







Issue Highlights

-  Dear Nurse
-  Asthma Awareness Week
-  COPD Management Plan
-  Sailor



asthmawaikato
Better respiratory health for New Zealanders


THE ASTHMA CHAMPION
GRANT FUNDERS/DONATIONS

Altrusa International Te Awamutu
 Blue Sky
 BP
 Cambridge Union Op Shop
 COGS
 DV Byrant
 Endeavour Foundation
 Four winds Foundation
 First Sovereign Trust
 Gallagher Trust
 Grassroots Trust
 Hamilton City Council - Community Wellbeing
 Infinity Foundation
 Lion foundation
 Lotteries Grant
 Norah Howell Trust
 Rotary Club Hamilton Sunshine

Sargood
 Southern Trust
 Spark - Give a little website
 The Clyde Graham Charitable Trust
 NZ Post
 Trust Waikato
 Waikato Asthma & Respiratory Trust
 WEL Energy
 Waikato Lyceum Charitable Trust
 Hamilton City Council

GENEROUS SUPPORT

Annah Stretton
 Astra Zeneca
 Boehringer-Ingelheim
 Brendan Barwick-Johnston
 Colonial City Motel
 Community Waikato
 Design Buzz Ltd

Fairfield Medical Centre
 GlaxoSmithKline Australia and New Zealand
 Hamilton Press
 Ingham Mitsubishi
 Midlands Community Pharmacy Group
 Midland Health Network
 Northcare Pukete
 PaknSave Clarence Street Pharmacy 547
 Roimata Kenny
 Tokoroa Intermediate
 Volunteering Waikato
 Waikato Times
 Waterworld Educare
 Zephyr Pure Air Ventilation
 Renarda Tukukino

Regional Clinics

Pharmacy 547	Wed 30 September
Matamata	Tues 20th October
Pharmacy 547	Wed 28 October
Mangakino	Thurs 29 October
Raglan	Tue 24 November
Pharmacy 547	Wed 25 November
Pharmacy 547	Wed 16 December

Dates for your diary

Stoptober	Month of October
Te Puna	Mon 19 October
NZ Respiratory Conference	Thurs 5 - Fri 6 November
World COPD Day	Wed 18 November
Hamilton Round the Bridges	Sun 15 November
Bi-annual Golf Fundraiser	Friday 27 November

HAMILTON ROUND THE BRIDGES:

Sunday 15th November 2015.

COME AND SUPPORT THE RESPIRATORY NURSES.
VANDA AND VICTORIA ARE RAISING ASTHMA AWARENESS BY PARTICIPATING IN THIS EVENT, THEY WOULD LOVE TO SEE YOU JOINING IN TOO!

RESPIRATORY RESEARCH AND CLINICAL TRIALS:

Currently conducted at Waikato Hospital Research Unit.
Principal Investigator: Dr Cat Chang

We have Asthma and COPD trials currently recruiting. If you have the time and would like to know more please email the research nurses at the below addresses with your name address and date of birth. We can then check your medical history and see if you qualify or give you more information on trials we have available and what might be involved. All information received is confidential and participation in trials is voluntary.

Sandra.hopping@waikatodhb.health.nz for COPD studies or 021 240 7432
Christine.tuffery@waikatodhb.health.nz for Asthma studies 021 759 531

From the Manager

Hello, and goodbye.

In this issue we welcome back Kelly McDiarmid who after time off with her little one is ready to get back into helping make Asthma Waikato the regions provider of choice for respiratory education and advice.

It has been a very interesting and educational nine months which I have really enjoyed. I have had the chance to meet a number of really inspirational people and to learn much more about respiratory conditions.

My aim has been to keep things ticking over for Kelly's return and I am happy to report that our service figures for last year saw an increase even though we ended up with less nursing staff. With new ways of working and great support provided by Ian McMichael from Pharmacy 547 we have been able to maximize our nurses time through the provision of Hamilton clinics though we still provided 50% more home visits than last year.

During my time I have been working closely with the Board and am happy to report that two new members have recently joined. Please join me in welcoming Rob and Kristal I am sure their experience and energy will help Asthma Waikato as it continues its journey.

Jack Rata from Deanwell School has been chosen as the Young Achiever for this year.

Ruth Taylor - Acting Service Delivery Manager

WOW where did the year go? Yes I am back in the hot seat and raring to go. A big thank you to Ruth who has been holding the fort for me while I was on maternity leave, I really appreciate everything you have done. The efforts over the past year from both the nurses Vanda & Victoria and Ruth have been outstanding.

There is three months until the end of the year so we have a lot going on and a lot to fit in. There's Regional Clinics, World COPD day, Respiratory Conference, Round the Bridges, Stoptober, Spirometry courses and clinics and of course our big fundraising event – the Charity Golf Day.

I am currently working on our Charity Golf Tournament & Charity Auction which is set for Friday 27th November and it's looking to be a great day. If there is anyone out there that has some contacts for us to get sponsorship or prizes out of then please let us know.

As I have only been back a few weeks I have not got too much to say but I am looking forward to continuing the great work that has been done and continue to focus on our services moving forward.

So until December I hope you all have a great rest of the year and I look forward to working and seeing some of you again soon.

Kelly McDiarmid- Service Delivery Manager



HAMILTON COPD GROUP VISIT

A friendly group of people with COPD meet every Wednesday at 1pm, at Beerescourt Bowling Pavillion, 68a Maeroa Road, Hamilton.

The class involves exercise, friendship, support and information.

For more information please call on 07 838 0851

COVER PHOTO: Twins Lydia and Erica Sawiri and siblings, with hand knitted blanket and toys donated by Heather Urquhart, Colonial City Motel.

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www.asthmawaikato.co.nz
www.sailorthepufferfish.co.nz

Dear Nurse

My son keeps on complaining of a sore throat and his voice sometimes sounds croaky. I have heard that this could be caused from his orange inhaler, is this true?

Common side effects of preventer (Flixotide (orange)) and combination medications are oral thrush (candidiasis), hoarseness and throat irritation.

Candidiasis of the mouth and throat occurs in some patients, it is important to rinse out your mouth after using preventer and combination inhalers. Symptomatic candidiasis can be treated with topical anti-fungal therapy while still continuing with your usual preventer or combination medication.

Using a spacer and rinsing your mouth with water after taking the medication can help avoid some of these side effects. See your GP if the symptoms persist, do not stop taking your medication.

My grandchildren have asthma. When they come to sleepover, is it best for them to have feather duvets and pillows or cotton?

There are a wide range of products on the market that are purposely designed to block dust mite allergen particles to below detectable levels. These products in-case duvets, mattresses and pillows therefore reduce the need to replace your current bedding. Get bedding covers which provide a barrier.

There are four types of covers available in New Zealand which are stocked in a majority of shops:

- Vinyl or plastic – inexpensive and effective, but uncomfortable
- Woven microfiber encasings
- Non-woven microfiber encasings
- Laminate encasing



I am new to the Waikato area and have got a lot of allergies. Could you please tell me which are the most suitable Medical Centre’s for me to visit that are not highly scented?

My advice to you would be to contact the Medical Centre by telephone and make an inquiry regarding their waiting area environment, query the day of your appointment if their schedule is running to time. Investigate the Medical Centre’s external environment and identify any obvious triggers that may stimulate your allergies eg. Pine trees, pollenated flowering plants etc.



Alicesandra Johnstone (11yrs) uses window paint on her bathroom mirror to remind herself to take her Flixotide Accuhaler every morning and every night. She will rinse, spit and brush her teeth after using Flixotide (ICS).



Design Buzz

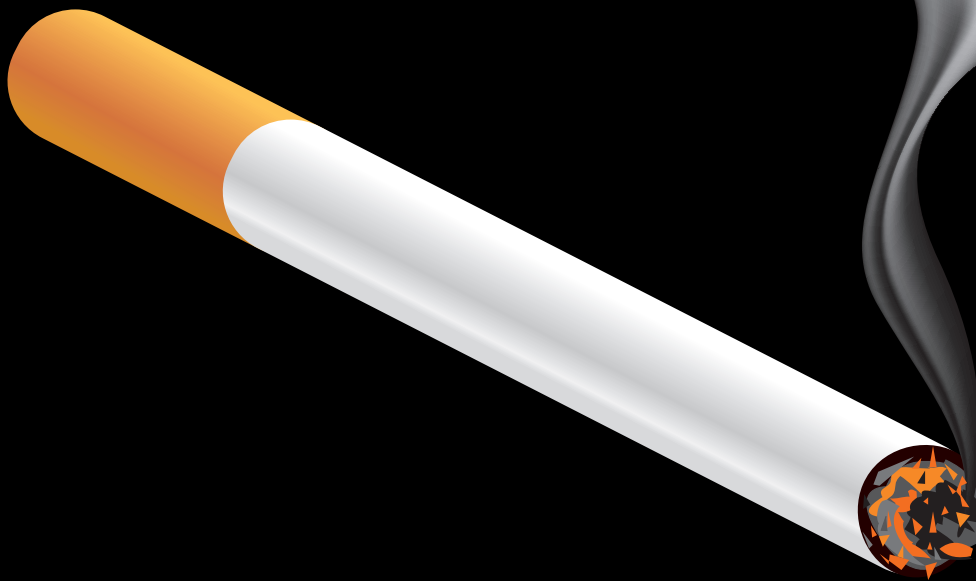
Shelly on 07 8555 913
shelly@designbuzz.co.nz
www.designbuzz.co.nz

design ▶ print ▶ web

Asthmalink was proudly produced by Design Buzz Ltd.
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Quit Smoking

Talk to your pharmacist about their
Free Quit Smoking Programme



Give yourself a pay rise at Christmas by stopping smoking

Many New Zealanders can feel the pinch approaching Christmas. There is one piece of good news for smokers though and that is to quit smoking, giving yourself a pay rise at the time of year that is needed most!

It can be a tough season for many families, stress and anxiety can often lead people to their cigarettes, but instead this can be an opportunity to quit smoking, giving themselves a pay rise and adding years to their lives.

Call into your local Pharmacy and get FREE advice on how to quit, as well as subsidised patches, gum or lozenges.

Talk to your Pharmacist Today!



Out and About

Fonterra Road Show 24th June 2015

Respiratory Nurse Vanda and Acting Manager Ruth, were invited to Fonterra—Te Rapa to offer Asthma Awareness for their staff. The day was a success and the information table was well utilized.

Hamilton Clinics - 2015



Since June 2015 we have been offering monthly clinics based in Pharmacy 547, 533 Grey Street, Hamilton East. When Pharmacist Ian McMichael, Board member, became aware of our need for a venue for clinics in Hamilton he offered access to his consultation rooms within his Pharmacy at no cost. These have really helped the nurses to keep up with the ever increasing demand for our services. Victoria had the pleasure of having Plunket nurse Karen Thurston from Ngaruawhia join her for a clinic day.



Ohinewai Primary School Asthma Education

On the 21st July Vanda and Victoria spoke with 20 pupils from Ohinewai Primary School. Education involved: what is asthma?, identifying triggers, asthma management plan, what to do in an asthma emergency. Principal Nesan Govender supported the asthma education, seen here below with the Respiratory Nurses.



Hamilton Water World:

Encouraging children and adults to stay active and in control of their asthma. Water World is an indoor swimming pool complex which was a hive of activity - toddlers, school children, and adults of all ages stopped by Asthma Waikato's stand to receive Asthma Week balloons, Sailor Puffer Fish stickers and information.



Waikato Hospital Visit:

Dallas Honey Portfolio Manager from Waikato Hospital visits Asthma Waikato's informative education table. Visitors enjoyed listening to the 'interactive audible lung board', held by Dallas in the photo below.




Grey Street Family Health Centre

Our Mission is to provide integrated services, which are affordable, culturally appropriate and accessible to all of our diverse community.

Integration - We are delivering a totally integrated health service so that our diverse community can benefit from increased access and quality.

Innovation - We are developing new and innovative ways of delivering healthcare, which are to the benefit of all of our patients. We aim to strive on improving the healthcare systems to enhance the relationship between patient and healthcare professional.

Caring - We have a team of experienced practitioners who are delivering a caring and patient centred service. All of our practitioners are in their profession because they enjoy looking after and caring for people.

Professionalism - We will provide a top quality service with our patients at the centre of everything we do. We will deliver a level of service that is of the highest professional standards and we are providing services that allow ease of access to all of our patients.

Hi I am Dr Mohamed, I have been in the Waikato for fifteen years and am looking forward to assisting you with all your healthcare needs.

The areas I am interested in are:

- heart (cardiology)
- people with mental health and addiction issues
- mothers and babies
- people with complex conditions
- children and older people
- C.O.P.D
- Asthma
- skin problems



Grey Street Family Health Centre
 531 Grey Street, Hamilton 3216
(07) 282 1482

Do you have a COPD Management Plan?

COPD Management Plan:

Ensure you have a current COPD Management Plan from your GP.

Your GP will need to fill in the relevant boxes and sign, for example Reliever

Salbutamol

at

6

puffs.

COPD Management

SYMPTOMS

ACTION

WELL

WHEN I AM WELL I

- (appetite)
- (activity)
- (sputum)
- (sleep)

LIFESTYLE TIPS

- Stop smoking and avoid smoky places
- Exercise every day
- Always keep enough medicine

WORSENING

BECOMING UNWELL

- More breathless, wheezy or coughing
- Change in amount and/or colour of sputum
- Tired, not hungry

WHAT TO DO

- If you have a fever and/or yellow/ green sputum start antibiotics and see your doctor
- Clear sputum with huff and cough technique
- Eat little and often
- Use the breathing tips (in this leaflet)

SEVERE

REALLY UNWELL

If no better in days

Contact the doctor for an urgent review

Daytime tel:

After hours tel:

EMERGENCY

EMERGENCY

- Very short of breath at rest
- Chest pains
- A feeling of agitation, fear, drowsiness or confusion
- High fever

**Dial 111
for an ambulance**

What is a COPD Management plan?

The management plan tells you the recommended treatment for your COPD, more importantly it tells you how to recognise when your COPD is deteriorating and what to do about it.

Management Plan

MEDICATIONS

Reliever @ puffs as required

@ puffs

Other @ puffs times a day

@ puffs times a day

@ times a day

Continue your usual medications.
Start the following medications:

times a day

Continue your usual medications.
Start the following medications:

times a day

Patient Name:

Doctor:

Date plan prepared: / / By:

Review Date: / / By:

Best Practice Journal, Issue number 66 2015, titled: The Optimal Management of Patients with COPD, states that "Patients with COPD who are considered to have good self-management skills can be provided with "back-pocket" prescriptions for antibiotics and corticosteroids for the treatment of exacerbations. A written action plan should be provided to the patient that indicates how to recognise if their condition has changed, what to do if this occurs and the medicines, doses and action that should be taken".

"A written action plan should be provided to the patient"

Do you have COPD?



Ask your doctor* about **SPIRIVA**[®]
before your COPD symptoms impact everyday life!



So if you are currently using your reliever inhaler quite often, but still have COPD symptoms that impact your everyday life...

Ask your doctor* if SPIRIVA[®] is right for you!

*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. Do NOT take this medicine to treat a sudden attack of breathlessness, wheezing or coughing. **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. For more information call freephone 0800 802 461. NZ/SPI-151177. TAPS PP6251

Seasonal allergic rhinitis

Best Practice Journal issue 24

Seasonal allergic rhinitis, also known as hay fever is caused by an immune mediated reaction to seasonal environmental aero-allergens (ie.pollen).

Symptoms are usually seen in spring and early summer, depending on weather conditions and local plant species. Hay fever can have a significant impact on people's lives. It can affect sleep, work performance, learning ability and participation in social activity.

Allergic rhinitis often co-exists with asthma, eczema, conjunctivitis and other sinus conditions.

Symptoms are:

Sneezing
 Congestion
 Watery anterior rhinorrhoea
 Itchy nose, eyes and throat
 Sinus pressure
 Facial pain and decreased sense of smell or taste

Signs in children include:

Tiredness
 Daytime sleepiness
 Sniffing
 Blinking
 Eye rubbing
 Speech problems snoring and dark circles under the eyes.

Allergic rhinitis occurs in 75-80% of patients with asthma and conversely, 20-30% of patients with known allergic rhinitis are found to have asthma.

Managing seasonal allergic rhinitis:

Mild Symptoms try antihistamines first.
 For **Moderate to severe** symptoms try intranasal corticosteroids first.

Other medications:

Saline spray/drops are less effective than intranasal corticosteroids but can relieve nasal congestion and dryness. They are associated with minimal adverse effects and may be considered for younger patients or those who cannot tolerate other medications.

- Intranasal antihistamine ie. Azep spray
- Oral antihistamine ie. Loraclear Hayfever relief/Telfast/Zetop or LoraPaed/ Cetirizine
- Intranasal Corticosteroids ie. Flixonase, Nasaclear, Telnase, Alanase, Butacort Aqueous/Flixonase Nasaclear, Butacort Aqueous
- Intranasal decongestants ie. Otrivine spray or drops



- Otrivine Junior Spray or drops
- Oral corticosteroids ie. prednisone
- Intranasal anticholinergics ie. Apo-lpravent
 Intranasal sodium cromoglycate ie. Sodium cromoglycate nasal spray
- Environmental management of season allergic rhinitis
 Pollen counts are generally the highest in the morning and on sunny, windy days with low humidity, although this is difficult to predict.

Pollen avoidance measures:

- Use a clothes dryer to finish drying bedding – this reduces the amount of pollen that may have settled while on the washing line.
- Wear glasses/sunglasses outdoors to reduce pollen contact with the eyes
- Use air conditioning (recycle) mode in the car
- Use a dehumidifier to reduce indoor humidity
- If possible avoid mowing lawns or raking leaves (wear a mask)
- Have lawns mowed frequently to avoid flowering
- Select garden species which are low pollen producers (usually native plants, ask your local garden store)



Seretide Accuhaler.[®] Helps make asthma control as easy as:



With a dose counter and no need for a spacer, this simple to use device ensures you consistently get the benefits of Seretide.^{1,2}

If taken regularly, Seretide's dual action formula not only treats your asthma – but can help prevent the symptoms occurring in the first place.³

This convenient, innovative device is fully funded and available now.⁴

ASK YOUR DOCTOR IF IT'S RIGHT FOR YOU

Seretide[®]
Fluticasone propionate/Salmeterol xinafoate

References: 1. Seretide Data Sheet, GSK 2. Tarsin WY et al. *Int J Pharm.* 2006; 316:131-137. 3. Bateman ED et al. *Am J Respir Crit Care Med.* 2004; 170 (8):836-844. 4. Pharmaceutical Schedule April 2015, PHARMAC.

Seretide[®] (fluticasone propionate/salmeterol xinafoate; available as a 50/25, 125/25 or 250/25 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. 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:** Headache, 'shaky' feeling, 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. **Ask your doctor if Seretide is right for you.** *Seretide* and *Accuhaler* are registered trade marks of the GlaxoSmithKline group of companies. Marketed by GlaxoSmithKline NZ Limited, Auckland. **Adverse events involving GlaxoSmithKline products should be reported to GSK Medical Information on 0800 808 500.** TAPS NA7680/15MA/SFC/0019/15a

TSANZ CONFERENCE QUEENSTOWN 5th-7th August 2015

Community Respiratory Nurses from Asthma Waikato, Vanda Watson and Victoria Johnstone attended the Annual Scientific Meeting of the New Zealand branch of the Thoracic Society of Australia and New Zealand (TSANZ), and the Australian and New Zealand Society of Respiratory Science (ANZSRS). The conference was held at the stunning Hilton Queenstown Hotel.

Some of the highlights were –

- Sleep Health by Judy Jones
- Integrated Respiratory Project by Sue Ward
- TOADS' Types of Obstructive Airways Disease You Don't Want to Miss by Prof Peter Gibson
- Severe Asthma and 'Experience with Omalizumab' by Prof Peter Gibson
- Physio – Disordered Breathing by Tania Clifton-Smith
- Multi-dimensional Assessment and Treatment of Obstructive Airways Disease by Prof Peter Gibson

Dr Jeff Garrett discussed severe asthma as frequent symptoms, frequent exacerbations, adverse reactions to medications, impaired lung function and also defined by the World Health Organization (WHO) as "Uncontrolled asthma which can result in risk of frequent/severe exacerbations (or death)....".

Middlemore Hospital admission rates he supplied for the period of 2012/1013 were as follows: Asthma 1205, COPD 1197, Bronchiolitis 207. Prof Peter Gibson highlighted that with severe asthma there is a need to assess symptoms, exacerbations and low FEV1. 20% (1 in 5) have severe asthma which is consistent throughout the developed world, 13% are untreated, severe asthma and 7% are difficult to treat or are severe refractory.

Health Professionals are required to deal with difficult to treat asthma utilizing the multi-disciplinary team. This includes the physician, nurse educator, pulmonary function laboratory team, allied health, speech language therapist and ear nose/throat specialist. Key skills for management of asthma should include: Patients understanding of asthma, inhaler technique, self monitoring, having a written action plan, adherence and breathing techniques.

Tania Clifton-Smith captivated the audience with her energetic and thought provoking session. Breathing pattern disorder is defined as inappropriate breathing which is persistent enough to cause symptoms with no apparent cause. Did you know that the diaphragmatic muscle will go up and down 16,000 times in a 24hr period? Many clients may complain and state that they cannot breathe or get a breath in Tania's clinic sessions. Particular attention was addressed about people maintaining correct

posture to benefit their breathing. Keeping shoulders back and relaxed and not holding neck forward, concentrating on breathing from the diaphragm as apposed to the upper chest and accessory muscles of the shoulders. She could not stress enough about the benefit of breathing in and out through the nose and developing achievement in this before teaching the diaphragmatic breathing techniques. Her motto is, "When in doubt breathe out".

Everyone with breathing disorders should take a look at their own breathing patterns. Dinah Bradley and Tania Clifton-Smith have recently released a book called "Managing your asthma using the BradCliff Breathing Method, dynamic breathing for asthma" which Vanda and Victoria would recommend. www.breathe@ihug.co.nz

TOADS by Prof Peter Gibson discussed obstructive airways disease, obesity and sleep disordered breathing, all being conditions which affect the airways. OSA is more prevalent in severe asthma, 1 in 5 COPD patients will have OSA. Diet, exercise and even surgery may need to be discussed to benefit the patient with obesity and OSA. A reminder for all people who suffer from COPD:

- Do you have correct spacer and inhaler technique?
- Do you have an understanding of COPD?
- Do you have a current prescription from your GP for oral antibiotics and steroids for an exacerbation?
- Do you have a current written COPD action plan?

We have gained some excellent knowledge from hearing these international speakers which will now benefit our asthma and COPD patients when we provide education to our clients throughout the Waikato region. It is great for us to keep updated with current respiratory standards and guidelines to maintain best practice.





asthma waikato

Better respiratory health for New Zealanders

CHARITY

GOLF TOURNAMENT AND CHARITY AUCTION

FRIDAY 27 NOVEMBER 2015 AT 11AM

NGARUAWAHIA GOLF COURSE

This is the perfect way to thank your clients and staff before Christmas and support Asthma Waikato in raising funds. Over \$10,000 worth of prizes and charity auction items.



18-HOLE AMBROSE COMPETITION, TWO-PERSON TEAMS \$35 EACH FOR ENTRY (includes lunch)



Business card draw: Win a weekend away in Taupo driving a Volkswagen Touareg, courtesy of Ebbett Volkswagen.



Asthma Waikato is a not-for-profit registered charity that works hard to provide community education, support and care for people suffering from respiratory illness in the Waikato. Our intention is to make a real difference to people's lives by reducing the need for hospital admissions, improving quality of life and keeping children in school. With one in seven young people taking asthma medication this is our main area of focus as they are the most vulnerable to poorly managed Asthma. We also concentrate on the ever-increasing volume of COPD sufferers by providing support networks, exercises classes and education in condition management. We educate and support families so they can take control of their respiratory condition rather than letting it control them.



Register your teams before 1 November and go in the draw for a \$100 office shout!
Special 9 hole division as requested.



CONTACT

Kelly McDiarmid
021 837 486
info@asthmawaikato.co.nz

For prizes and charity
auction items visit
www.asthmawaikato.co.nz



Like us on Facebook/asthma.waikato.nz to keep up-to-date on prizes, charity auction items and sponsor giveaways.

Poster design sponsored by **kt design**



TRIGGERS AND SYMPTOMS WORD FIND



C	O	L	D	S	H	P	K	V	N	D	H	C	A	N
E	J	G	C	W	Y	L	P	P	O	L	L	E	N	S
S	T	R	O	N	G	S	M	E	L	L	S	W	N	B
A	T	B	Z	C	Y	P	R	U	T	Q	W	H	G	C
R	Z	R	U	F	G	X	Z	O	T	U	J	M	V	O
X	W	H	E	E	Z	Y	W	E	I	M	I	R	K	U
N	E	R	X	S	W	K	R	O	G	Q	R	J	E	G
A	D	P	Q	T	S	R	D	J	H	O	Y	B	L	H
N	E	H	G	I	F	D	U	S	T	M	I	T	E	S
I	R	I	M	E	L	O	U	L	C	Z	G	D	S	C
M	P	X	K	I	Z	O	L	M	H	B	M	V	P	U
A	I	O	L	W	C	M	D	H	E	L	I	D	W	Y
L	M	B	R	N	Q	U	V	Z	S	A	I	G	J	F
S	H	O	R	T	B	R	E	A	T	H	X	R	T	Q
F	S	W	E	A	T	H	E	R	C	H	A	N	G	E

SYMPTOMS

wheezy
short breath
tight chest
cough

TRIGGERS

smoke
animals
dustmites
colds
pollens
strong smells

stress
weather change

Free services available

- * Up to date information on respiratory conditions
- * Education and support at your place
- * Telephone respiratory advice
- * Nurse assessment and education on respiratory illness

Other services available (costs involved)

- * Regional and National magazine
- * COPD support groups
- * Expert respiratory speakers for groups
- * Spirometry testing
- * COPD & Asthma Fundamentals training
- * Community Health Worker training
- * Spirometry Training course

Information on Membership

Membership is \$35 (\$30 for super annuitants & Beneficiaries) a year and includes all those in the household. The year runs from 1st July until 30th June. Anyone donating over \$50 receives free membership.

As Asthma Waikato is an incorporated Society members are really important in helping direct the organisations focus. Members receive the regional and National magazines and an invitation to the annual AGM and other events throughout the year.

If you are interested in becoming a member then please complete the form below and either send a cheque payable to Asthma & Respiratory Services (Waikato) Inc. or make a electronic deposit, using your name as the reference.

**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.**

If you would like to support our work and/or some of our special projects please contact us for more information:

Please complete this form and return to: **FREEPOST 209543
Asthma Waikato
Te Ha Ora Huango
P O Box 7013
Hamilton 3247**

I am interested in becoming a member of Asthma Waikato I am interested in supporting Asthma Waikato

I am interested in finding out more about your training dates for the year

Name: _____
Last name *First Name(s)*

Address: _____

Phone: _____ Email: _____

Bank Account: ANZ Frankton 06 0313 0186176 00

Thank you for helping us to help people affected by respiratory conditions