

• Fitness to Fly – What people with respiratory conditions should consider before flying

Ms Leigh Secombe, Senior Scientist, Department of Thoracic Medicine, Concord Repatriation General Hospital and A/Prof Matthew Peters, Staff Specialist, Concord Repatriation General Hospital

The airline industry continues to boom despite the recent downturn of the world economy. More than four billion people travel by air each year and frequently, the question is asked, "Am I fit to fly?" Many patients living with lung disease have an increasing yearn to travel and this article will help you to understand the possible risks of air travel.



What is the environment like in a modern aircraft?

Commercial aircraft can fly at a height of up to 41,000 feet above sea level. It is not possible to survive at this altitude, so outside air is pumped

into the cabin to pressurise it. As cabin pressure is lower than the air pressure at sea level, all airlines follow regulations to ensure that the pressure is maintained at a level higher than 75% of sea level pressure. In general, on longer trips and in larger aircraft, the cabin pressure is kept at a higher level than the minimum allowed. On short flights, like Sydney to Melbourne, the aircraft takes a long time to ascend and then soon descends, so the period of low pressure is actually very short and the risks are small for most people.

What is the effect of these lower oxygen levels?

Without being aware of it, healthy passengers increase their breathing rate to combat the lower oxygen onboard aircraft. They will still experience a fall in oxygen saturation of about 5%, but this is usually without symptoms. This fall is often greater in patients with lung problems but, despite this, only a few report difficulties in breathing during their flight. However, patients who have lower oxygen levels, before they even start the flight, will experience sharp falls in oxygen saturation in the aircraft and will usually need oxygen in-flight. Any light exercise, such as walking around the cabin, will decrease oxygen levels further, by another 5-10% and the heart rate will rise.

What oxygen levels are considered risky?

The current international guidelines state that if your sea level oxygen saturation is greater than 95%, you are fit to fly without any testing being necessary. Another rough test is that if you can walk 50 metres without stopping, you are probably going to pass more complex tests. The lung function laboratories of most major hospitals can perform a test, during which, the low oxygen levels in the cabin environment can be simulated. This will allow your specialist to see how low your oxygen levels fall and you will experience the sensations – admittedly for only 20 minutes or so. If oxygen levels fall below 85%, then we recommend a discussion with your specialist about the risks of flying and whether these risks should be minimised with supplemental oxygen in-flight. As most of the emergencies in flight are related to heart problems, we tend to err on the side of recommending oxygen in patients who have both heart and lung problems.

What if I am unwell when I plan to travel? I am desperate to travel. Should I just take the risk?

Please don't fly when you are not at your best. Many of the reported critical incidents are related to patients who went on a journey when they were unwell. As a rough guide, you should have returned to your usual health for seven days before you fly. From time to time, health professionals encounter a patient who is prepared to accept 'any risk' to travel long distances. Some are at a stage in their illness where the risks seem immaterial and airlines are right to be concerned about carrying these patients. Although rare, deaths in-flight can occur. A serious medical deterioration may require that a flight be diverted at great cost and inconvenience to the airline, crew and other passengers.

Some practical travel advice

- Consider the destination, not just the flight! What is the altitude? Will heat or humidity be oppressive and cause distress that will affect your enjoyment of your travel experience? Are you travelling to a country with an influenza epidemic?
- Purchase a fully flexible ticket, just in case you need to delay your plans due to ill health.
- Take all your medical documentation with you.
- If you are travelling overseas, ensure that you have travel insurance or access to health care. Insurance can be difficult for those with chronic illnesses but some countries have a reciprocal health care arrangement with Australia that will cover you for emergencies (but not the high costs of medical evacuation if needed). If you limit your travel to Australia, you do have the advantage that the doctor caring for your lungs in an Australian hospital has the ability to contact your doctor more easily.
- Check in early for your flight.
- If you need oxygen, arrange it well in advance. If necessary, ask for a wheelchair for use within the terminal.
- Request a seat near a bathroom on the plane and if you are on a short flight, use the bathroom in the terminal before you board.

What if I need oxygen in-flight?

If you require oxygen in-flight, call your airline well in advance of your trip, or check their website, which should outline the steps that need to be taken to obtain oxygen. The most common source of oxygen supply on aircraft is via a compressed gas cylinder which is stored under your seat. This needs to be pre-ordered and may be supplied by the airline itself (charges may apply), or ordered from the airline's preferred oxygen supplier e.g. Air Liquide or BOC. Check with the airline for guidance. Most commercial airlines allow portable oxygen concentrators which can be carried with you at all times and stored under the seat in front of you. Check with the airline that your machine is on their list of acceptable medical equipment. Happily, most patients living with lung disease will be able to travel and to do so safely. Enjoy yourself and if going to the sun – slip, slop, slap! Happy travels!

From the CEO's Desk



Dear Readers,
Greetings from the CEOs desk!

Staff News

We recently celebrated the fifth anniversaries of Lung Foundation staff members, Juliet Brown (Information and Support Centre Coordinator

and Executive Officer of the COPD Evaluation Committee and PIVOT Group) and Heather Allan (Director of the COPD National Program). We were, however, sorry to say farewell to Lisa Morris, our office administrator who has moved on to new challenges, and are pleased to welcome Kylie Hetherington as our new administrator.

General Practice Advisory Group



Members of the GPAG at their annual meeting in Brisbane

The General Practice Advisory Group (GPAG), which consists of general practitioners with an interest in respiratory health, held its annual meeting in Brisbane in February. Consultation with this group enables the Lung Foundation to continually develop, review and implement community based respiratory resources including the COPD Checklist and Action Plan.

2010 Membership

Thank you to all those readers who have joined as financial members of the Lung Foundation. Membership is growing each year and it is most encouraging for us here at the National Secretariat.

Changes to the National Council

The Australian Lung Foundation's Annual General Meeting was held in March and this was followed by a meeting of the National Council. The 2009 Annual Report and accounts considered at the meeting showed a return to surplus for the Lung Foundation following a deficit in 2008. After many years of service, Jim Mattock, Treasurer and Council member has retired. I personally thank him for his commitment and dedication over the years. Two new members have been appointed to the Council and we welcome Professor Paul Reynolds from Adelaide and Andrew Churchill as Treasurer.

Building on Experience: Sharing Skills and Expertise

I was honoured to be one of four Australian CEOs invited to attend a meeting in Frankfurt to 'compare notes' with other non-government organisations around the globe. It was a valuable experience and will certainly benefit the Lung Foundation operations in the future.

Yvonne Bedson Memorial Service

Following the passing of Yvonne in January, I was deeply honoured to be asked to pay tribute to Yvonne at her Memorial Service on the Gold Coast in March.

Strategic Planning

In April, Dr Bob Edwards chaired a Lung Foundation Strategic Planning Day in Brisbane. A wide range of industry leaders contributed to the day and we now have a strategic "roadmap" for the next three years. Lung Foundation staff members also made significant contributions to the strategic plan.

TSANZ Annual Scientific Meeting

The Thoracic Society of Australia and New Zealand held its 2010 Annual Scientific Meeting in Brisbane. The Lung Foundation took full advantage of the event on its home turf, holding meetings of its Consultative Groups during the conference and hosting a Healthy Activities session on the Brisbane River for delegates. Dr Edwards also presented the 2010 Research Awards and Grants-in-Aid to the successful applicants.

Breath of Life Music Festival



William Darbishire and musician, Troy Cassar-Daly at "Breath of Life"

In late March, Dr Edwards and I attended the second Breath of Life Music Festival in Devonport. The event, as you will read elsewhere, was a huge success.

Yours Aye

William Darbishire

About the LungNet News

Publication dates:

February, May, August and November

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2010: The Year of the Lung



As we reported in the February issue of LungNet News, 2010 is The Year of the Lung and The Australian Lung Foundation has embraced the concept and will be acknowledging it with a series of activities throughout the year.

Lung Health Checklist and CSA

The Community Service Announcement (CSA), which builds on the *Lung Health Checklist* launched last year has now been publicly released to both the free-to-air and pay television channels. The CSA is designed to draw attention to possible symptoms of lung disease and encourage anyone experiencing them to contact their doctor for further investigation. First reported sightings of the CSA were in mid-February and coverage to date has been excellent. We have received over 200 calls to our 1800 number (up to mid-April) and have been able to assist people seeking further information about lung health. The number of people accessing the *Lung Health Checklist* on our website also continues to increase.



World Spirometry Day

World Spirometry Day will take place on Thursday 14 October and The Australian Lung Foundation will be promoting "Test your Lungs Day" where free lung function testing will be offered to members of the general public in every capital city. We will be coordinating each event in a high foot traffic area to engage with the local community and raise awareness about the symptoms, prevalence and treatment of lung disease. The event will also be promoted through local media outlets leading up to the day. We are calling on physicians, respiratory nurses, physiotherapists, our Industry partners and patient volunteers to help out on the day. Spirometry events in rural and remote areas are particularly encouraged. If you would like to be involved or think you could assist, please contact Karen Wright on 07 3251 3637 or email projects@lungfoundation.com.au to express your interest.

National Tree Plant for Lung Cancer Day

On Sunday 29 August, The Australian Lung Foundation will host Lung Cancer Community Tree Planting Ceremonies across Australia, to commemorate those Australians who die from lung cancer each year. The Australian Capital Territory (ACT) will be the focus for this national event and volunteers will plant 7600 trees representing the total number of lung cancer deaths in Australia. On the same day, other States will conduct tree plantings to commemorate those who pass away from lung cancer each year: New South Wales 2468, Victoria 1802, Queensland 1540, Western Australia 720, and South Australia 642. Tasmanian and Northern Territory numbers are currently to be confirmed.

For further information about the tree plantings, please contact Glenda Colburn on 07 3251 3600, or email glenda@lungfoundation.com.au

News from the World of Interstitial and Orphan Lung Disease

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

Group members convened for the first PIVOT meeting of 2010 during the Thoracic Society of Australia and New Zealand Annual Scientific Meeting (TSANZ ASM) in Brisbane in March.

Amongst the topics on the agenda for discussion was how to encourage physicians to register details of their patients with orphan lung disease with ARNOLD (Australasian Registry Network for Orphan Lung Diseases) and consideration of a move from quarterly reporting to monthly reporting. The Group also discussed the possibility of making available an Idiopathic Pulmonary Fibrosis Research Award.

In early March, PIVOT member, A/Prof Adam Jaffe presented the latest ARNOLD data on the incidence and prevalence of orphan lung disease to the respiratory community as part of the TSANZ ASM. Following this, the latest statistics from ARNOLD for the quarter 1st January to 31st March 2010 have been released. During the period, there was a total of 67 replies from 55 responders. Of the 67 replies, 52 had No Cases to report and there were 15 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

A Draft National Plan for Rare Diseases is in the process of being formulated. The aim of the Plan is to improve the outcome of patients with rare diseases (defined by the Therapeutic Goods Administration, Australia as diseases with a prevalence of 1 in 10,000 people or less). The Plan is an initiative of the Australian Paediatric Surveillance Unit, which convened the National Rare Diseases Task Force to develop, seek wide endorsement and to advocate for the implementation of a national plan to support research, education, service development, to promote awareness of rare diseases and advocacy for affected individuals and their carers. See www.apsu.org.au/ for more details.

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

• COPD Patient Taskforce Report

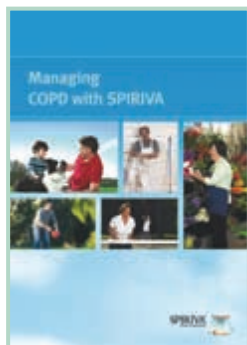
Bryan Clift, Taskforce Chair

The COPD Patient Taskforce members convene on a monthly basis via teleconference to discuss issues relevant to improving ongoing support and services for patients with Chronic Obstructive Pulmonary Disease. In May, we are delighted to be getting together in Melbourne for the first ever face to face meeting of the Taskforce. The main aim of the meeting is to finalise a strategic plan for 2010. Activities will be planned to coincide with *2010: The Year of the Lung* and aim to raise awareness about COPD nationwide.

The Taskforce is still on the lookout for new members, so if you have COPD, or care for someone with COPD and think you might be interested in joining, please contact Karen Wright at The Australian Lung Foundation on 07 3251 3637 or email projects@lungfoundation.com.au for further information.

• New Resources

We are pleased to announce revision of two of our brochures, *Tuberculosis*, and *Quality of Life through Patient Support*. If you would like to receive a copy of either brochure, please contact us on 1800 654 301.



A new resource has been published by Boehringer Ingelheim/Pfizer for patients with COPD who have been prescribed Spiriva (tiotropium). The booklet entitled "*Managing COPD with Spiriva*" contains information to help understand COPD, advice on living better with COPD and information about the medication. Ask your GP or pharmacist for a copy or call Boehringer Ingelheim/Pfizer on 1800 226 315.

Save your breath: Information for people recently diagnosed with COPD

is a new booklet that provides those recently diagnosed with COPD with helpful information to help them manage their condition. It will be available to patients free of charge. Health providers wishing to order multiple copies will be charged \$3.00 per copy plus postage. For further information or to obtain a copy, call Kylie Hetherington on 07 3251 3600, or go to our website www.lungfoundation.com.au where you can download the Patient Education Leaflet Order Form.



Getting started on home oxygen. This detailed resource is still in development and is expected to be available mid-year. It will cover important subjects including: Understanding your equipment; Understanding how oxygen helps some people and not others; and Living with oxygen. Further details on its release will be in the August newsletter.



COPD Patient Taskforce Member Profile – Judith Anne Hart, Queensland

My journey with asthma, and over these last few years with COPD, has been life-long. I suffered my first asthma attack at 14 months of age and my first respiratory arrest aged 12. Difficulties with breathing are my earliest memories, together with visits to emergency departments

and frequent admissions to hospital. Until the last two years, I spent several months each year in hospital – my hospital room was my second home and, on many occasions over the years, my office. I have never smoked cigarettes, never used drugs and I only drink alcohol occasionally.

Asthma attacks disrupted my schooling, social life and my professional life. I did not have any respect for my illness until the mid-1990s when asthma really began to impact severely on my daily life. I viewed asthma as a nuisance and exacerbations as something to be overcome as quickly as possible. I sought treatment just to get back on my feet quickly and to get back to work. As my exacerbations took longer to overcome, I began to listen to my body and finally gave it the time it needed to heal itself. My professional life in public relations, special events planning and health promotion in the alcohol and drugs field was always fettered by my ill-health and, for over a decade, I ran my own business, mainly to assuage my guilt about being ill so frequently.

In 1986, I commenced consultations with a brilliant, young, self-confident thoracic physician who was very progressive and forward thinking in his professional approach and had a positive attitude to life. He assured me that a better quality of life could be achieved and he worked relentlessly to ensure that this occurred. As a result of his perseverance, I now have a strong will to live and a wonderful quality of life, considering the state of my lungs. Constant exercise, dramatic weight reduction and a major change in diet have been the catalysts for the improvement in my general health and the reduction in hospitalisations. I owe my life to the help and support of a brilliant team of clinicians at the Mater Private Hospital in Brisbane and my general practitioner. I attend three 60-90 minute sessions of pulmonary rehabilitation each week at the University of Queensland, The Wesley Hospital and the Royal Brisbane and Women's Hospital. I swim each afternoon for 45 minutes and walk for 45 minutes on the days I do not attend rehabilitation sessions.

I was forced to retire in early 2003 due to my health, and my lungs have loved the flexibility that retirement has afforded. Looking back on my professional life, I often wonder how I achieved what I did. I firmly believe I am alive and enjoying a good quality of life only because I have had access to top class medical care throughout my life and had parents who did not treat me as an invalid. As a member of the COPD Patient Taskforce, I enjoy the monthly teleconferences and the ongoing work undertaken to ensure that COPD continues to be a topic of discussion at local community, State and Federal government levels. Together we can ensure it remains on everyone's agenda so that education, support and services around Australia continue to be improved.

• The Kylie Johnston Lung Cancer Network (KJLCN) Update

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



Matt Pusey Walk 2010



The Australian Lung Foundation is proud to support two young Melbourne men, Jarrad Archer and Sam Foote who will walk in memory of their mate, Matt Pusey, a 33 year old never smoker who died from lung cancer in November 2008. Matt gave inspiration and support to many people affected by lung cancer, and helped raise funds for patient/carer support initiatives. Our walkers will raise awareness about lung cancer, as well as much-needed funds so that more people living with lung cancer can have access to a specialist nurse – something Matt as a lung cancer patient felt very strongly about.

Jarrad and Sam will cross the finish line at the Opening Ceremony of the Australian Lung Cancer Conference in Melbourne on Thursday 7 October 2010.

To support our walkers, you can make a donation on our website – www.lungfoundation.com.au

If you would like to be involved in this major event as a sponsor or supporter please contact Kerrie on 07 3251 3641 or email kerrie@lungfoundation.com.au

**Save this date...
but only if you love a good laugh!**

Gala Lunch for Lung Cancer
Friday 12 November 2010
Sebel and Citigate Hotel Brisbane

Further details will be available shortly.

• World COPD Day



Please make a note on your calendars – World COPD Day is Wednesday 17 November this year. In 2010: *The Year of the Lung*, we are hoping to surpass last year's World COPD Day achievements with more groups coordinating events around the country and more people using the event to raise awareness about Chronic Obstructive Pulmonary Disease and getting involved in their local areas. Once again, the Lung Foundation will be promoting our signature event, the **Catch your Breath...Walk for COPD**. We will also be supporting all participants with the provision of educational resources, balloons, posters and event t-shirts. We encourage everyone to get involved – whether it's organising an information display in your local hospital, library, pharmacy or shopping centre, a walking event incorporated into your usual scheduled exercise program, lung function testing, bowling or Tai Chi. If you have a great idea for an event, or a new way to engage your community members, please contact Karen Wright on 07 3251 3637 or email projects@lungfoundation.com.au. Registration information will be available later in the year.

Our Everyday Hero – Roy Martin

COPD patient Roy Martin and his wife, Debbie, will be competing in the upcoming Sydney Sun Herald City 2 Surf Fun Run to be held on Sunday 8 August. A keen runner and sports enthusiast, Roy ran in the inaugural City 2 Surf when he was only 14 years old and he is excited to be



competing again on the 40th anniversary of the event. Roy is confident that few other participants can boast competing in both events. Although Roy has COPD, he refuses to be a slave to it. Due to ongoing shortness of breath, Roy, a smoker for almost 40 years, went cold turkey and quit the habit. He now keeps active and enjoys running with Debbie. Roy is testament to the fact that life goes on after a diagnosis of COPD and that, with regular exercise, you can continue to enjoy the things you love. We are calling on our readers to join Roy on 8 August to walk or run in the City 2 Surf. Roy hopes to raise much-needed funds and awareness of COPD through the Everyday Hero campaign. If you wish to send Roy a message of encouragement and make a donation, please visit the Lung Foundation website www.lungfoundation.com.au and click on the link which will take you straight to the site. We wish Roy and Debbie every success!

• Flu Season is Approaching - Understand your Influenza Risk

Influenza experts joined together in early April to remind Australians that influenza is not just a risk for older Australians, with national data showing that 80 percent of those hospitalised annually with suspected or confirmed influenza are younger than 65 years of age. "Many people under 65 years are not aware of the risks from contracting influenza, or the benefits of having the vaccine," said Dr Alan Hampson OAM, Chair of the Influenza Specialist Group (ISG) and consultant to the World Health Organization (WHO).

"Now is a good time to speak with your GP about influenza vaccination, particularly as many people under 65 are now eligible for a free seasonal influenza vaccine," said Professor Lou Irving, ISG Director and Director of Respiratory Disease at Royal Melbourne Hospital. "You can also access the Influenza risk assessment tool available at www.influenzaspecialistgroup.org.au/influenza-risk-assessment-tool to assess your own risk."

• Patient Support around Australia

WA

News from WA is that LISA (Lung Impaired Support Association) joined forces with the Lung Institute of WA (LIWA) in August 2009 and group members have decided on a change of name to LIFE (Lung Information and Friendship for Everyone). Group co-coordinator, Jenni Ibrahim says, "LIWA is a lung research organisation and LISA has become its community support arm." The group's monthly newsletter, "LISA News" has also changed its name to "Breath of LIFE". Jenni says that the WA patient support groups have regular contact with one another, "In WA we are so far from everyone else and support groups have to be fairly self-sufficient. Leaders of WA support groups (LIFE, Bentley Bronchiatrix and Altone Improvers) meet regularly over lunch to share news and ideas about group activities, forming a sort of support group for support group organisers. We also keep in touch with the Huffers & Puffers at Royal Perth Hospital and the South West Impaired Lung Support group in Bunbury."

For more information and contact details of any of the WA support groups, please call the Lung Foundation on 1800 654 301.

NSW

We are pleased to report the formation of a new support group, Breathless Not Helpless in Lithgow. The group meets on the first Thursday of the month at 12.00pm at Club Lithgow. Please contact Claire Mandel on 02 6351 3015 for more information.

The Murray Wheezers from Albury/Wodonga have organised some enjoyable outings including a bus trip to Yarrowonga, a cruise on Lake Muwala and a barbeque. Interesting speakers at their monthly meetings have included Maureen Klinberg from Albury Base Hospital who spoke about health management and motivation. Future guest speakers include a local chiropractor and paramedic.

HARPS (Hunter Area Respiratory Patient Support) in Newcastle is on the look-out for new members. The group meets bi-monthly at the John Hunter Hospital and their next meeting is on 21 June. For all enquiries, please phone John Essex on 02 4958 3975.

NT

Thelma Nicholson from the NT Breatheasy S.T.A.A.R.S. reports that the group is temporarily meeting at Palmerston Sports Centre due to the refurbishment of Palmerston Community Centre. The group meets on alternate months with a social activity in between. In April, the group organised a sausage sizzle at Bunnings in Palmerston to raise awareness of lung disease, the work of The Australian Lung Foundation and to raise the profile of the group.

QLD

The Bundaberg and District Lung Support Group is having a special celebratory luncheon to mark their 10th Anniversary. Founding members of the group, Margery Coomber, Roy Bateman, Jack Mordue, Barry and Joan Payne, Lorris Garnham and Shirley Jarrett will be honoured with the award of Life Membership. Over the years, the group has grown to 58 financial members and provides a supportive environment for those affected by lung disease in the Bundaberg area.

The Maroochydore branch of Breathe Ezy Sunshine Coast was delighted to welcome back Tom Aitken as group coordinator after a recent absence through ill-health.

VIC

Neilla Wall from the Waverley COPD Support Group reports that the group's activities consist of fortnightly exercise classes, which are monitored by the coordinators of the local pulmonary rehabilitation program, and monthly meetings for social get-togethers and to hear presentations from guest speakers.

In April, the Ballarat District Respiratory Support Group organised a bus trip to meet the members of the Hamilton Respiratory Support Group for lunch. After lunch, the group enjoyed a laughter therapy session before the homeward journey. The group is grateful for the support of Uniting Care who provided the use of their bus.

TAS

The Australian Lung Foundation is extremely grateful for the ongoing support provided by Lungs in Poor Shape (LIPS). The group attended the Breath of Life Music Festival Gala Dinner where a \$1000 donation was presented to the Lung Foundation.

A new support group will shortly be starting up in Rosny Park. The group plans to have their first meeting in June and will meet on the third Thursday of the month at Clarence Community Health Centre. For more information, contact Lyn Joseph on 03 6222 8308 page 6152.

SA

In April, the Northern Windbags attended the Health and Housing Expo in Elizabeth Park. The group manned an information booth to raise awareness of lung disease, the work of The Australian Lung Foundation and their support group. Group leader, Barbie Prime says that she and her helpers were pleased to have another opportunity to wear their green World COPD Day t-shirts with pride. The group is currently in the process of planning a dolphin cruise for their members.

WestAir recently held their AGM which was attended by 32 members and 1 dog! At the meeting, Marilyn Miller was elected Secretary and Carol Hallam was elected to the Committee vacancy left by May Perks who, after many years of tremendous service, was unable to continue due to ill-health.

ACT

The Canberra Lung Life Support Group has been busy over the last few months, planning their annual program of monthly guest speakers and other events. Informative presentations at their meetings have included the regulation of medicines and planning for a funeral. The group, through the efforts of Caroline Scowcroft, is becoming more involved in promoting lung health issues in the community. In late March, the group attended a local Seniors Expo and has been actively promoting *2010: The Year of the Lung*. Another issue of interest is the problem of increased pollution in Canberra's atmosphere in winter due to wood smoke. The group was pleased to see that the ACT Government has increased the rebate to help reduce the number of wood heaters in the community. For further information about the group, contact Helen on 02 6281 2988 or cottenhe@hotmail.com

Diary Dates 2010

National Tree Plant for Lung Cancer Day	29 August
LungNet Education Day Qld	15 September
LungNet Education Day Tas	September (tbc)
LungNet Education Day Vic	6 October
Australian Lung Cancer Conference (Melbourne)	7-9 October
World Spirometry Day	14 October
LungNet Education Day NSW	21 October
Lung Health Awareness Month	November
LungNet Education Day SA	10 November
World COPD Day	17 November
Corporate RiverRun (Brisbane)	25 November

• The Lighter Side

by Larry Emdur

Hello everyone,

As we know, people deal with tough times in many different ways. What I've really enjoyed about this column over the past five years is hearing about your triumphs big and small over adversity. It's always been said that laughter is a wonderful medicine and month after month I've been touched by the way so many of you can find "the lighter side" and be so enthusiastic to share your experiences, feelings or just a joke with us. It's 81-year-old Teresa Iddon's turn to put a smile on our faces. Teresa has written over 100 poems, this one is about her time at the John Hunter Hospital in Newcastle.



Sayings and Clichés

'Twas two weeks before Christmas and I was in strife
Gasping for air and clinging to life
I sent for the Ambos not feeling brave
Thinking that I had 'one foot in the grave'

We got to the hospital only to learn
In 'God's waiting room', you still go in turn
They said, "We'll soon have you sorted, stay there, you'll
be right
We'll get you a bed, perhaps by tonight"

They started at 10 in the morning, pricking and prodding
The third degree came with a lot of head nodding
"When is your birthday and vot is your name?"
They wanted to check if I still had a brain

"Who's the Prime Minister and what's today's date?"
I couldn't care less, I'm in a slobbering state
It's "Take this tablet, I'm changing your pill
You've just had a flare-up. That's what made you so ill"

So I stopped 'knocking on Heaven's door'
I think I even started to snore
But the nurses had lots of stuff to do
Injections and x-rays to name only two

I spent 5 days in a hospital bed
"You can go home now" the good doctor said
We will come visit you, 'til you're feeling right
So CAPAC came calling, what a delight

Now I'm back to normal, (whatever that is)
Thanks to hospital, CAPAC and HITH
I've dodged the 'grim reaper'. He's well on his way
With his scythe and his stare and a "Hey Nonnie Nay"

Now that I'm back in the 'Good Life'
And certainly on the mend
'I'm keeping up appearances'
With a definite upward trend

So 'when I grow too old to dream'
Am my toes, they start to turn under
I'll admit I've had a 'good innings'
And I'll try my best not to chunder

So should this happen again, and I need your aid
I'll try to stay calm, remain unafraid
And instead of 'rattling those Pearly Gates'
I'll try to remember to bring you a plate

So God bless you all, you're a fantastic crew
If it wasn't for you, I'd be in a right stew
You all deserve praise and a big gold clock
But I hope you will settle for this box of chocs.

Teresa, I hope you smiled as much when you were writing it as we have while reading it. You have proven to us yet again, there's always a lighter side.

Larry

Sadly, after five years writing for LungNet News, this will be Larry's last *The Lighter Side*. With his television production schedule becoming busier, the demands on his time are ever-increasing. The Australian Lung Foundation thanks Larry most sincerely for all his efforts over the years and we wish him well for his future endeavours.

• 2010 Breath of Life Music Festival judged an outstanding success



The long-awaited 2010 Breath of Life Music Festival took place in Devonport, Tasmania during the last weekend in March, the aims of the event being to raise money for research into pulmonary fibrosis and promote lung

health using music as the medium. The three day event included an all-day concert, Gala Dinner/Charity Auction and a workshop for students interested in a career in the music industry. The concert played host to some of Australia's biggest musical names, as well as some up-and-coming bands from Tasmania's north-west. Rock legends, Jimmy Barnes and Diesel, country music stars, Kasey Chambers, Troy Cassar-Daley and Beccy Cole and jazz singer, Deni Hines all donated their time

to entertain a crowd of more than 4000, as did Darryl Beaton, Brett Budgeon, Shoe, The Stoics, Halfway to Forth and Mad Intentions, plus local students from Reece High School. The Gala Dinner proved to be a sell-out, with entertainment provided by Diesel, students from Reece High School and Halfway to Forth. More than \$20,000 was raised from the Charity Auction.

The Australian Lung Foundation especially thanks the Breath of Life Music Festival Coordinating Committee members and volunteers who all put in extraordinary effort, particularly in the week leading up to the concert. Of particular note was the input by David Sykes and Michael Lizotte. We also thank the key partners and sponsors of the event - Reece High School, RiverCity Records, Gateway Quality Inn Devonport, Essentially Mobile, Formby Road Motors, Virgin Blue and Chickenfeed Bargain Stores. Without the support of these businesses, plus a myriad of other media, business, industry and government organisations, the Breath of Life Music Festival would not have been such a success.

Vale to Helen Cayas

The Australian Lung Foundation is deeply saddened by the passing of Helen Cayas on Wednesday 24 March after a courageous battle with lung cancer. Whilst living with lung cancer, Helen raised more than \$30,000 for The Australian Lung Foundation by hosting two "Lunch for Lung Cancer" events with the support and generosity of her vibrant Greek community of family and friends in Sydney.



A quote from Helen's 2009 Lungevity Story sums up the way she chose to live her life, "I am extremely grateful for this time to accept, reflect and make adjustments to my life and my family's lives. It is a proud and defining time to still be here, to see your family coming to terms with something which was so devastating to begin with. To have open, exhausting discussions about life and death - a subject that we were too scared to even approach beforehand. The chance to share your most intimate moments with people you love. What a blessing! The most rewarding of all experiences so far has been sorting through my own personal myriad of feelings and emotional states and embracing my own spirituality. There is no room for hysteria, denial, victimisation or despair."

We extend our sincere sympathies to Helen's husband, Dennis and her three beautiful children George, Renee and Alissa.

New Lung Cancer DVD – Lung Cancer: Understanding-Managing-Living

This new resource provides comprehensive information for those affected by a lung cancer diagnosis. It includes information from an expert team of health professionals involved in caring for people with lung cancer, as well as personal experiences from patients and carers. If you have been affected by lung cancer, this DVD may help you. You can view the DVD, or order a free copy via our website www.lungfoundation.com.au The DVD may also be a useful resource for health professionals in their clinical work.



Alpha-1 Association of Australia - Supporting Aussie Alphas

Alpha-1 antitrypsin deficiency (A1AD) is a disease caused by a defective gene restricting the amount of alpha-1 antitrypsin protein being released by the liver. This can cause liver disease, genetically inherited emphysema in later life, or other less common manifestations such as panniculitis. A1AD is one of the most misdiagnosed conditions in the world, even though 2% of people carry a defective gene. For more information about A1AD and further contact details, visit the Alpha1 Association of Australia (AAA) website www.alpha1.org.au where you will also find a link to the AAA's associated online discussion group. Alternatively, write to AAA, PO Box 651 South Perth WA 6951.

Lungs in Action begins to roll out

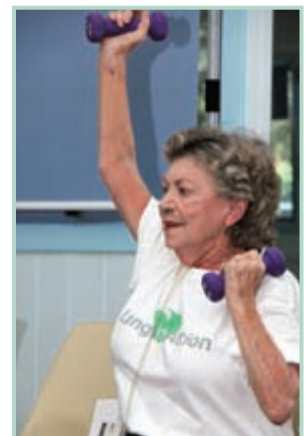


Lungs in Action is a community-based exercise maintenance class suitable for people with stable, chronic lung conditions who have completed pulmonary rehabilitation. These safe, fun and affordable classes are conducted by qualified Fitness Instructors who have been specially trained by The Australian Lung Foundation, in conjunction with pulmonary rehabilitation physiotherapists who act as mentors.

The pilot study, which began in June 2008, officially finished in January this year. However, data collection is being continued at least until the end of June 2010. Currently, there are 40 participants in the pilot programs located in Cairns and on the Gold Coast and data has been collected at baseline, 3 months, 6 months and 12 months. This data includes exercise capacity (6 Minute Walk Test) and St George Respiratory Questionnaires. Two new classes have recently opened on the Gold Coast, making a total of three locations in the area. A further three programs are in the process of being rolled out in Brisbane (Bowen Hills, Redcliffe and Lota) and there has been

significant interest from NSW and Victoria as the program begins to be rolled out nationally.

The training program combines online theory and assessment with a practical component that is delivered in conjunction with the Instructor's local pulmonary rehabilitation (PR) program, utilising willing PR physiotherapists as mentors. The mentoring process enables physiotherapists to have input into the design of the Lungs in Action class and assists in the professional development of the Instructor. The advantage for the Fitness Instructors is that they have a mentor, as well as a regular referral stream from the PR physiotherapist.



If you are a physiotherapist and are interested in mentoring an instructor and implementing a Lungs in Action class to follow on from your PR program, email Elizabeth Harper at lungsinaction@lungfoundation.com.au for more details. If you are a client who would like to register interest in attending a class, please call 1800 654 301.