



## Lung Function Tests

**Debbie Zagami, Respiratory Scientist, Gold Coast Hospital**

Why perform lung function tests or breathing tests? Well, there are many good reasons, including investigating symptoms such as shortness of breath, wheezing, or a nagging cough, monitoring the progression of a lung disease and to see if treatments (like inhalers or puffers) are working.

I'm sure many of you have heard about lung function tests or undertaken one (or more) yourselves. The tests usually involve breathing in and out through a tube or mouthpiece which is connected to a computer. There are many different devices that can measure your breathing ranging from tiny digital machines that you can hold in one hand to large space-capsule-looking boxes you sit in.

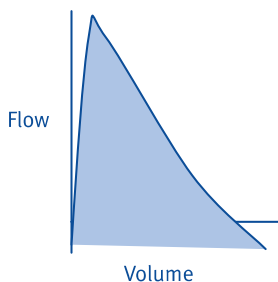
If you have ever seen the print-out of your test results, you will know that there are many numbers on it and usually a picture. This picture is a graphical representation of one of your test results called 'spirometry'.

Spirometry is the most commonly performed test in lung function laboratories worldwide. The reason for this is the amount of information that can be gathered from a reasonably simple, non-invasive and inexpensive test. Spirometry measures how fast you can empty air out of your lungs (flow) and how much air you can blow out (volume).

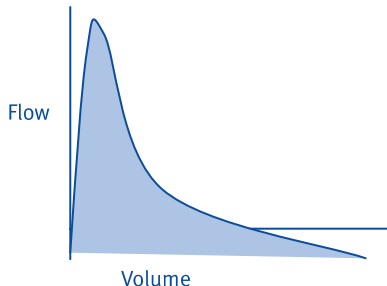
As you can see from the picture, a spirometry curve in a healthy individual with no lung disease looks like a right-angled triangle. In lung disease, the shape of the curve often changes. For example, COPD (Chronic Obstructive Pulmonary Disease) causes the shape of the curve to become scooped-out or "concave" in appearance.

Sometimes, after performing the spirometry test, you will be asked to use a puffer such as ventolin. This is to see if the volume (or amount of air you can blow out) increases. In some people, ventolin relaxes the muscles in the airways which widens the breathing tubes, allowing air to flow more freely.

**SPIROMETRY GRAPH OF A PERSON WITH HEALTHY LUNGS**



**SPIROMETRY GRAPH OF A PERSON WITH COPD**



### Plethysmographs

I've heard this piece of equipment called many things (some not very nice!) but its real name is the 'Plethysmograph'. It's a bit of a mouthful, so it is commonly referred to as 'The Box'.

The box enables your total lung capacity (TLC) to be measured, which is the maximum volume of air your lungs can hold. To perform the test, the box door must be closed. After breathing normally for a few breaths, you are asked to gently 'pant' in and out through a tube. The TLC measurement gives your doctor useful information about the severity of your lung disease.



The diffusion test (DLCO) measures how efficiently the air sacs in your lungs (alveoli) are giving oxygen to the rest of the body. This test requires you to take a deep breath in very rapidly and then hold it for 5 to 10 seconds. If your diffusion result is low, it suggests there has been some damage to the air sacs in your lungs. Diseases such as emphysema and fibrosis can damage the alveoli.

The six minute walk test involves walking up and down a corridor or flat surface for up to six minutes while your oxygen levels are monitored. You don't do lung function tests every day, but you do walk most days, so it is a good reflection of how your lungs are coping with everyday life. This test is sometimes performed before and after a pulmonary rehabilitation programme to see whether there has been an improvement in your ability to exercise.

In addition to those mentioned above, there are many more tests which can be performed in your local lung function testing laboratory. Your doctor will refer you for the most appropriate test(s) but it will usually involve spirometry.

Performing breathing tests can be exhausting even if you are well because they require maximal effort to get good results, but they are an excellent way of finding out how well your lungs are working, for tracking changes in your lung function over time and to see if treatment is working. They are a valuable tool in the management of lung disease.

So, take a deep breath and give it your best shot! There will be a friendly respiratory scientist encouraging you all the way!



# World COPD Day 2008

Karen Wright, Project Officer – COPD National Program, The Australian Lung Foundation

World COPD Day 2008 is on 19th November and this year is shaping up to be bigger and better than last year!!



At the time of publication of this edition of LungNet News, **40 groups** nationally are registered to participate on the day and half of these are coordinating a “*Catch your breath...walk for COPD*”. Some groups are coordinating shopping centre or pharmacy displays, library or hospital foyer information stands or even balloon blowing competitions, while several groups will be offering FREE spirometry. Those groups undertaking a walk are asked to tally the distances covered by their participants so that we can include them in our national total. Remember, it’s all about raising public awareness of COPD, its symptoms and prevalence in Australia.

We are keen to support all event coordinators, so if you are considering organising an event, please get in touch to obtain the group registration form and resource and t-shirt order forms. We can also assist you to engage your local media (TV, radio and newspaper) to cover your event. In 2007 we achieved 82 separate local media stories, which is a fantastic achievement.

If you can’t manage to organise your own event but you want to join an event near you, please go to our website [www.lungnet.com.au](http://www.lungnet.com.au) and click on **About World COPD Day** under the **COPD** menu. Events are listed under the **World COPD Day events** option with information about each event, its location, the nature of the event, along with the name and contact details of the event coordinator.

For further information or to register your interest, please contact Karen on 07 3622 2300 or [projects@lungnet.com.au](mailto:projects@lungnet.com.au)

## COPD Patient Handbook

Heather Allan, Executive Director – COPD National Program, The Australian Lung Foundation

A new patient guide for people affected by Chronic Obstructive Pulmonary Disease (COPD) will soon be available. The guide, entitled “*Living Well with Chronic Obstructive Pulmonary Disease: A Patient Guide*” is the result of a collaboration between Queensland Health and the Australian Lung Foundation. Available on our website, [www.lungnet.com.au](http://www.lungnet.com.au) the guide will:

- Provide useful information about how to live well with COPD
- Offer practical hints about what people with COPD can do to improve their well-being
- Act as a resource tool for people with COPD and healthcare professionals, particularly those living in regional and remote centres.



In 2007, the Queensland Health Statewide COPD Clinical Network identified the need for standardised, evidence-based information to be available to people with COPD. A collaboration with the Lung Foundation has made it possible to widen access to this resource to people regardless of where they live in Australia. From November, print-ready copies will be available on our website for health services to do their own print run should they choose to. The guide can also be downloaded by chapter for individual use.

For further information, contact Heather Allan at [heather@lungnet.com.au](mailto:heather@lungnet.com.au)

## COPD Patient Task Force Update

Bill Scowcroft, Patient Task Force Co-Chair, Canberra

The COPD Patient Task Force (PTF) meets monthly by teleconference to address issues affecting those with COPD and their carers. At each meeting, State representatives give an overview of COPD-related activities in their State. Some PTF members have made independent submissions to the Federal Parliamentary Inquiry on ‘Better Care for Carers’. Issues of concern for the PTF include the increasing waiting times for hospital-based pulmonary rehabilitation and the lack of continuing rehabilitation programs following hospital-based rehabilitation. Awareness, education and activism are required to address this deficit. The PTF has further suggested that more can be done to integrate ongoing pulmonary rehabilitation with community organisations such as the YMCA.

PTF member groups are carrying out a number of activities including an analysis of the issues involved in travelling

with oxygen, and the development of best practice for the management of COPD. Some members had the opportunity to meet with the National Health and Hospital Reform Commission (NHHRC) during its nation-wide consultations and some made formal submissions to the NHHRC. The ACT PTF member represented The Australian Lung Foundation at the biennial “Australia’s Health 2008” forum in Canberra; this forum provided an excellent overview of Australia’s healthcare system. The forthcoming World COPD Day is a major focus of attention. The PTF continues its concern about the provision of domiciliary oxygen. A/Prof Christine McDonald from The Austin Hospital has provided insight into the use of long term oxygen therapy (LTOT), indicating that more research is needed on the impact of LTOT and that a national register should be established to coordinate research.



# Australian Lung Cancer Conference

Glenda Colburn, Lung Cancer Consultative Group, The Australian Lung Foundation

2008 has been a very productive and extremely rewarding year for the Lung Foundation's lung cancer activities. Some of the major events for 2008 include:

## 2nd Australian Lung Cancer Conference (ALCC)

The 2nd ALCC, hosted by The Australian Lung Foundation was held at the Holiday Inn, Surfers Paradise on Queensland's Gold Coast from 21st – 24th August 2008. The Conference was a great success and attracted over 300 delegates worldwide. Five delegates from Nepal, Bangladesh, India and Malaysia each received travel scholarships of \$2000 to assist them in attending the Conference.

The scientific program, led by A/Prof Kwun Fong from The Prince Charles Hospital, Brisbane, brought together leading national and international lung cancer experts, (three from the USA and two from Japan) who spoke at the Conference and contributed to the program with information about the latest science, research and clinical data pertaining to lung cancer. The Conference was also an opportunity for lung cancer professionals to share the most up-to-date research and information on the science and treatment advances. Delegates from a wide range of disciplines participated including physicians, surgeons, GPs, medical oncologists, radiation oncologists, nurses, palliative care staff and consumers.

Held on a bi-annual basis, preparations are already underway to create a successful 3rd Australian Lung Cancer Conference in 2010 somewhere in NSW!!!



Volunteer, Mrs Gail Alvarez helping at The Australian Lung Foundation's stand at the ALCC

## Australian Doctors Orchestra Concert

In late 2007, the Australian Doctors Orchestra (ADO) identified the Lung Foundation as the beneficiary of their 2008 Charity Concert. The Concert was held on 24th August 2008 at Bond University on the Gold Coast and was attended by approximately 450 people, raising over \$5000 for the Lung Foundation.

The Lung Foundation is indebted to the efforts and organisational skills of Dr Lindy Clarke (pathologist at The Prince Charles Hospital and skilled cello player) who devoted a huge amount of time and energy to ensure the success of the Concert.

We would also like to thank those companies who supported this event: Bond University, Moreton Hire, Top Dog Advertising, Theme & Variations Piano Services, Queensland Youth Orchestra, Brisbane Symphony Orchestra and Brisbane Grammar School – this event would not have been possible without your support.

## November – Lung Cancer Awareness Month Plant a Tree for Lung Cancer

November is Lung Cancer Awareness Month and this year, as part of a major awareness campaign, the Lung Foundation has partnered with the Brisbane City Council (BCC) to plan a community planting of 7000 trees to represent the 7000+ Australian deaths each year from lung cancer. BCC has adopted this project as a major focus for the second half of 2008 and is contributing significant resources to its success. It has also pledged ongoing support, estimated to be a four year commitment, and will ensure that the planting area is maintained to bring the trees to maturity.

Lord Mayor Campbell Newman will attend the day along with other key Government personnel, some of whom have been touched by lung cancer. In conjunction with this event, the Lung Foundation will launch a poster series highlighting the many faces of lung cancer and that the disease does not discriminate between young, old, male or female.

If you would like more information on this event, please contact Glenda Colburn at [glenda@lungnet.com.au](mailto:glenda@lungnet.com.au)

## Vale to Marion Reece



It is with great sadness that we advise of the passing of COPD Patient Taskforce member, Marion Reece from South Australia. Marion lost her battle with COPD and asthma on 28th July 2008 – her 58th birthday. Marion had been a member of LungNet since its inception and was an active volunteer on The Australian Lung Foundation's COPD Patient Taskforce. In addition to her work with the Lung Foundation, Marion was a member of a chronic disease steering committee designing pathways to improve health care for people with COPD. She had an association with the Asthma Foundation South Australia and Arthritis Australia where she was a volunteer tutor in chronic disease management.

Marion had a degree in Social Studies from the University of Adelaide and co-authored several publications at Flinders University. Marion had previously been hospitalised about 110 times over a ten year period which had a significant impact on her life. However, she organised an exercise plan and looked after her diet and was able to turn her life around. In recent years, she had only been hospitalised three or four times. Life threw everything at her but Marion always came through with a smile and was always willing to help others. She will be missed by all who had the pleasure of knowing her. Marion leaves behind two sons and a daughter and their extended family.





# From the CEO's Desk

Dear LungNet News Readers!

Welcome to the November issue of LungNet News. It's hard to believe it is almost Christmas and that we are already preparing for the festive season.

## Christmas Cards and Seals

In this edition, you will find enclosed the Lung Foundation's 2008 Christmas card order form and the traditional sheet of Christmas Seals. Once again, we have benefitted from the generosity of gifted artists, and this year the Royal Brisbane Children's Hospital School has developed the designs.

Please consider making a tax deductible donation to our Seals Appeal. As you will be aware, the Lung Foundation does not receive any on-going Government funding and relies almost entirely upon the generosity of the public and corporate sectors in order to provide our vital services. If you would like to purchase cards, please return your completed order form, or visit [www.lungnet.com.au](http://www.lungnet.com.au) to order online.

## Lung Health Awareness Month

This year, the Lung Foundation has promoted November as Lung Health Awareness Month where we will draw attention to a number of lung diseases within the scope of our activities. You will read more about the events, which include World COPD Day, Lunch for Lung Cancer and Plant a Tree for Lung Cancer, elsewhere in the newsletter.

## ASX Reuters Foundation Fundraising

The Lung Foundation has been designated one of the beneficiaries of the ASX Reuters Foundation fundraising for 2008-2009. Fundraising events include an annual golf tournament, a sailing regatta, a charity auction and an art union. The Lung Foundation assists with events by providing volunteer support. Included in LungNet News is a flyer promoting the Art Union – we have 210 books of tickets to sell and all monies raised will come to the Lung Foundation. Please contact our Director of Development (Margaret Goody on 1800 654 301) for tickets and further information.

## Lobbying Update

In early September, in the company of A/Prof Kwun Fong, thoracic physician at The Prince Charles Hospital (Brisbane) and Liz Simons, volunteer lung cancer consumer advocate with the Lung Foundation, I met with the Federal Minister for Health, the Hon. Nicola Roxon to put our case for the establishment of a Lung Cancer Institute and accelerated research into the early detection of lung cancer. It is early days yet and we will continue to advocate on these matters.



Nicola Roxon, William Darbishire, Liz Simons, Kwun Fong

The Lung Foundation recently headed a delegation to meet the Hon. Jenny Macklin, Federal Minister for Families, Housing, Community Services and Indigenous Affairs to advocate for a respiratory service in the Northern Territory (NT). As our NT readers will know, there has been no formal respiratory service in the NT for approximately nine years. I was accompanied by Professor Rob Pierce and A/Prof Graeme Maguire (who both have considerable experience in NT health matters through their time working with Aboriginal and Torres Strait Islander communities) to lobby Minister Macklin for assistance in this important initiative. Since our visit, the NT Government has advertised for a respiratory physician based in Darwin.



William Darbishire, Rob Pierce, Jenny Macklin, Graeme Maguire

## New COPD Economic Impact Report

The COPD Economic Impact Report will be released in November. The Report, commissioned by The Australian Lung Foundation and developed by Access Economics, projects the future prevalence of COPD; reports on the overall costs of COPD to the Australian taxpayer; and makes a series of recommendations for improved diagnosis and management. This information will form the basis for continued advocacy by the Lung Foundation to governments at Commonwealth and State levels. For further information, contact Heather Allan at [heather@lungnet.com.au](mailto:heather@lungnet.com.au)

## New Faces at The Australian Lung Foundation

I am delighted to announce the appointment to the team of Monique Oosthuizen as Director of Operations; Kristin Peters as Project Coordinator for the 'Lungs in Action' pilot projects (Cairns and Gold Coast, Qld); and Phoebe Kearey as Research Associate for the COPD Pharmacy Screening pilot project (Hunter Valley, NSW).

I am also pleased to announce that at the August meeting of the Lung Foundation's National Council, two new councillors were elected. We welcomed Prof Phil Thompson from Western Australia who joins as the Thoracic Society of Australia and New Zealand (TSANZ) representative (Prof Thompson will assume presidency of the TSANZ in 2009), and Dr Bill Scowcroft, joint chair of the COPD Patient Taskforce who brings a consumer perspective to the Council.

## Seasons Greetings from all at The Australian Lung Foundation

We would like to extend our best wishes to you and your family for the festive season and for a healthy and prosperous 2009. Thanks to all our volunteers and financial members for the help you have given us during 2008. Without this, we could not achieve the steps forward we make in our battle to advocate for those impacted by lung disease.

Yours Aye  
**William Darbishire**



# The Kylie Johnston Lung Cancer Network (KJLCN) Update

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

## Kylie Johnston Lung Cancer Network (KJLCN) Nurses Workshop

As part of the Australian Lung Cancer Conference (ALCC), more than 60 lung cancer nurses/coordinators throughout Australia and New Zealand attended the inaugural KJLCN Nurses' Workshop. The purpose of the Workshop was to provide a day of professional development, information sharing and networking to lung cancer nurses who care for patients in hospitals and cancer centres in major cities and regional and remote areas. The KJLCN sponsored the attendance of Rural Cancer Nurse Coordinator, Frances Ferguson from Greater Western Area Health Service in Orange. The Workshop was an outstanding success in terms of attendee numbers and delegate feedback, with new connections and friendships being forged both at the Workshop and throughout the ALCC.



*Rural Cancer Nurse  
Coordinator,  
Frances Ferguson*

## Roslyn Hogan Early Detection of Lung Cancer Research Award

Another highlight of the ALCC was the presentation by lung cancer advocate and fundraiser, Mrs Roslyn Hogan, of the Award named in her honour. Mrs Hogan, a four year survivor of stage 4 lung cancer, presented grants to Dr Daniel Steinfort of the Royal Melbourne Hospital and Peter MacCallum Cancer Centre in Melbourne and Dr Phan Nguyen from The Royal Brisbane and Women's Hospital. Both will conduct PhD research into the early detection of lung cancer. Mrs Hogan and her community of friends and family raised \$30,000 through a number of fundraising events including a very successful "Lunch for Lung Cancer" to mark Roslyn's 60th birthday in March 2007. The Lung Foundation was delighted to contribute the remaining funds to enable the creation of the Award worth \$105,000 over a three-year period.

Mrs Hogan was herself the recipient of an Award, and she was presented with a Volunteer Award from the Lung Foundation in recognition of her fundraising achievement.



*Roslyn Hogan receiving  
her Volunteer Award*

## Lung Cancer On-Line Forum

The Australian Lung Foundation has launched a **Lung Cancer On-line Forum** on its website [www.lungnet.com.au](http://www.lungnet.com.au) to enable patients, carers and family members to share news, empathetic support and practical information. This initiative will be particularly useful to those living in regional or remote areas. A **Lung Cancer Nurses Forum** is also available to provide an on-line platform to enable the sharing of information, experiences and management strategies.

To participate, simply register on the LungNet website, log on, click the **On-line Forum** menu on the left hand side of the Home Page, select the appropriate Forum and submit your information as a new post. Please note that the Forums are moderated to ensure that the content is appropriate. Should you require assistance, please contact Kerrie on 07 3362 2355 or email [kerrie@lungnet.com.au](mailto:kerrie@lungnet.com.au)

## Do "Lunch for Lung Cancer"

Heritage Building Society in Queensland is *doing it*, Marist College in Brisbane is *doing it*, the Lung Foundation is *doing it* – and we invite you to *do it* and organise a "Lunch for Lung Cancer". Funds raised from these events will go towards the long-term goal of appointing a clinical nurse accessible via a 1800 number. The Lung Foundation is actively promoting the "Lunch for Lung Cancer" event throughout Lung Health Awareness Month in November and what better time to have a charity lunch than on Melbourne Cup Day? Guests are generally more than happy to contribute a little of their punting money to a worthy cause. Your "Lunch for Lung Cancer" can be as large or as intimate as you want to make it. You can register your lunch via our website [www.kjlcn.org.au](http://www.kjlcn.org.au) and clicking on **Fundraising**.

# News from the World of Orphan Lung Disease

**Juliet Brown, LungNet Information & Support Centre Coordinator & Executive Officer of The Australian Lung Foundation's PIVOT Group**

Since I last wrote, the PIVOT Group convened for a teleconference which took place on 23rd July. The main topic on the agenda of this meeting (and will be for the foreseeable future) is the development of the Orphan Lung Disease Registry, which has been christened ARNOLD (Australasian Registry Network for Orphan Lung Diseases). The project is making good progress under the guidance and expertise of PIVOT member, A/Prof Adam Jaffe from the Sydney Children's Hospital. A website is in the process of being established and further news will be available shortly.



Other PIVOT news is that A/Prof Eli Gabbay has decided to stand down as Chairman of the Group although he will remain as a PIVOT member. His role will be assumed by Dr Ian Glaspole. The Australian Lung Foundation would like to thank Eli for his hard work and

commitment over the last few years and welcomes Ian as Chairman.

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



# Patient Support around Australia

## ACT

The 'Canberra Lung Life Support Group' has had excellent guest speakers in the past three months, including Richie Talbot, a physiotherapist from The Canberra Hospital, who spoke on the use of breathing and measuring devices to help manage lung disease; Kate Pumpa, a dietician and exercise physiologist who emphasised how to stay fit while managing COPD; and Katy Gallagher MLA, ACT Minister for Health who discussed ACT Health policies on managing chronic disease and domiciliary oxygen. Group members recently collaborated in a training and experience module for the physiotherapy students at the University of Canberra. Fun activities included an offbeat 'Christmas in July' lunch and indoor carpet bowls at the ACT Southern Cross Club. The group meets on the second Thursday of the month at the Weston Club, Liardet St, Weston and produces a monthly e-newsletter for members. For more information, contact Bill or Caroline on 02 6282 6408, or email [billscowcroft@bigpond.com](mailto:billscowcroft@bigpond.com) or [cscowcroft@bigpond.com](mailto:cscowcroft@bigpond.com)

## NSW

'Taree LungNet Support Group' has again been the recipient of funding from the Greater Taree City Council's annual donations program. The Council makes the donations on an annual basis to recognise contributions to the development of community self-help and the provision of community services by locally-based non-profit groups. The group received \$500 for the purchase of a conserving device. Another cause for celebration was the group's 9th birthday on 15th July, which was marked by a lunch at the Lilli Pilli Restaurant at Cundletown. Congratulations and here's to many more successful years.

LungNet member and COPD patient, Alan Delaney of Cobar in far west NSW has told us that Cobar Community Health is in the process of developing its pulmonary rehabilitation program and he is deriving great benefit from attending. Following an exacerbation in late 2007 whilst in Sydney, Alan was treated at Royal Prince Alfred Hospital where he was advised to enrol in a pulmonary rehabilitation program when he returned home. He contacted Cobar Community Health regarding its pulmonary education program which had been running since 2004. They were able to obtain some funding for the purchase of equipment and are now also able to offer an exercise component. If you would like more information on the program, please call Sue Martin or Lyn Schultz on 02 6836 2113.

We are delighted to report the reformation of the 'Windjammers' support group in Forster/Tuncurry. For further information, contact Terry Fowler on 02 6554 6404.

## NT

Thelma Nicholson from the 'NT Breatheasy STAARS' reports that the first "Breeze for Life" pulmonary rehabilitation program at Royal Darwin Hospital was a great success. 17 participants attended and are continuing with ongoing maintenance. Thelma, along with Meg Jeffery and Phil McMahon from Royal Darwin Hospital are hoping to start up another program in Palmerston soon. The 'STAARS' group is holding its World COPD Day display at Casuarina Square on 19th November.

## QLD

The 'Breathe Ezy' Groups on the Sunshine Coast came together to hold their AGM on 1st September. As well as the usual AGM business, there were two guest speakers and a trade display of medical aids.

'Christmas in July' celebrations were held by members of the 'SWITCH' Group. A photo of members enjoying themselves was published in the local "Bayside Star" newspaper, together with an article on the group's activities lobbying government for subsidy for portable oxygen.

Another very successful LungNet Education Day was held on 3rd September at the Kedron Wavell Services Club with around 200 attendees. Presentations from guest speakers, A/Prof Kwun Fong (What's New in Lung Cancer?), Ann Mitchell (Laughter Therapy) and Debbie Zagami (Lung Function Testing) were well received by the attendees and the Lung Foundation is most appreciative of their support. Groups from as far afield as Lismore and Ballina in Northern NSW were up early and on the road to ensure they did not miss the day.

The 'Better Breathing Support Group' at Prince Charles Hospital will be taking part in regular ten pin bowling sessions on Monday mornings and have negotiated reasonable rates at the bowling alley in Aspley. If you are interested in finding out more, please contact Lillian Cusworth on 3865 1780.

## SA

We are sorry to report the passing of Jan Frantisek Staska, a member of the 'See Breathers' Support Group in Christies Beach. He is survived by his wife, Anne, two children and seven grandchildren.

We would also like to pass on our sympathies to the family and friends of Irene Asquith, long-time Committee member of the 'Puffing Hillies' Support Group in the Adelaide Hills who recently passed away.

## VIC

Exciting news from the Mornington Peninsula is that Peninsula Health is working toward integrated ambulatory health care and one of the three main chronic diseases under consideration is COPD. Members from 'Better Breathers' Mornington and Rosebud and 'Lungbusters', Frankston and District, participated in focus groups discussing the needs and the gaps from a patient perspective, with the report being presented to the Peninsula Health Board. As preventative care and early disease management reduces the risk of hospitalisation, this is good news for COPD patients. We anticipate good outcomes from this project.

As this newsletter goes to print, plans for the LungNet Education Day on 24th October are nearing conclusion. Support Group members are looking forward to the day and the excellent program. Due to the increasing numbers in recent years, the event will be held at a new venue, The Mulgrave Country Club, Wheelers Hill.

'Better Breathers' Mornington and Rosebud are planning their "Catch your Breath... walk for COPD" on World COPD Day at the beautiful Mornington Park and, with the support of local health professionals, expect success in raising community awareness of COPD.

## TAS

The Tasmanian LungNet Education Day took place on Saturday 6th September at The Grange in Campbell Town. The location, mid-way between Hobart and Launceston enabled LungNet members both north and south to come together to enjoy an enlightening and entertaining day. Once again, Tasmanian State Chair, Dr Jim Markos and State Coordinator, Lyn Joseph did a superb job of organising the event with a little help from Jenny Hose in the LungNet Information & Support Centre, and Juliet Brown who flew down from Brisbane to attend. In addition to the informative presentations from Dr Richard Wood-Baker (Pulmonary Fibrosis) and Melissa Wood-Baker (Diet & Nutrition) who both stepped in at short notice to present, and Bonnie Berenicki (Inhalers & Devices), attendees participated in a sing-along and enjoyed a demonstration of dancing to conclude the day. We look forward to seeing you all again in 2009.

The members of the 'LUST' Group recently joined forces with Asthma Tasmania and Cystic Fibrosis Tasmania to co-host a stand at the Rural Youth Agfest "field days". The aim was to raise awareness of respiratory conditions and the exposure to dust and airborne chemicals to rural workers. 'LUST' member, Brian Bean reports that the event was a great success and the group looks forward to attending next year.

## WA

We are sorry to report that the Albany-based support group 'HuffPuffers' is no longer running. This is due to the passing of a number of members and the relocation of coordinator, Marianne Winser to Newcastle, NSW to be close to her family. The Australian Lung Foundation would like to express its thanks to Marianne and the other members of the group for their hard work over the years and wishes Marianne well for the move.





# The Lighter Side

by Larry Emdur

Hi everyone,

I love the way that so many of you can find the lighter side in your day to day 'ups and downs'. Travelling for many of you must be especially difficult but one thing's for sure, we always get great yarns from our holidays.

Now you know what they say, "When in Rome, do as the Romans do"! Well surely that also means "When in Madame Tussaud's wax works, do as the wax works do." Right?

I'll let Reg Hunt explain:

*"Early on during our holiday in England, we purchased a walking stick that opened up into a fairly comfortable seat as at that stage I was having trouble walking any distance. It proved to be very useful and I often had envious looks from other fellow travellers. While we were seeing the sights of London and enjoying the spectacles at Madame Tussaud's wax works, I became short of breath and decided to rest, placing my seat along the side wall between a couple of the exhibits. After a while, I noticed people staring at me with questioning looks so I decided I had better move on or they might take my photo!!!"*

But Reg, imagine Lucy and Lionel from Liverpool getting home from their holiday, inviting all the family over to see the slideshow of them at Madame Tussaud's wax works. Them with The Queen, them with Kylie Minogue, them with Sir Elton John, them with Reg Hunt.....! C'mon Reg you should've stuck around.

We ventured out to the footy the other night. It was cold, crowded and noisy. But the man on the electric buggy, eating a pie and drinking a beer was having a great time. His team was behind most of the game but towards the end they began to fight back. He was yelling and cheering as loud as anybody else but before each cheer he'd have to take an extra gulp of his oxygen. This meant his cheers were always at least a breath behind the rest of the crowd. Here's the good bit, every time the crowd in the immediate area heard his belated cheer they cheered him for cheering. It was a heart warming scene and despite the fact his team lost I reckon he had a ripper time and made some new mates.

And speaking of the footy, Maureen from 'Lung and Heart Friends' (Preston, Victoria) sent me a terrific photo after one of their fun football parties. I've had it for a while but it still makes me smile every time I flick past it.

Maureen wrote:

*"Two of our regular members, Judy and Vin had an interesting idea of how to pump up the footy when they ran out of puff! This is Judy sizing up her oxygen tubing to pump up the football. Note Judy's oxygen bottle otherwise known as 'Ozzie Oxy' spends much of the footy season wearing a Carlton jumper. Footy season ends just in time for his Santa suit to be fitted."*



Dressing your oxygen bottles up and giving them names???? OK, how long have you been keeping these great stories from me? I'm now officially on the lookout for the best dressed oxygen bottles but as always, I'll need your help.

Take it easy and 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"  
The Australian Lung Foundation  
PO Box 847  
Lutwyche QLD 4030  
Fax: 07 3357 6988  
Email: enquiries@lungnet.com.au

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

Please complete and return this section to: **The Australian Lung Foundation National Office, Reply Paid 847, LUTWYCHE QLD 4030**

Phone: 07 3357 6388 Fax: 07 3357 6988 Email: enquiries@lungnet.com.au

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**The Australian Lung Foundation**



# Roy Martin – Running to Reduce his Breathlessness

**Karen Wright, Project Officer, The Australian Lung Foundation**

As previously reported, Roy Martin was diagnosed with COPD in late 2007, but he continues to challenge himself by engaging in social running every week. His enthusiasm is shared by his family who train alongside him.

## Diary Dates 2008

Lung Awareness Month	November
Lunch for Lung Cancer	4 November
Australian Lung Cancer Day	6 November
Plant a Tree for Lung Cancer	16 November
World COPD Day	19 November
Interstitial & Orphan Lung Disease Day	24 November

Roy, his wife, Debbie, and children, Lauren and Daniel, successfully competed in the City2Surf Fun Run held on 10th August in Sydney. Roy set himself a goal to complete the race in 84 minutes and he and Debbie achieved this and crossed the finish line together. Their daughter, Lauren ran the race in 91.37 minutes while Daniel nearly reached his goal of running the race in one hour, crossing the line in 60.47 minutes.

Roy and his family also competed in a 16km race on 7th September and have marked their calendar for another 16km race on 2nd November, followed by a 21km half marathon on 23rd November. We wish them well with their future challenges!!

Roy continues to manage his COPD. His active lifestyle is a great example to others, demonstrating that a diagnosis of COPD doesn't necessarily mean that your life has to have limits. Through on-going exercise and pulmonary rehabilitation, symptoms can be managed and your overall lifestyle improved.

## About the LungNet News

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## Hunter Valley Pharmacy Project

### Phoebe Kearey, Research Associate – COPD Pharmacy Screening Project

The Australian Lung Foundation is currently piloting an exciting screening, referral and management program for Chronic Obstructive Pulmonary Disease (COPD) in Newcastle and the Hunter Valley. The Project has been funded under the Fourth Pharmacy Agreement by the Pharmacy Guild of Australia. As you may be aware, COPD is a leading cause of death and hospitalisation in Australia. Of particular concern is that it also remains largely unrecognised and under-diagnosed.

Symptoms of COPD, such as shortness of breath and persistent cough, are often misdiagnosed as asthma or passed off as 'normal' signs of ageing or side-effects of smoking. Consequently, patients often do not seek treatment until their condition has become moderate to severe. However, early detection and management can make a significant difference to the quality of life of people with COPD and to their longer term health.

The Lung Foundation is interested in the role that community pharmacies could play in raising awareness of COPD amongst their patient groups and referring at-risk patients to their general practitioner for lung function testing. In cooperation with the University of Sydney and Boehringer-Ingelheim, we have been successful in obtaining funding from the Pharmacy Guild of Australia to look into the feasibility of community pharmacists conducting a simple lung function screening test as part of a program to identify patients with possible COPD and referring them to their GPs for full assessment and diagnosis. The pharmacist will then support GPs to provide ongoing management of patients diagnosed with COPD, including monitoring drug compliance, quality use of medicines and counselling on smoking cessation.

If the program is successful in the Newcastle and Hunter Valley area, the Lung Foundation hopes to roll out the program on a larger scale. For further information, please contact Heather Allan at [heather@lungnet.com.au](mailto:heather@lungnet.com.au)

## Read it and pass it on!

The Australian Lung Foundation continues to strive to get our name more widely known, and one of the best vehicles for promotion is LungNet News. Once you've finished with your newsletter, you could consider passing it on to a friend or neighbour, or your local doctor's surgery so that other people get to hear about us and can find out about the services we can offer. If you would like to keep your copy, don't worry. You can call us toll-free on 1800 654 301 for another complimentary copy.

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