



Golfers Support Asthma



Our biennial golf tournament, held at Ngaruawahia Golf Club was a great success. We raised over \$4000 towards the launch of a new project to help reduce child hospitalisation due to asthma.

Issue Highlights

- ✿ 2011 HRV Asthma Charity Golf Tournament
- ✿ Do you think you manage your asthma well?
- ✿ Breathing, COPD and Respiratory Rehabilitation
- ✿ Asthma Waikato and HEET update



How we have helped

An update on the newly insulated home

It is time to see how Kay and her family are faring in their upgraded home where HEET provided insulation both underfloor and in the ceiling, thermal backed curtains and carpet. Goldstar Electrical fitted a heat pump for them as well. This was all done in mid November 2010.

Even though one would not expect there to be much improvement over the summer months, the family have all been much healthier and have found the house to be a lot warmer – almost too hot in the height of summer, but this was a good excuse to be outside. The children have not had any colds, chest infections or asthma symptoms, have been a lot happier and are eating better. Kay herself has had more energy, can run faster after the children without getting puffed and is sleeping soundly through the night without waking with asthma.



Kay and some of her whanau

The cooler nights of autumn have not caused any deterioration in their condition as would have happened in the past. Their power bill has also improved but this should be even more noticeable over the winter months.

When I visited with them, the house was warm and comfortable on a cool autumn morning. What I noticed the most was that the wooden flooring was not cold under my feet as I would have expected.

In all, Kay and her family are absolutely delighted with the improvements to both their house and well being and are very grateful for the opportunity that has been given to them.

Val Hollands - Community Respiratory Nurse

If you are considering preparing your home for winter contact



Asthma Waikato - Always here to help

Recently a G.P. referred a lady for spirometry (lung function testing). Her symptoms were continual shortness of breath impacting on her daily activities. There was no history of asthma in the family, she had never smoked or worked in conditions that may affect her breathing. She presented as being short of breath but scored a normal spirometry reading. After taking reliever medication we repeated the test to see whether there was any improvement but nothing changed. Why then was this lady so breathless? While taking her medical history and observing her I felt she had a breathing issue. She was taking quite small, shallow breathes, she admitted to being anxious about many things happening in her life and we had made many attempts to get a good six seconds blow to meet the criteria for an acceptable spirometry test.

I asked whether she had the time and the energy to speak with Tracy, (Tracy Keelan, Community Respiratory Nurse) who had recently completed a course at AUT on breathing disorders. Tracy spent nearly an hour with her explaining the basics of good breathing techniques and gave her some exercises to do at home. Tracy explained it wouldn't happen overnight but if she kept up the exercises things would improve.

A month later we made a follow up phone call to see how things were progressing. Her G.P. had understandably not made any respiratory diagnosis from the spirometry test and encouraged her to try the breathing exercises. She was not 100% but was improving and feeling much better and more in control of her life.

Initially this lady was a client for just a spirometry test but due to the team approach used at the asthma centre she was able to benefit from the extra expertise available.

Barbara Lawrence - Community Respiratory Educator

Take a look at
www.spacetobreathe.co.nz
 It's full of useful information

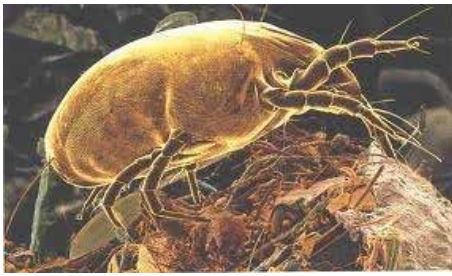


What you need to know

And who are you sleeping with tonight?

March is officially the beginning of autumn and as the weather cools a little we begin to dig out our heavier blankets and duvets. How much thought do you give to the condition and hygiene of your bed? Now would be a good time to review.

We could spend up to a third of our life in bed, that is without sick days! As we lie in bed we lose on average, one litre of moisture per night and we shed around two million skin flakes. (who is doing all this counting?) These are conditions the house dust mite (HDM) loves; therefore it makes sense to take steps to eliminate as many of them as possible. Their favourite hangout is your mattress, a nice warm moist place created by your body heat.



“Their favourite hangout is your mattress”

Asthma isn't the only condition affected by the HDM. Hay fever and eczema can also be an issue.

TIPS

Practical steps are-

- **To air your bed daily by pulling back the sheets and opening the windows.**
- **When changing the bed, put all bedding that doesn't get washed out on the line to air in the sun and vacuum your mattress while it is exposed.**
- **Your sheets and other washable night time items need to be washed in hot water not a cold wash.**
- **If your problem is really bad you could consider purchasing allergen barrier covers for your mattress and pillow. Asthma Waikato has a selection of these for sale at great prices.**

Barbara Lawrence - Community Respiratory Educator

Community Respiratory Rehabilitation Programme – is this for you?

Do you have troubles with your breathing? If so you could have chronic obstructive pulmonary disease (COPD). This is a chronic lung disease and illness that affects many people. It is a health condition that creeps up on you. In short, many people have it but don't know it.

If you answer these 5 questions, it will help you find out if you could have COPD.

- | | |
|---|---------------|
| 1. Do you cough several times most days? | Yes/No |
| 2. Do you bring up phlegm or mucus most days? | Yes/No |
| 3. Do you get out of breath more easily than others your age? | Yes/No |
| 4. Are you older than 40 years? | Yes/No |
| 5. Are you a current smoker or an ex-smoker | Yes/No |

Have you answered yes to 3 or more of these questions? If so talk to your doctor or come in and see one of our staff members at Asthma Waikato. If COPD is found early there are steps you can take to prevent ongoing lung damage.

To help confirm a diagnosis for COPD you can have a lung function test done. This test is also called a spirometry test. It requires you to blow with force in to a small handheld mouthpiece, the spirometer. This gives two measurements, the first is how quickly you can get air out of your lungs in one second (measures obstruction), the second measures how much air you can get out of your lungs in total. These two measurements help your GP to know what the best management will be for you if you are

diagnosed with COPD.

Asthma Waikato provides a spirometry service at a cost of \$35. Our service is provided by well trained and experienced spirometry technicians who have received training from the Physiology Laboratory Department of Christchurch Hospital. Phone Asthma Waikato on 07 838 0851 to make an appointment for a spirometry test.



The two main things to consider when you are diagnosed with COPD is to stop smoking (if you are a smoker), and exercise. By stopping smoking this would hopefully slow down the progression of the disease. Regular physical exercise is also very important because if your heart and breathing muscles are in good shape, they can work with less oxygen. Exercise can lift your quality of life. It has many benefits for someone living with COPD as it helps to reduce breathing difficulties, improve energy levels so you can do the things that you enjoy doing for longer and it improves independence.

Asthma Waikato runs 3 Community Respiratory Rehabilitation programmes in Hamilton, Cambridge and Tokoroa. We are currently running the first Community Respiratory Rehabilitation Programme of the the year at the YMCA in Hamilton.



This is a programme that involves exercise and education around the condition of COPD. It is a great way to learn how to manage your condition, and improve your day-to-day quality of life through exercise. It is a good opportunity to meet other people who live with the condition and creates an environment of shared experiences and knowledge. Many people who have undertaken these programmes have found they have changed their lives and now look at their condition in a more positive light. One major thing people notice after the programme is that they breathe better.

If you would like to know more about these programmes run by Asthma Waikato please phone me (Tracy Keelan) on (07) 838 – 0851.

News

2011 HRV Asthma Charity Golf Tournament a great success



Thanks to the support of Sensitive Choice Partners, HRV Waikato, Axxis – Steel for Framing and Greenworks and our many other sponsors, volunteers and supporters, our biennial golf tournament was a great success.

We raised over \$4000 which will be used to spearhead an exiting new project we are developing to help children learn to manage their asthma better. More about this new project soon.

Thank you to our sponsors



**HRV Waikato
NZ Steel – Axxis Steel Framing
Greenworks**

**Inghams Motor Group
Design Buzz Ltd
Pharmacy 547
Jan Johnston (Lugtons Real Estate)
Cindy Borrie (Melaleuca)
Te Pahu Cooking School
Pro Range Golf
South Pacific Pictures
Mrs Elizabeth Morine
Mrs Marge Healion
Ngongataha Lakeside Lodge
Mangawhai Retreat
Ngaruawahia Golf Club**

*GREAT PRIZES ON THE NIGHT INCLUDED
a new car for the weekend, a Hot Air Balloon
Ride and the SPOT PRIZE
for golfers of 1 nights stay at a Rotorua
lakefront Bed & Breakfast*



**9 Hole Twilight
Asthma Charity
Golf Tournament**

**Was held on Friday 4th February 2011
at Ngaruawahia Golf Course
from 3pm onwards**





Asthma Awareness Week the asthma foundation **BallonDay**

Look out for our volunteers at Westfield Chartwell on Thursday 28th April. An educator will also be there for most of the day to answer any questions you may have about your asthma.

Look out for articles in your local newspaper about Asthma Awareness week too. If you think your quality of life has improved since you got your asthma under control and you would like to 'tell your story' please do let us know. Phone Vikki on 07 838 0851. Your local newspaper may be interested in hearing from us!

Asthma Waikato is excited to welcome new principal sponsor of Asthma Awareness Week and Balloon Day this year, HRV Waikato. HRV Waikato have already supported our biennial golf tournament and provided an HRV system for the Asthma Centre. Thank you so much Amy and Team!



It is with great sadness that our Asthma Group has lost one of our most dedicated members, Bill Hamilton. Bill passed away on the 12th March and we would like to extend our love and support to Bill's wife Judi now and in the future. Both Bill and Judi have been active members of our group. Judi is at the present time our very efficient Treasurer. It is only one year ago that Bill and Judi represented our group in their asthma shirts in the Matamata Tower run and walk to Firth Tower and back. We do extend our love to Judy and her family, you have been a solid brick Judy during Bill's illness over the past few months, we are all very proud at the way you have handled everything.

MATAMATA HUFFIN AND PUFFIN FRIENDS

AGM 2011

All members are invited to the Annual General Meeting

Where: St Francis Church hall
92 Mansel Ave, Hillcrest

When: Sunday June 19th
1.00PM Meet and greet, light lunch
1.30PM Meeting starts

Speaker: To be advised



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What you need to know *cont...*

Think you manage your asthma well???

Take this simple test which is suitable for people 12 years of age and older who suffer from asthma.

In the past FOUR weeks, how often did your asthma prevent you from getting as much done at work, school or home?

1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. Not at all

During the PAST FOUR WEEKS, how often have you had shortness of breath?

1. More than once a DAY
2. Once a DAY
3. 3-6 times a WEEK
4. Once or twice a WEEK
5. Not at all

During the PAST FOUR WEEKS, how often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?

1. 4 or more times a WEEK
2. 2 to 3 nights a WEEK
3. 1 night a WEEK
4. Less than 1 night a WEEK
5. Not at all

During the PAST FOUR WEEKS, how often have you used your reliever medication (such as your blue inhaler OR rescue inhaler)?

1. 3 or more times a DAY
2. 1 or 2 times a DAY
3. 2 or 3 times a WEEK
4. Once a WEEK or less
5. Not at all

How would you rate your asthma control during the PAST FOUR WEEKS?

1. Not controlled
2. Poorly controlled
3. Somewhat controlled
4. Well controlled
5. Completely controlled

Add up the number of your answer for each question.

A score of **19** or less indicates your asthma may be uncontrolled or only partially controlled.

A score of **20-25** indicates your asthma appears to be well controlled. Even so, it can change over time so re-test yourself regularly.

Make an appointment with the Asthma Centre or phone us to discuss your Asthma Control Test. There is no charge for this.

the asthma foundation

BallonDay

Ballon Day is always held during asthma awareness week (coming up on Wednesday 27 April to Tuesday 3 May) and this year, the focus is on the high prevalence of asthma among children in Aotearoa and of keeping our kids out of hospital.

Did you know?

- In the Waikato from 2000 to 2006, there were 3934 admissions for asthma
- Of these, 1573 were aged 14 or under
- 97% of these admissions for asthma were potentially avoidable

This equates to:

1573 children under 14 admitted over the 7 years

Or 225 admissions per year

Or 4-5 Waikato children every week and 97% were avoidable!

Asthma Waikato helps reduce hospitalisations by showing children and their families how to manage asthma so it becomes symptom free. Better managing your asthma also reduces days off school (and days off work for parents), enables your children to fully participate in sports and other activities and reduces the general stress and worry associated with poorly controlled asthma.

You can help

- *If you or your child has asthma (especially poorly controlled asthma) call us on 07 838 0851. We can help.*
- **Become a member.** *Its only \$25 per year (or \$20 for beneficiaries and super annuitants) Fill out the form at the back of this magazine and post to us.*
- **Make a donation.** *Every donation no matter how big or small makes a difference and we are fundraising now to launch a new project designed to help children learn to manage their asthma better.*

- **\$50 educates a child and their family so they learn to better manage their asthma**
- **\$250 keeps an asthma car on the road for a month so we can see children in their own homes**

If you have asthma,
one inhaler
is all you need.*



Symbicort SMART can simplify your asthma treatment.

Symbicort SMART[†] treats the underlying cause of your asthma **and** gives you fast relief like your blue puffer - in one inhaler.

Ask your doctor if stepping up to Symbicort SMART is right for you.

Specific criteria apply for the use and funding of Symbicort. [†]Symbicort Maintenance And Reliever Therapy. *Symbicort should not be initiated as emergency treatment for severe exacerbations or for patients with acutely worsening asthma symptoms. Symbicort Turbuhaler contains budesonide 100 µg or 200 µg per dose (preventer) and eformoterol 6 µg per dose (symptom controller). **Tell your doctor if you have thyroid problems, heart problems, diabetes, problems with potassium levels, pregnancy, breast-feeding.** Side Effects: The most common side effects are: mild irritation in the throat, coughing, hoarseness, thrush (fungal infection in mouth and throat), headache, trembling, fast or irregular heartbeat. Rarely, allergic reactions. **Symbicort is a Prescription Medicine. Use strictly as directed. If symptoms continue or you experience side effects, see your doctor, pharmacist or health professional. Symbicort is fully funded under certain criteria.** Your doctor's fee and prescription fee will still apply. For full consumer information please refer to the manufacturer's Consumer Medicine Information Sheet available at www.medsafe.govt.nz. 19 March 2007. Symbicort and Turbuhaler are trademarks of the AstraZeneca Group. AstraZeneca Limited, P299 Private Bag 92175, Auckland 1142. Telephone 09 306 5650. TAPS NA4754 11/10 essence AZ5426



Symbicort[®]
budesonide/eformoterol

What you need to know *continued...*

Are you having trouble breathing?

The last six months has seen particularly windy weather at times and we have also experienced an increase in humidity over the summer months. This has led to breathing problems for some people with Chronic Obstructive Pulmonary Disease (COPD).

Regardless of the weather, if you have difficulties with your breathing one of the most important actions to take would be to get a respiratory review from your doctor.

Are you on the right medications? Are you taking them correctly?

Maybe you are over using them due to familiarity. Has new medication been prescribed recently that might be conflicting with your other medications or conditions? All the above is common sense but surprisingly enough we often overlook the obvious.

Once you have checked out your medications you could look at your daily activities. It is a good idea to give yourself time to do those daily chores and get to meetings. Do not arrange your life so you are under pressure and having to rush. When dashing through activities, bad breathing habits tend to develop. One bad habit is over-using your upper chest which causes your shoulders to be raised and your neck muscles stand out. Other bad habits are, taking short, shallow breaths (hyperventilation) or holding your breath when doing an activity.

TIPS

- **Be in tune with your breathing.**
- **If you start to notice quicker shorter breaths try pursing your lips together and slowly breathing out. Practice breathing in slower and deeper by placing one hand on your lower ribs over your stomach area and breathing in through your nose, breathe out gently through your lips. Your stomach should move out as you breath in and move in as you breath out.**
- **If you are all action up in the shoulder area, it is time to re train your breathing.**
- **Your G.P. can refer you to a physiotherapist who will take you through the exercises and make sure you are doing them correctly.**

If you have COPD, keeping active and exercising is usually the last thing you want to do when the days are hot and humid but **it is still very important to keep that exercise up.** Pick a time of day that suits you to go for that walk, maybe early evening when it is a little cooler or visiting an air conditioned gym may be the answer. Don't forget the larger shopping malls are also air conditioned.

There are two very good books available free from the asthma centre called A Guide to Living Positively with COPD and Breathe Easier with COPD which offer all sorts of useful tips.

*Barbara Lawrence
Community Respiratory Educator*

How we have helped *continued...*

After all these years

I recently had a referral to see the Mum of a toddler who had been diagnosed with asthma.

When I arrived, I spoke with the child's grandmother and she happened to mention that an asthma nurse had been out to see her almost 10yrs ago to give education. I recognized the child's name and that asthma nurse was me! She still retained much of the information I had given her all those years ago and continues to follow the original asthma plan as it still works well for her. She has encouraged the now 10 year old to take responsibility for her asthma and the child was careful with taking her preventer through a spacer each morning and night as well as being aware of the early signs of an asthma episode. She always takes her medication with her when she goes to stay overnight with friends and family.

It was really nice to catch up with a Mum who has been so positive about having a child with asthma and who has valued the education given so long ago. I had also made up one of my first tick charts for this family, as there were several adults living in the house who gave the preventer and Mum said this worked well for them, as they always knew whether she had had her preventer or not. Those tick charts are now much more professional, are laminated and are provided with a whiteboard marker pen. This was one of those special visits where I valued both being able to help families and also in being able to expand in the same job over many years.

I did do further education for the new generation of asthmatics in the family and provided an upmarket tick chart and asthma plan for the toddler and his Mum.

TIPS

Even if you have had a visit from one of our nurses/educators in the past, do contact us again when anything affecting your asthma changes for you or for your family.



Val Hollands - Community Respiratory Nurse



Live life...not a COPD life.

Are you (All 3 parameters)

- ✓ 45 yrs +
- ✓ Smoker / Ex Smoker
- ✓ Regular Combivent Inhaler user



Do you: (1 or more)

- ✓ Cough several times most days?
- ✓ Bring up phlegm or mucus most days?
- ✓ Get out of breath more easily than others your age?

Is SPIRIVA® right for you?... Ask your doctor*!

*normal Doctor's fees and pharmacy charges apply. SPIRIVA® is fully funded for COPD. Special Authority criteria apply.

SPIRIVA® (tiotropium 18mcg) is a PRESCRIPTION MEDICINE. It is used for making breathing easier in chronic obstructive pulmonary disease (COPD) including chronic bronchitis and emphysema. **SPIRIVA® should not be used** for acute episodes or rescue treatment of bronchospasm. **Cautions are** high pressure in the eye (glaucoma), kidney problems, problems with your prostate gland or passing urine. **Do not allow** the powder into your eyes. **SPIRIVA® like all medicines can cause unwanted side effects in some people.** These may include dry mouth, dry throat, cough, fast heart beat, blurred vision and high pressure in the eye (glaucoma). **If symptoms persist or you have side effects talk to your doctor. Always read the label and use strictly as directed. DO NOT SWALLOW THE CAPSULES** but administer with the HandiHaler® device. Boehringer Ingelheim PO Box 76 216 Manukau City, freephone 0800 802 461, Pfizer PO Box 3998 Auckland, freephone 0800 736 363 EP/11/02. TAPS PP9511



SPIRIVA®
(tiotropium 18 mcg)

Don't chase asthma symptoms
with a blue inhaler.
Seek control instead.¹



If you're using your blue reliever inhaler more than twice a week, chances are your asthma is not as good as it could be.¹ Work with your doctor to help control your asthma.

Seretide[®]
Fluticasone propionate/Salmeterol xinafoate



Ask about the purple inhaler – Seretide^{2,3}



References: 1. Global Initiative for Asthma; *Global Strategy for Asthma Management and Prevention*. Updated 2009. 2. Woodcock AA et al. *Prim Care Respir J*. 2007;16(3):155-161. 3. Bateman ED et al. *Am J Respir Crit Care Med*. 2004;170:836-844

Seretide[®] (fluticasone propionate/salmeterol xinafoate; available as a 50/25 or 125/25 micrograms per actuation inhaler, or as a 100/50 or 250/50 micrograms per actuation *Accuhaler*) is a **Prescription Medicine** for the treatment of reversible obstructive airway disease (ROAD) including asthma, and for the treatment of chronic obstructive pulmonary disease (COPD). **Seretide is a fully funded medicine; Special Authority criteria apply. Seretide 250/25 microgram inhaler is a private purchase medicine that you will need to pay for. Use strictly as directed.** *Seretide* is not for relief of acute symptoms. Always carry your reliever inhaler. **Do not discontinue Seretide abruptly. Tell your doctor if:** you are taking any other medicines or herbal remedies; you have pulmonary tuberculosis (TB), a thyroid problem or a heart problem; or you are having treatment for high blood pressure; **Side Effects may include:** 'shaky' feeling; headache; fast heart rate; irritation in the nose and throat. **If symptoms continue or you have side effects, see your doctor, pharmacist or health professional.** For more information, see *Seretide* Consumer Medicine Information at www.medsafe.govt.nz. Normal doctor's office visit fees apply. *Seretide* is a trade mark of the GlaxoSmithKline group of companies. Marketed by GlaxoSmithKline NZ Limited, Auckland. TAPS NA4463-10SE

RDTN/5631/AW

2011 COPD support groups

For more information on any COPD support groups, contact Asthma Waikato

HAMILTON

- Exercise (led by fitness instructor)
- Friendship / Support
- Information (various speakers attend many sessions)

WHEN: Wednesdays 1.00pm

WHERE: Beerescourt Bowling Pavillion,
Maeroa Road, Hamilton

\$2 donation please

Session followed by tea and biscuits

THAMES

- Information
- Support / Friendship
- Interesting speakers

WHEN: Last Thursday of the month 1.30pm

WHERE: Baptist Church Centre,
Mary St, Thames

Gold coin donation welcomed

Session followed by tea and biscuits

MATAMATA

- Information/ Support/ Friendship
- Subsidised gym fees
- Group luncheons every 4+/- months

SOUTH WAIKATO

- Information/ Support/ Friendship
- Public meetings

IF you are UNSURE about anything, ALWAYS ASK.
Get an **ASTHMA MANAGEMENT PLAN** from either your
FAMILY DOCTOR or **LOCAL ASTHMA SOCIETY.**
It is best to **ALWAYS BE PREPARED** for any problems.

Beef and Chorizo Casserole with Cauliflower Mash

Cooked slowly in the oven or crock pot and served with this easy cauliflower mash, this is a warming meal to look forward to on those cooler days



Adapted from 'Food in a Minute'- healthy choice options

Ingredients

500g casseroling beef, trimmed and diced
2 Tblsp flour
1 Tblsp oil
2 chorizo sausages, sliced
1 onion, sliced
2 stalks celery, sliced
1 parsnip, peeled and sliced
420g can Wattie's Condensed Minestrone Soup

1 cup wine or stock
1/2 cauliflower, cut into florets
Mashed potato

Time and Serves

Preparation time: 10 minutes
Cooking time: 2 hours
Serves: Serves 4-6

Method

1. Preheat oven to 160°C.
2. Toss diced beef in flour seasoned with pepper. Heat oil in flame-proof casserole dish and brown meat in batches. Set aside.
3. Add chorizo, onion and celery to pan and cook for 2 minutes. Return the meat to pan and add parsnip, Minestrone Soup and wine or stock.
4. Cover and place in oven for 1 1/2 - 2 hours or until beef is tender.
5. Make cauliflower mash by boiling or steaming cauliflower until cooked, then mash.

Crockpot / Slowcooker instructions:

Place the ingredients from Step 2&3 with only 1/2 cup wine into a slow cooker, cover and cook on LOW for approx 8 hours (refer to your user manual). Serve as above.

Friends and supporters of

Asthma Waikato Te Ha Ora Huango



We gratefully acknowledge receipt of the following grants/financial support in the past twelve months:

Asthma & Respiratory Foundation (NZ)
COGS
Donny Trust
Hamilton City Council –community wellbeing
Lion Foundation
NZ Lottery Grants Board
Norah Howell Trust
NZ Post
Page Trust
Perry Foundation
Pub Charity
Sir John Logan Campbell Residuary Trust
Southern Trust
Trust Waikato
Waikato Asthma & Respiratory Trust
Waikato WDFK Karamu Trust
WEL Energy Trust

Thank you for donations from:

The Cambridge Parish Opportunity Shop
Hauraki Plains Lioness Club
Morrinsville Lions Club

Asthma Waikato wishes to thank the generous support of the following businesses/Organisations - Please support them too

Annah Stretton	Mrs Marge Healion
Care Medical	Ngaruawahia Golf Club
CB Richard Ellis Ltd	Nga Pae Amua
Concept Joinery	NZ Steel
Community Waikato	Pharmacy 574
Design Buzz Ltd	Powder Room
Evans Bailey, Solicitors	Pro Range Golf
Greenworks	Reliance
Hamilton Press	Ricoh
Hauraki Herald	South Pacific Pictures
HRV Waikato	St Francis Church
Ingham Motor Group	Te Pahu Cooking School
James & Wells Intellectual Property	This Week
Mc Laren Medical	Volunteering Waikato
Microsoft & TechSoup	Waikato Times
MYOB	Warmup Waikato
Mrs Elizabeth Morine	Web Health
Mrs Jan Johnston	

Directory *Asthma Waikato*

Patron	Dr. Peter Rothwell	
Honorary Life Members	Shona Bramley Charmaine Donaldson	
Honorary Life Member & 2011 Golf Tournament Organiser	Bev Henneker	
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	Anne Eddy	
	Sonja Kruger	
	Hyejeong Lee	
Business Manager	Vikki Blundell	
	Email: waikato_asthma@xtra.co.nz	
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Community Respiratory Educator	Barbara Lawrence	
	Email: asthmawaikatobarbara@xtra.co.nz	
Community Respiratory Nurse	Tracy Keelan	
	Email: asthmawaikatotracy@xtra.co.nz	
Community Respiratory Educator - Matamata	Charmaine Donaldson	
	Ph 07 888 7476	
Community Respiratory Educator - South Waikato	Jan Wiles	
	Ph 07 886 8564	
Asthma Fundamentals Regional Trainers	Val Hollands	Tracy Keelan
	Barbara Lawrence	
Community Respiratory Rehabilitation coordinator	Tracy Keelan	
	Email: asthmawaikatotracy@xtra.co.nz	
Matamata AsthmaLink	Trevor Robinson	Ph 07 888 6391
South Waikato AsthmaLink	Iain Bell	Ph 07 883 3039
Thames COPD Support Group	Eileen Bain	Ph 07 868 8127
Hamilton COPD Support Group	Shona Bramley	Ph 07 838 0851

FREE Services available

- * Up to date information on respiratory conditions
- * Comprehensive education at your place or ours
- * Telephone respiratory advice - someone to talk to
- * Information pamphlets
- * Quarterly magazine - local and national
- * Community based Respiratory Rehabilitation Programs - conditions apply

Gold coin donation please

- * COPD Support Groups

Koha appreciated

- * Guest speakers for groups

Other Services available

- * Spirometry testing
- * Nebuliser hire & sales
- * Allergy relief bedding sales
- * Practice Nurse asthma training
- * Community Health Worker training

Asthma Waikato

45 Pembroke Street, Hamilton Lake, Hamilton 3204.
9.00am to 5.00pm Monday to Friday
www.asthmawaikato.co.nz

P O Box 7013, Hamilton East, Hamilton 3247
Phone 07 838 0851 Fax 07 838 0852
waikato_asthma@xtra.co.nz

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If you would like to support us, we invite you to become a financial member of the Society. Members receive:

- The quarterly Asthma and Respiratory Foundation (NZ) newsletter as well as AsthmaLink
- Discounts on anti allergen bedding

Please complete this form and return to:

Asthma Waikato
Te Ha Ora Huango
P O Box 7013
Hamilton East, Hamilton 3247

I would like to become a member of Asthma Waikato and enclose my membership subscription

Name: _____
Last name First Name(s)

Address: _____

Phone: _____ Email: _____

Annual membership is \$25 or \$20 for seniors and beneficiaries and covers everyone living at your address

Annual membership \$ _____ Donation \$ _____ Please find enclosed \$ _____

Yes, I want to help others in the Waikato understand their respiratory conditions

Please find enclosed a cheque for:

- \$20 \$100
 \$30 Other _____
 \$50

Please write cheques to:
Asthma & Respiratory Services (Waikato)

And post to:
P O Box 7013, Hamilton East, Hamilton 3247.

Or pay directly to:
National Bank, Frankton Branch.
Account: 06 0313 0186176 00

Reference (your name)

(Donations over \$5 are tax deductible.)

- Please tick if a receipt is required
 Please send me information on how to make a regular donation from my bank account
 I would like information on leaving a gift to Asthma Waikato in my will