

• **Poor Nutrition and Respiratory Health Part 1: The effect of low body weight**

**Jane Porter, Senior Dietitian, Advanced Accredited Practicing Dietitian,
Public Health and Ambulatory Care, North Metropolitan Area Health Service, Perth**

We don't often think that what we eat and drink impacts on our lung health; however, research shows that in patients with a respiratory condition, particularly Chronic Obstructive Pulmonary Disease (COPD), the maintenance of optimal nutrition is vital. Nutrition is an important component of the treatment of lung conditions, together with medication, exercise and pulmonary rehabilitation. Maintaining good nutrition helps to preserve respiratory muscle function, general health and an overall sense of well-being. This is necessary to delay the negative consequences of poor nutrition, such as malnutrition.



Low body weight, related muscle wasting and malnutrition are common and present in up to one third of people with COPD. Malnutrition is associated with reduced muscle strength and endurance and osteoporosis. The respiratory muscles are also affected which alters ventilation of the lung tissue and contributes to the worsening of respiratory conditions. For people with COPD, the presence of malnutrition is an influential factor in functional performance and quality of life.

Causes of altered nutritional status and low body weight leading to malnutrition include:

- Increased energy needs
- Reduced consumption of food due to feeling full quickly after eating, airflow obstruction, poor teeth and gums, swallowing difficulties and fatigue
- Effects of ageing
- Altered oxygen supply
- Physical activity
- Frequent use of corticosteroid medication

Nutrition therapy, in combination with pulmonary rehabilitation and usual medical care, assists in improving physical condition. If poor nutrition is not addressed, it can impact on exercise tolerance and affect rehabilitation outcomes.

The main aim of nutritional treatment is to meet calculated nutritional requirements and prevent weight loss and it has an important role in an integrated pulmonary rehabilitation program. In general, insufficient attention is paid to the nutritional assessment of people with respiratory disease, particularly COPD, in

routine practice. It is important to monitor changes in body composition, with pronounced loss of appetite and decreased food intake being key indicators. In the management of nutritional depletion and malnutrition, the main aims of nutritional intervention are to maximise nutrient intake and help patients to avoid weight loss and/or help them regain weight, to improve clinical and functional outcomes.

Individualised nutrition therapy is important and should be started as early as possible in order to improve nutritional state, immune function, respiratory muscle function and exercise tolerance. The objectives of nutrition therapy are to:

- Provide nutrition that promotes the maintenance of respiratory muscle force, mass and function to optimise the performance of the patient and meet the demands of undertaking daily activities
- Maintain adequate reserves of lean body tissue and body fat
- Correct water imbalances and maintain adequate hydration to keep secretions clear and thin and reduce the risk of dehydration
- Control the interaction between drugs and nutrients that negatively influence the consumption and absorption of nutrients
- Promote an improvement in quality of life
- Prevent osteoporosis

To achieve these goals, an Accredited Practicing Dietitian (APD) may use a number of strategies. Treatment and prevention may be achieved by increasing dietary intake, altering dietary habits to include different foods and optimum timing of meals or snacks in relation to symptoms and activity patterns, or inclusion of an oral nutritional supplement.

Health professionals should be aware of potential nutritional problems such as weight loss and muscle wasting, preferably in the early disease stages. For patients, taking note of any changes in weight, appetite and food intake is important and should be discussed with your doctor/specialist. It is important to ensure early diagnosis so that nutritional intervention can be initiated to ensure minimal impact on respiratory health.

Editor's Note

If you would like to see a dietitian, talk to your doctor to see if you qualify for subsidised treatment under the Enhanced Primary Care Scheme, or contact Medicare Australia's Patient Enquiry Line on 13 20 11. More information is also available at www.health.gov.au (follow the links to 'C' for the *Chronic Disease Management Medicare Items* on the **A-Z Index** menu).

In a future edition of LungNet News, Jane will cover nutritional support if you are overweight.



Dear Readers

Happy New Year and best wishes for 2010 from The Australian Lung Foundation.

Launch of the Lung Health Checklist

One of the key strategies of The Australian Lung

Foundation (Lung Foundation) during 2010, which has been designated *The Year of the Lung* worldwide, is to promote lung health and the early detection of lung disease. This builds on the theme developed for *Lung Health Awareness Month* last November when we launched the *Lung Health Checklist*. The Checklist, accessible through our website, www.lungfoundation.com.au takes just a minute to complete and is a series of questions designed to get people thinking about possible symptoms of lung disease they might be experiencing. It is not a diagnostic tool, rather a prompt to seek medical advice. A survey commissioned by the Lung Foundation in December found that:

- 63% of Australians aged 35 years or over are at risk of lung disease due to exposure to harmful fumes in their work place, or a history of smoking
- while 92% of Australians can identify more than one lung disease symptom from a list, 25% of Australians are unaware that chest tightness or wheezing is a symptom of lung disease

The Checklist was officially launched on 30th October 2009 at a Press Conference in Sydney. The Lung Foundation was delighted to receive the support of Professor Christine Jenkins, Concord Clinical School, University of Sydney and Head of Airways Group, Woolcock Institute of Medical Research and Professor Lou Irving, Director of Respiratory Disease at Royal Melbourne Hospital who both assisted in launching the Checklist and presented the results of the research.



Prof Lou Irving at the launch of the Lung Health Checklist

You will read more about *2010: The Year of the Lung* and the Lung Foundation's plans to acknowledge this important initiative elsewhere in LungNet News.

Lung Health Awareness Month

Throughout *Lung Health Awareness Month* in November, activities took place to raise the profile of lung disease. World COPD Day, the Gala *Lunch for Lung Cancer* in Brisbane (both of which will be reported separately in

LungNet News) and individual *Lunch for Lung Cancer* events were all hugely successful. The *Corporate RiverRun* in Brisbane attracted double the number of participants compared with 2008 and provided an excellent opportunity to promote lung health and the impact of lung disease to the corporate sector.

Brisbane City Council Buses

Brisbane City Council's efforts to reduce the impact of its buses on the environment and the health of the public will be acknowledged by the Lung Foundation via the placement of our logo on new buses brought into service in the latter half of 2010. The new buses use the latest advances in technology for both compressed natural gas (CNG) and diesel fuel. This is the first in a series of planned awards to recognise business and industry who are taking environmentally conscious steps to improve air quality.

Christmas Catalogue, Christmas Cards & Christmas Seals Appeal

Your support of our successful 2009 Christmas Seals Appeal and the purchase of Lung Foundation Christmas cards is greatly appreciated. We also launched our first ever Christmas Catalogue and we have been heartened by your interest.

Yours Aye

William Darbishire

Diary Dates 2010

TSANZ Annual Scientific Meeting (Brisbane)	20-24 March
Breath of Life Music Festival (Tasmania)	25-27 March
LungNet Education Day WA	13 April
National Tree Plant for Lung Cancer Day	29 August
LungNet Education Day Qld	September (tba)
LungNet Education Day Vic and NSW	October (tba)
Australian Lung Cancer Conference (Melbourne)	7-9 October
World Spirometry Day	14 October
Lung Health Awareness Month	November
LungNet Education Day Tas and SA	November (tba)
World COPD Day	17 November
Corporate RiverRun (Brisbane)	25 November

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Publisher and Editor:
The Australian Lung Foundation Inc.
PO Box 847, Lutwyche QLD 4030
Toll Free: 1800 654 301
Phone: 07 3251 3600
Fax: 07 3852 5487
Email: enquiries@lungfoundation.com.au
Website: www.lungfoundation.com.au

Platinum Partners:



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• 2010: The Year of the Lung



At the Forum of International Respiratory Societies (FIRS), which assembled at the 40th Union World Conference on Lung Health on 6th December 2009, it was noted that hundreds of millions of people worldwide have chronic respiratory disease, but internationally, lung health has never been high on the public agenda. It was agreed that

it was important to unify the various health advocates behind one purpose and express the urgency for increased awareness and action on lung health. The concept of *2010: The Year of the Lung* was announced and a declaration made:

- To offer widespread support to the more than 160 nations that have ratified the first-ever international public health treaty – the WHO Framework Convention on Tobacco Control – and call upon the remaining countries to do so
- To demand increased research funding to develop tools and treatments ranging from new diagnostics to new vaccines and medicines
- To strengthen health systems and work towards the fair and equitable distribution of these health care resources to all who need them
- To lobby for improved legislation protecting the quality of the air we all breathe

- To ensure that every health worker, parent, child, teacher, employer, religious leader, community leader, media representative and government official understands the risks and symptoms of lung diseases and how to keep lungs healthy, because lung health is essential to breath and life.

The Australian Lung Foundation has embraced the concept of *2010: The Year of the Lung* and will be acknowledging it with a series of activities throughout the year. These include the development of a Community Service Announcement, which builds on the *Lung Health Checklist* launched last year and is designed to draw attention to possible symptoms of lung disease and encourage anyone experiencing them to contact their doctor for further investigation. In addition, on 1st January 2010, the Lung Foundation released the results of research commissioned in late 2009, showing that 80 percent of Australian adults do not stick to their New Year resolutions¹. This research reinforces the need for Australian smokers to approach quitting with a long-term plan. The Lung Foundation has also commenced planning for *World Spirometry Day* on 14th October; a national tree planting day on 29th August to commemorate those who pass away from lung cancer – more than 7000 each year; and will be lobbying Federal Members of Parliament to join a Parliamentary Friends Committee which will support the work of the Lung Foundation. Activities will culminate in *Lung Health Awareness Month* in November.

1. Galaxy Research. Galaxy Telephone Omnibus Lung Health Study. December 2009

• News from the World of Interstitial and Orphan Lung Disease

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

The ARNOLD (Australasian Registry Network for Orphan Lung Diseases) has now been collecting data on the incidence and prevalence of orphan lung disease for six months. During this period (1st July 2009 to 31st December 2009), there was a total of 136 replies from 707 responders. Of the 136 replies, 90 had No Cases to report and there were 46 reported cases. Physicians who have patients with an orphan lung disease are encouraged to lodge their interest in the Registry by visiting the ARNOLD website and clicking on the *Contacts* tab, www.arnold.org.au/contact.php

PIVOT will convene for its first meeting of 2010 during the Thoracic Society of Australia and New Zealand (TSANZ) Annual Scientific Meeting in Brisbane in March. As part of the TSANZ meeting, PIVOT member, A/Prof Adam Jaffe will be presenting the latest ARNOLD data to the respiratory community.

International Rare Disease Day is an annual, awareness-raising event coordinated by the European Organisation



for Rare Diseases (EURODIS). This year Rare Disease Day is on Sunday 28th February and, in Australia, it will be acknowledged by a free workshop hosted by the Australian Paediatric Surveillance Unit (APSU). The workshop will be held at the Kids Research Institute, the Children's Hospital at Westmead, Sydney on 27th February, 12.00pm to 5.15pm and aims to raise awareness of the impact of rare diseases, provide information on resources for clinicians and families and an opportunity to comment on the draft National Plan for Rare Diseases. To register, contact Karen Pattinson on 02 9845 3005, or email apsu@chw.edu.au

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

• World COPD Day 2009



Once again, we were thrilled by the efforts of our fantastic network of patients, health professionals, patient support groups and pulmonary

rehabilitation programs, who collectively held more than 90 events around the nation for World COPD Day in 2009. The **Catch Your Breath... Walk for COPD** has become a regular feature and we are delighted that the groups have taken the lead in organising these events – some for the first time in 2009.

Groups made the most of their local settings, with activities taking place on beaches, in parks, local gardens, shopping centres, pharmacies, hospitals and service clubs and included, not only walks and information displays, but ten-pin bowling, a "treadmill-athon", lung function testing and Tai Chi. The national tally for the walk currently sits at 2,518km, which is a fantastic achievement. This year, for the first time, we offered the groups the opportunity to participate in fundraising activities and a total of \$1,219 was raised. The Lung Foundation thanks everyone involved in World COPD Day 2009 for your continuing enthusiasm. To see the range of event photos, please visit our website www.lungfoundation.com.au and follow the menu links to **Lung and Respiratory Conditions > COPD > World COPD Day 2009 Event Photo Gallery**

New brochures

We are pleased to announce the development of two new educational brochures, *Idiopathic Pulmonary Fibrosis*, which was produced by PIVOT, and *Lung Cancer*, produced by the Lung Cancer Consultative Group. If you would like to receive a copy of either brochure, please contact us on 1800 654 301.



COPD Patient Taskforce Member Profile – Veronica Kemp



Veronica Kemp is one of the COPD Patient Taskforce members from NSW. Originally from Sydney, Veronica has also lived in Brisbane, from where her husband hails. She is a retired Secretary, having worked for the Commonwealth Bank for many years. She leads an active life and enjoys gardening, travelling, including camping, as well

as reading and painting. She has been involved with the Lung Foundation for a number of years and has been a member of the COPD Patient Taskforce since its inception in 2007.

"I experienced my first asthma attack whilst under anaesthetic having my tonsils removed at 16 years of age. From then on, my condition became chronic. I was prescribed preventers and different relievers and often had courses of antibiotics and cortisone. My condition was managed quite well until 1995. At this time, I was diagnosed with a severe dust mite infection, caused from clearing out the unit of my aged aunt. Although I took all the preventative measures I could, I was still affected. I was under the constant care of my GP and taking antibiotics and cortisone, as well as my regular medications, for long periods of time. Finally, after about four years, my condition stabilised and I was only taking my daily preventers and relievers. In 2005, I was hospitalised and diagnosed with a clot in my leg, cellulitis and a blood infection. At this time, I contracted a chest infection and this became a bigger issue than the conditions for which I was hospitalised. Once my conditions stabilised, I went home and was under the care of the Acute/Post Acute Care team of the Royal North Shore Hospital. During this time, my GP diagnosed me with COPD, asthma and bronchiectasis and I was referred to the pulmonary rehabilitation program at the local hospital. I found this program of tremendous benefit. Learning to breathe correctly in different situations and hearing the advice of the various guest speakers was very enlightening. I was also referred to a respiratory specialist, who prescribed various medications and recommended the use of a flutter valve, daily. Since then, I have had very few exacerbations requiring antibiotic treatment. Over the last three years, I have been hospitalised four times for different reasons and apart from these occasions, my condition is very well controlled. I only go to the doctor for new prescriptions and I attend my specialist every six months for review. I am a member of The Australian Lung Foundation COPD Patient Taskforce and enjoy the interaction with other members and the ongoing work we undertake to raise awareness of COPD at a community level."

• COPD Patient Taskforce Report

Bryan Clift, Taskforce Chair

As a result of our recent recruitment drive, I am pleased to advise that we have now appointed three new COPD Patient Taskforce members – representing the ACT, Tasmania and Queensland. If you have COPD or care for someone with COPD and think you might be interested in joining the Taskforce, please contact Karen Wright at The Australian Lung Foundation on 1800 654 301 to obtain further information. The COPD Patient Taskforce would like to take the opportunity to wish all LungNet News readers a very happy and healthy New Year.

Vale to Mary Duell

It is with great sadness that we advise of the passing of Mary Duell in October 2009 after a long battle with COPD. Mary was an active member of the COPD Patient Taskforce, but was forced to resign her position as the Victoria State representative in mid 2008 due to ill health. She will be sorely missed.

• Triumph For Breath



The Lung Foundation is pleased to advise that Jack and Alison Evans arrived home to Armidale safely in late October after a challenging and exciting trip from Perth across the Nullarbor. Jack and Alison were welcomed home

by family and friends and enjoyed a hot roast dinner, a glass of bubbly and a well deserved rest in their own beds! Jack's "dream" of raising awareness of COPD and the importance of smoking cessation was certainly achieved and

they also managed to raise over \$8000 from donations and raffle prize takings. Their story was covered by local television, radio and community newspapers and they were



welcomed along the trek by politicians, mayors, local vintage car club members and the general public. To read more about the trek, please visit our website www.lungfoundation.com.au and follow the menu links to **Lung and Respiratory Conditions > COPD > Triumph for Breath**. The Australian Lung Foundation thanks all event sponsors, and everyone along the route who offered support, hospitality and friendship.

Last chance to win an Amaryllis Red Volkswagen Golf

Time is running out to purchase your ticket to be in the running to win a prize in the ASX Thomson Reuters Charity Foundation Art Union. 1st prize is a Volkswagen Golf; 2nd prize is a beautiful strand of Autore Gold South Sea Pearls; 3rd prize is a pair of Autore Diamond and Pearl Earrings; and 4th prize is a 3 Night Luxury Hayman Holiday. All monies from ticket sales support the Lung Foundation. Purchase your ticket before 4th March by phoning Margaret Goody on 07 3251 3632 or 1800 654 301, or emailing margaret@lungfoundation.com.au to be in the running.

• The Kylie Johnston Lung Cancer Network (KJLCN) Update

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

Lots of laughs at the Brisbane Lunch for Lung Cancer



Fiona O'Loughlin and Roslyn Hogan at the Gala Lunch for Lung Cancer in Brisbane

Over 200 guests laughed their way through the inaugural KJLCN Gala Lunch for Lung Cancer during Lung Health Awareness Month in November. Australia's funniest working mum, comedian Fiona O'Loughlin reduced many guests to tears with her hilariously candid stories on family life, Christmas and coping with the isolation of life in remote Alice Springs. Guest speaker, Roslyn Hogan who, in 2009, celebrated five years survival of Stage IV

lung cancer, gave a poignant speech about the funding inequalities in lung cancer. Lung Foundation CEO, William Darbshire, encouraged guests to be proactive and be aware of their lung health. A successful balloon raffle raised more than \$5000 and the lunch proceeds will go towards the employment of a lung care nurse. The Lung Foundation thanks Gold Sponsor, Turner Freeman Lawyers and Event Sponsors, Flight Centre, TopDog Advertising, Sebel and Citigate King George Square and Yalumba Wines for their generous support. Thanks also to our lunch compere, Channel 10 senior journalist, Lexy Hamilton Smith for her kind support.

Other *Lunch for Lung Cancer* events were held around Australia during *Lung Health Awareness Month* and we thank everyone who hosted or attended these events.

2010 Membership

It is still not too late to become a financial member of the Lung Foundation. Membership application brochures are available on our website www.lungfoundation.com.au or telephone 1800 654 301 to request a hard copy. Our membership year now runs from 1st January to 31st December. One of the key membership benefits is a 10% discount on purchases of Air Liquide Healthcare's complete respiratory range. **Please note that this discount does not apply to rental items, delivery fees and website purchases.**

• Travelling with Oxygen

Denise Peterson from Atherton in Far North Queensland was recently planning a cruise for her parents, Dennis and Joan Cooper. Dennis is 81, has COPD and had recently been prescribed long-term oxygen. Denise was working her way through a maze of paperwork and regulations with the airline, Qantas and the cruise ship, Dawn Princess to enable her father to travel with oxygen. At this stage, Denise felt that the trip might not be possible. However, The Australian Lung Foundation was delighted to receive a recent email from Denise advising us of the success of the trip. Denise reports:

"We had absolutely no problems with using a portable oxygen concentrator, in fact the whole trip was incident free, from the special handling by Qantas, (highly recommend them as Dad's transfers in both Cairns and Sydney went smoothly with nothing being too much trouble for both the ground and air crew). Once we arrived at the Dawn Princess we were again greeted by very helpful staff that made the embarkation procedure problem free and before we knew it we were in our cabin and ready to start enjoying the holiday. The portable concentrator was able to operate with the standard plug, and with the battery charged Dad had enough time to enjoy both dinner and a show. With this added confidence he was able to get around the ship and even managed to go ashore at two

Lunch for Lung Cancer at Kirribilli House

The KJLCN accepted the wonderful opportunity to host a *Lunch for Lung Cancer* at the Prime Minister's Sydney residence, the iconic Kirribilli House, in November.

Approximately 130 patients and their families, together with lung cancer health professionals, were treated to a beautiful spring day by the harbour and a picnic lunch in the elegant grounds of Kirribilli House. The lunch also included the launch, by KJLCN Chairman, Associate Professor Matthew Peters, of the second edition of *Lungevity Stories*, a compilation of inspirational stories from lung cancer patients, carers, family members and health professionals. An accompanying collection of four *Lungevity Stories* patient videos was also launched and the stories can be viewed by visiting www.kjlcn.org.au



Lung cancer patient, Helen Cayas and family at Kirribilli House

The Lung Foundation is deeply saddened by the death of Brisbane patient and *Lungevity Stories* contributor, Natalie Coffey who passed away in December.

Lung Cancer Patient Support DVD now available

We are pleased to announce that a comprehensive DVD for lung cancer patients is now available. Produced by the Peter MacCallum Cancer Centre, in partnership with The Australian Lung Foundation and Cancer Council Victoria, this DVD provides patients, their families and carers with information on understanding, managing and living with lung cancer.

For more information about hosting a *Lunch for Lung Cancer* in 2010, to order a copy of *Lungevity Stories* or the Lung Cancer DVD, or for further details of any KJLCN initiative, please call Kerrie on 1800 654 301, or email Kerrie@lungfoundation.com.au

ports. Dad had a very restful and enjoyable trip and I believe the sea air even did him some good."

Denise, Dennis and Joan's experience shows that being prescribed long-term oxygen need not be a barrier to travel. Please remember that pre-planning is essential. It is suggested that you allow plenty of time to plan your journey and work with your travel providers so that a successful and enjoyable trip can be achieved.

In the next edition of LungNet News, we will be featuring an article on flying with oxygen written by Concord Hospital Senior Respiratory Scientist, Leigh Seccombe who gave a presentation at the 2009 NSW LungNet Education Day. To accompany the article, we would like to include a patient story. If you have had a positive experience of flying with oxygen, please email your story to enquiries@lungfoundation.com.au and if possible, include a photograph.



Dennis Cooper about to embark on the Dawn Princess

• Patient Support around Australia

WA

We are delighted to announce the appointment of Cathy Read as our new WA LungNet State Coordinator. Cathy has over 10 years experience in respiratory health, starting in the UK where she became a respiratory research nurse at University College Hospital London (UCLH). Initially, her interest was in interstitial lung disease research and she then became involved in a long-term study monitoring patients considered to be at high risk of developing lung cancer. Before moving to Perth, Cathy managed a group of nurses and data managers conducting solid tumour cancer trials at UCLH. Cathy's current role is as a research nurse working with Dr Martin Phillips at WA Lung Research, which runs clinical trials looking at new drugs and novel devices for respiratory patients. We look forward to meeting Cathy at the upcoming LungNet Education Day.

NSW

The NSW patient support group network has expanded with the recent formation of the Laurieton Support Group. The group meets at 10am on the first Tuesday of each month at Laurieton RSL. For more information, please contact Maree Kennedy on 02 6588 2738.

NT

Thelma Nicholson is delighted to report that there is now a permanent respiratory specialist at the Royal Darwin Hospital. The NT Breatheeasy STAARS have embarked upon another busy year of meetings after their Christmas break. They had an extremely enjoyable Christmas party on 10th December at Crocosaurus Cove.

QLD

Breathe Ezy Southside in Coorparoo is on the look-out for new members. The Committee has had a recent change in personnel, with Estelle Allan taking over from Dawn Hansen as Secretary. The group meets on the second Tuesday of the month from 10am to 12pm at the Coorparoo Community Health Centre in Old Cleveland Road. If you are interested in joining, please call Estelle on 07 3208 3608.

Cathy Davies from Breathe Ezy, Maroochydore paid a recent visit to the Lung Foundation's office in Brisbane to present a cheque for a donation generously made by the Sunshine Coast Breathe Ezy groups.



Cathy Davies presents the Breathe Ezy Sunshine Coast donation to Juliet Brown

VIC

David Gregory, President of the Asthma & Respiratory Support Group – Western Suburbs branch of Asthma Victoria in Werribee was amongst a number of Wyndham residents honoured with an annual "Above and Beyond Award" in recognition of his volunteer work. The Award for, "outstanding dedication to the community through selfless and altruistic service to the people of Wyndham" was presented by Labor MP, Julia Gillard at a ceremony on 16th October 2009.

A new patient support group has started up in Coburg. The Coburg Peer Support Group held its first meeting on Tuesday 2nd February at Merri Community Health Service in Bell Street. Meetings will take place on the first Tuesday of the month from 10am to 12pm. For further information, please call 03 9319 9493.

The Puffing Billies patient support group in Ferntree Gully is on the look-out for new members. The group meets at the Knox Community Health Centre, Ferntree Gully Courthouse Building, 1063 Burwood Highway on the second Tuesday of each month at 10.30am. For more information, please call John on 03 9758 1568.

TAS

Valerie Clark from Scottsdale is hoping to start a new patient support group in the area. If you are interested, please call her on 03 6352 3531.

The 2009 Tasmania LungNet Education Day took place on 24th October at Campbell Town. An audience of over 40 people attended to listen to the informative presentations from Helen Courtney-Pratt who spoke about the Pathways Home project which aims to improve the quality of life of COPD patients; Dr Jim Markos whose interactive presentation gave an insight into how your lungs work; Rod Morse who presented some hints for support groups on applying for a funding grant; and Stephen McEwen who spoke about recent changes to the supply of oxygen concentrators in Tasmania. The day was a great success and we thank all involved, with special mention of Air Liquide who provided sponsorship of the day.



Presenters, Dr Jim Markos and Mr Rod Morse at the Tasmania LungNet Education Day

SA

A new support group has started on the Yorke Peninsular – the Kadina Patient Support Group, which held its first meeting on 9th February. Please call Glenda Woodward on 08 8821 4066 for further information.

The 2009 SA LungNet Education Day took place on 28th October at The Bay Function Centre at the Glenelg Football Club. Over 140 people attended to listen to presentations from respiratory nurse, Julie Buckman who gave some hints and tips on what to consider when flying with oxygen; A/Prof Paul Reynolds who gave an overview of lung cancer and mesothelioma; and Professor Peter Frith who discussed the differences and similarities between COPD and asthma.

The Northern Windbags in Elizabeth are now in their 13th year. A busy group, they have close links with the respiratory nurses at the Lyell McEwin Hospital and are involved in activities to raise awareness of lung disease. They go walking whenever they can, wearing their green World COPD Day t-shirts with pride.

ACT

Helen Cotter from the Canberra Lung Life Support Group reports the latest news from the group and pays tribute to two past members. Late last year, Andrew Bird, one of their younger members, unfortunately passed away. To honour Andrew's memory, they raised money for some new equipment at the local gym where Andrew enjoyed both working out and volunteering. In October, a plaque was unveiled at the gym in Andrew's memory. The group was also saddened by the death of Dianne Proctor in October 2009. Dianne was a bright and energetic person and an active worker for the group. Both Andrew and Dianne will be sadly missed.

At the group's last meeting, they welcomed members from the Ambulance and Fire Services who spoke about the importance of preparation for emergencies. They spoke of locations throughout Canberra being set up for people on oxygen during an emergency. On World COPD Day, about 35 people gathered on Acton Peninsula, on the edge of Lake Burley Griffin for a "Catch Your Breath...Walk for COPD". The year ended with Christmas lunch at the Weston Club and the group looks forward to another successful year in 2010. For further information about the group, contact Helen on 02 6281 2988 or cotterhe@hotmail.com

• The Lighter Side

by Larry Emdur

Hello everyone,

No one sends birthday cards any more; instead, on my 45th birthday in December, I received dozens of emails and text messages from mates, with poems, jokes, and songs all sledging me for getting older. This poem was emailed with a title, "You're 45, so technically that's almost 50"!

I don't remember getting old, it shouldn't happen yet.
I need to do some other things that aren't decided yet.
Who said my joints should ache like this? My eyesight's getting bad.
And when I hit the bedroom, well, things are looking sad.

I'm fifty three, how can that be? I'm really not that old.
My body doesn't understand. It won't do what it's told.
I tell it to run round the track for seven laps or more.
I get to three, it answers me, you're only getting four.

When I was in my prime, you know, I'd drink ten pints or more.
Then rise the very next morning and off to work I'd roar.
But now I have a glass of wine and things start looking hazy.
My body likes it best in bed, I never was that lazy.

At seventeen the big three O, was what I used to fear.
At twenty four, I thought the door to forty wasn't near.
At forty two, the big five O was looming at the double.
The big six O is next you know, oh boy, am I in trouble?

When God invites me for a chat to find out where I'm going.
I'll tell him, well I don't want hell there's no one there I'm knowing.
I'll go to heaven if that's OK and wait there with my hymn book.
Til the missus gets herself up here to teach the angels to cook.

And my next favourite birthday message was from a dear friend's 81 year old father, who says "Age is something that doesn't matter, unless you are cheese".

When you get old:

1. Kidnappers are not very interested in you
2. In a hostage situation, you are likely to be released first
3. No one expects you to run into a burning building
4. People call at 9pm and ask, "Did I wake you?"
5. People no longer view you as a hypochondriac
6. There is nothing left to learn the hard way
7. Things you buy now won't wear out
8. You can eat dinner at 4pm
9. You can live without sex but not without glasses
10. You enjoy hearing about other people's operations
11. You get into heated arguments about pension plans
12. You have a party and the neighbours don't even realise it
13. You no longer think of speed limits as a challenge

14. You quit trying to hold your stomach in, no matter who walks into the room
15. You sing along with elevator music
16. Your eyes won't get much worse
17. Your investment in health insurance is finally beginning to pay off
18. Your joints are more accurate meteorologists than the national weather service
19. Your secrets are safe with your friends because they can't remember them either
20. Your supply of brain cells is finally down to a manageable size
21. You can't remember who sent you this list

If that's what I get from my mates when I turn 45, I can wait to see what I get when I'm 60.

But at least we know, 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"
The Australian Lung Foundation
PO Box 847
Lutwyche QLD 4030

Fax: 07 3852 5487

Email: enquiries@lungfoundation.com.au

• Australian Primary Care Collaboratives focus on Chronic Obstructive Pulmonary Disease

The Australian Primary Care Collaboratives (APCC) program has recently introduced two new topics, Chronic Obstructive Pulmonary Disease (COPD) and Chronic Disease Prevention and Self Management (CDPSM) to the program. GPs and practice staff from 91 practices across Australia attended the first learning workshop for these topics in Brisbane during October 2009.

This workshop introduced an innovation in Australian quality improvement by inviting patients to attend and be actively involved throughout the workshops. Twenty one patient representatives and three carers attended the first workshop, and it is expected that both patients and carers will provide valuable input that will assist GPs in providing better care to their patients. A key part of the program involves monthly submission of data to help track improvements at the practice level. At month one, results already show an increase in the percentage of patients with smoking status recorded and an increase in the number of patients being recorded on COPD

registers. Keeping records up to date and data cleansing ensures accurate patient registers and assists practices to undertake proactive patient and population healthcare.

The purpose of the APCC program is to assist and encourage practices to implement quality improvements within their practice, by using proven methods of systems change. Program participants attend three learning workshops over a 12 month period and practices submit data to a web portal for 18 months. By submitting data to the portal, participants are able to see population data and track improvements to patient care. For more information about the program and the program measures please visit www.apcc.org.au or contact Improvement Foundation Australia at www.improve.org.au or on 1800 771 522.

The APCC program is funded by the Australian Government Department of Health and Ageing and is delivered by Improvement Foundation Australia.

Vale to Lung Foundation Friends

Yvonne Bedson

The Australian Lung Foundation is deeply saddened by the death of Yvonne Bedson who passed away peacefully at Gold Coast Hospital on Thursday 14th January. As a COPD patient, Yvonne worked tirelessly on behalf of those with the condition. Her efforts with the Gold Coast patient support group, Lung and Respiratory Friends (LARF) for whom she was Group Leader for many years, as well as the internet-based support group, "Lungaroos" ensured that those living with COPD had access to the best possible support and information. In addition to her local work, Yvonne was an articulate and passionate contributor to many of The Australian Lung Foundation's national initiatives, including the COPD National Program's Coordinating Committee, the COPD Patient Taskforce and the Advisory Group for the development of Lungs in Action. One of Yvonne's most valuable contributions was her willingness to share her story with the media to raise awareness of COPD and the benefits of pulmonary rehabilitation and disease management. Despite struggling with increasing breathlessness, Yvonne rarely missed an opportunity to help and support others in need. Yvonne is survived by her husband Dennis, children June, Carl and Mark and six grand-children.



Barbie Prime, on behalf of the "Lungaroos" expresses deepest sympathy to Yvonne's family and friends. Yvonne and Barbie started the "Lungaroos", the first online support group for patients with lung disease and their carers in Australia and New Zealand over 10 years ago. Barbie says, "Yvonne was a kind and dedicated person and helped so many people. She will be truly missed and never forgotten."

Dianne Proctor

With great sadness, The Australian Lung Foundation advises of the passing of Dianne Proctor in October 2009. Dianne was an active member of the COPD Patient Taskforce (representing ACT) and the Canberra Lung Life Support Group and led a very active life both professionally and personally. Dianne had been involved with the Family Planning Association, the Parliamentary Group on Population and Development and was instrumental in establishing the Australian Reproductive Health Alliance. She was also a parliamentary lobbyist and a feminist. Her activist work included championing the implementation of air quality warnings regarding pollution caused by domestic wood burning fires, issues relating to portable oxygen and the ongoing reform of the health system. Dianne's contribution and ongoing enthusiasm will be greatly missed.



Professor Peter Black

On Sunday 10th January, the respiratory world was shocked by the sudden and premature passing of Professor Peter Black of the University of Auckland. Peter was a valued member of The Australian Lung Foundation's COPD Coordinating Committee and a founding member of the Australian COPD Research Network. Peter was also known to members of the Thoracic Society of Australia and New Zealand as a trusted colleague and a great researcher with a passionate interest in airways disease and pharmacology. Peter was highly regarded, both locally and internationally for the high standard of his work, his passion for medicine and his patients, as well as his unfailing support for his colleagues.

Best Wishes for 2010

The members of our LungNet News volunteer team, who have embarked on another busy year of labelling envelopes and packing newsletters, wish all readers a healthy and happy 2010 and have provided this uplifting contribution.

How to Plant Your Garden

First, you can come to the garden alone, whilst the dew is still on the roses.

For the Garden of Your Daily Living:

Plant three rows of peas:

1. Peace of mind
2. Peace of heart
3. Peace of soul

Plant four rows of squash:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant four rows of lettuce:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another



Members of the LungNet News Volunteer Team

And you need turnips:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help others

To conclude our garden, we must have thyme:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with patience and cultivate with love. There is much fruit in your garden because you reap what you sow.