Breatheasy STAARS" has had a fall and broken her femur. We wish her well for a speedy recovery and hope she is up and about again soon.

## • The Lighter Side

by Larry Emdur

Hello everyone,

I received this uplifting email from Hazel Black from Mount Gambier:

*I hired a plumber to help me restore an old farmhouse. He had a rough first day on the job: a flat tyre made him lose an hour of work, his electric drill quit and his ancient one ton truck refused to start. While I drove him home, he sat in stony silence.*

*On arriving, he invited me in to meet his family. As we walked towards the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. When opening the door he underwent an amazing transformation. His face was wreathed in smiles and he hugged his two small children and gave his wife a kiss.*

*Afterwards, he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier. "Oh, that's my trouble tree", he replied. "I know I can't help having troubles on the job, but one thing's for sure, those troubles don't belong in the house with my wife and the children. So I just hang them up on the tree every night when I come home, then in the morning I pick them up again."*

*"Funny thing is," he smiled, "when I come out in the morning to pick 'em up, there aren't nearly as many as I remember hanging up the night before."*

Perhaps we all need a tree.

Now, I'm sure you've heard of the late comedian, George Carlin. He had some very funny views on ageing. Here are a few:

If you're less than 10 years old, you're so excited about ageing that you think in fractions.

"How old are you?" "I'm four **and a half!**" You're never thirty-six and a half.

Into your teens, you jump to the next number, or even further.

"How old are you?" "I'm **gonna be 16!**" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life.... you **BECOME 21**.

Even the words sound like a ceremony. **YOU BECOME 21. YESSSS!!!**

But then you **turn 30**. Makes you sound like bad milk! He **TURNED**; we had to throw him out.

You **BECOME 21**, you **TURN 30**, then you're **PUSHING 40**. Whoa! Put on the brakes, it's all slipping away. Before you know it, you **REACH 50** and your dreams are gone.

**But wait!!!** You **MAKE IT to 60**.

So you **BECOME 21**, **TURN 30**, **PUSH 40**, **REACH 50** and **MAKE IT to 60**.

You've built up so much speed that you **HIT 70!** After that it's a day-by-day thing; you **HIT Wednesday!** You get into your 80s and every day is a complete cycle; you **HIT lunch**; you **TURN 4:30**; you **REACH** bedtime. And it doesn't end there. Into the 90s, you start going backwards; "I **WAS JUST 92**."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!"

May you all make it to a healthy 100 and a half!!

Remember there's always a lighter side.

*Larry*



We look forward to receiving more of your stories for the next issue of LungNet News – without them we wouldn't be able to have a column. Please share them with us and send to:

Larry Emdur - "The Lighter Side"

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### Donations to The Australian Lung Foundation are Tax Deductible for Income Tax Purposes.

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Phone: 07 3251 3600 Fax: 07 3852 5487 Email: [enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au)

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Please find enclosed my cheque made payable to:  
**The Australian Lung Foundation**

## Murray Wheezers Nomads

Jim Austin and Alison Hall from the "Murray Wheezers" support group in Albury/Wodonga recently embarked on their annual adventure in their Winnebago. In May they set off from Albury on their journey north to Central Queensland where they are spending the winter months. On route north, they called into Brisbane and met up with The Australian Lung Foundation's LungNet Information and Support Centre team of Juliet Brown, Jenny Hose and Eileen Perry, and Projects Officer, Karen Wright.



Alison and Jim at the Brisbane port of Hamilton

## A Bequest to The Australian Lung Foundation

"Readers of *LungNet News* would be aware that we are totally committed to providing patients, their families and carers with relevant information and support services, as well as sponsoring medical research that assists in the search for the causes/cure of lung diseases," said Chief Executive Officer of The Australian Lung Foundation, Mr William Darbishire.

"Our commitment to providing information and support for patients, now and in the future, is long-term and, with no ongoing government funding, we rely on the generosity of our supporters," he said. "With this long-term commitment in mind and for your consideration, we have enclosed our new bequest brochure which explains the option of leaving a lasting legacy to the Lung Foundation in the form of a bequest in your Will."

## Report from The Australian Lung Foundation's State Council Victoria

At the recent meeting of The Australian Lung Foundation's State Council Victoria (ALFV), the impact of the swine flu outbreak was discussed. The prompt appearance on the Lung Foundation website of a plain language statement regarding the disease was appreciated by all present. It was also agreed that the prominent position on the website, the balanced view expressed and the format of the document all contributed to make this a very useful information source, particularly for patients with chronic respiratory disease and their doctors who have to deal with what has become, in the media, a highly emotive topic.

The issue of the most effective way to quit smoking was also discussed. ALFV Chairman, Associate Professor Peter Holmes, highlighted the fact that current evidence

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### For more information

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## Corporate RiverRun 2009

Following the success of its inaugural Corporate Fun Run/Walk in Brisbane last year, The Australian Lung Foundation is once again organising the event in 2009 – with the new branding, "Corporate RiverRun". The event is scheduled for Thursday 26th November from 5.30pm.

This year, participants can choose to either walk 5 km or run 10 km. Held in conjunction with the November Lung Health Awareness Month initiative, the Corporate RiverRun is an activity to promote lung health – a key objective of the Lung Foundation.

Funds raised from Corporate RiverRun 2009 will go towards funding the employment of a lung care specialist nurse. For further information on this exciting initiative, please contact Margaret Goody on 07 3251 3632 or email [margaret@lungfoundation.com.au](mailto:margaret@lungfoundation.com.au)

supports the central role of the general practitioner in smoking cessation.

The importance of pulmonary rehabilitation was discussed and the Lung Foundation was identified as an organisation that could play a central role in both the recruitment of patients for these programs and the future development of a standardised model on which to base new programs.

Finally, the State Council Victoria congratulated the Lung Foundation on the launch of the Australasian Registry Network for Orphan Lung Disease (ARNOLD), a joint venture with the Thoracic Society of Australia and New Zealand (TSANZ), to help determine the incidence and prevalence of rare lung diseases in the region and, ultimately, to aid in the recruitment of patients for more detailed studies into these conditions.