



## Issue Highlights

- ✿ Dear Nurse
- ✿ Golf Tournament
- ✿ Summer Holiday Tips
- ✿ Christmas food ideas
- ✿ COPD management over summer time



**asthmawaikato**  
Better respiratory health for New Zealanders



THE ASTHMA CHAMPION

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**Thank you to all our Asthma Champions for the last Financial Year**

Asthma Champions come in all shapes, sizes and forms and we would like to extend our thanks, acknowledgment and gratitude. It is impossible to individually acknowledge all those who have supported our work over the years. If your name is not below please know we still appreciate you.

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**GENEROUS SUPPORT**

Annah Stretton  
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 Community Waikato  
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**Regional Clinics 2016**

February Raglan - TBC  
 March Taumarānui - TBC  
 April Tokoroa – TBC

**Asthma Clinics 2016**

Asthma clinics are held at Pharmacy 547, 533 Grey Street, Hamilton East

January 27th  
 February 24th  
 March 30th

**Dates for your diary**

Asthma Waikato closing for Christmas 24th December 2015  
 Asthma Waikato opening 11th January 2015



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**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**

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## From the Manager

Here we are again – Christmas!! Asthma Waikato has had another full on year and its great that the motivation and dedication from the staff has not diminished as we get closer to the end of year! We are still adding in clinics to try and fit everyone in and we have referrals that just don't seem to be slowing down.

We have had another successful spirometry course completed last month which saw another eight health professionals trained in completing spirometry testing accurately. These courses have been really well received and the feedback we are receiving is outstanding.

We had the National Respiratory Conference in Wellington last month and this was a very informative and interesting two days where we heard more about the National Respiratory Strategy that was launched. We were able to meet with the new CEO of the Asthma Foundation and from what I can tell he is an extremely motivated individual who will be working hard to have Asthma and other Respiratory conditions as a health target. I can see that there will be a lot of changes made within the organisation and there will be a very targeted approach in bettering the lives of people living with respiratory conditions. You will read more about the conference on page 12.

Our Golf Tournament and Charity Auction was held on Friday 27th November and we had a sensational turn out. We had fantastic weather with an absolute down pour soon after we had finished so we were very lucky. We had some very special guests Simon Doull & Casey Kopua attend playing golf and helping us out with prize giving etc – you can see some pictures of our day on pages 7 & 8.

On behalf of Asthma Waikato I would like to take this time to say a huge thank you to all our funders, supporters, volunteers, staff, board and members. It's been a great year and we are all looking forward to another positive year in 2016. Without all our supporters it would be difficult to keep this motivation up so thank you to you all.

As Christmas draws near its time to spend some time with our loved ones and enjoy some much needed time together and to go out and do something a little bit crazy – go and do something new, something you have never done before! Below is a picture of my beautiful family that I will be spending lots of crazy times together over the summer.



Asthma Waikato wishes you a very Merry Christmas and a Happy New Year!

## Kelly McDiarmid- Service Delivery Manager





healthy  
mind & body  
*Yoga Classes*



Ph 834 9901

Simple relaxation techniques and exercise can help regulate breathing patterns and also improve lung function. As a result, some asthmatics have found yoga helps them to manage their condition by easing symptoms. Research has found yoga helps improved concentration abilities and yoga together with the practice of simple postures and breath control makes treatment more effective.

Advance Physiotherapy Wellness Centre offers several wellness classes for all age groups and fitness levels. Visit our website for the class timetable: <http://www.advancephysio.co.nz/forms/Class-Timetable.pdf>



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info@asthmawaikato.co.nz

www.asthmawaikato.co.nz

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## Dear Nurse

**“I am a South African who is considering migrating to New Zealand. I believe New Zealand has very high asthma rates. I would like to know how asthma rates in Hamilton compare with asthma rates in the rest of New Zealand. Is Hamilton a healthy place to live for asthmatics?”**

Hi migrating South African! And thank you for expressing interest in the Mighty Waikato as your choice of place to live. Unfortunately I have not been able to source asthma rates for the Waikato region alone. I do have statistics for hospital admissions etc throughout the country if this is of interest, just let me know.

Throughout any region in New Zealand asthma is managed by taking prescribed medications as instructed by the individuals GP. If on preventer medication this must be taken every morning and night, every day even when asymptomatic, reliever medication is instructed to be used when experiencing any asthma symptoms, via a spacer if used with a suitable device.

Clients are educated and encouraged to be aware of their individual triggers and to maintain a lifestyle with these in mind. I imagine that housing in South Africa is quite different to specified housing requirements in New Zealand. Over the winter period – June, July and August people who are living in cold, damp, mouldy homes do tend to have more asthma exacerbations compared to living in a dry, warm, fully insulated home. If you do proceed in your migration I would suggest looking for a home that is fully insulated, has heating ducted throughout the home, correctly fitted thermal backed curtains. If you suffer from dust mite allergies a home with minimal carpet would be more suitable and fitting your beds and pillows with dust mite protector covers. Pollen allergies are best treated with maintaining inhaler medication and taking an anti-histamine if required. Avoiding windy days during pollen production, avoid open grassy places particularly in the evening and at night, use a car with a pollen filter, check the pollen count in the media (Metservice), wearing sunglasses and breathing in through the nose can all help prevent allergic rhinitis or hay fever flair ups.

I hope that this has given you some clarity, all of which should not prevent you migrating to our beautiful country – the land of the long white cloud.

**“My son and I both have asthma, we take our preventer medication morning and night every day. My son leaves his blue reliever inhaler and spacer at school in the sick bay as this is their medication policy. I carry my blue reliever and spacer in my hand bag where it ends up a bit grotty right at the bottom! I would like to know if there are any inhaler/spacer bags that Asthma Waikato sells or anyone else you may know of who would stock something you could recommend?”**

Thank you so much for this query. Asthma Waikato is currently in the process of looking into a suitable bag for such a purpose as we feel there is a great need for this! As an asthma respiratory nurse educator I am currently trialling a bag which has zips on either side of a narrow bag, one side can store the spacer and the other your inhaler/s. You can find similar type bags/cases locally at stationary type stores. A woman from Te Awamutu allowed me to photograph her ‘pretty’ looking bag which she purchased from her local pharmacy. She finds it is non bulky and easy to slot into her handbag, the versatility of keeping her inhalers in the compartment underneath is very effective. It stores the spacer on-top and the inhaler below, very nifty for a night out!

I’m sure your son would want what 7yr old Harry Cameron from Cambridge uses; featured below in the photo holding his ‘army style’ bag. He has his drink bottle with spacer and BLUE inhaler side by side enclosed in the firm, supportive casing. Harry takes these wherever he goes. Great stuff Harry!

Just a reminder that preventer or combination medication should be left at home as these types of medications are not required to relieve asthma symptoms during the day or night. The styles of bags we have depicted in the photos are suggestions only and are all suitable for school, or out and about and perfect for overnight stays to fit the preventer/combination inhalers also. Good luck for your search, I hope these ideas have been of some help.



**“I always get so busy and tend to forget to give my daughter her preventer medication every day, is there any disadvantage to her not getting it regularly and have you got any tips on how to establish a routine?”**

Thanks for emailing as this is a common occurrence especially with mum’s and dad’s rushing to get the kids out the door in time for school. A preventer is your child’s most important medicine, it prevents swelling and narrowing inside the airways and reduces the likelihood of an asthma attack. Preventers need to be taken every day to reduce symptoms and asthma attacks.

Kiri Paul from Huntly establishes a routine for her 2yr old son Tama to use his preventer medication every morning and every night, every day by saying “PUFF THEN BRUSH”. This also ensures that Tama rinses his mouth to prevent any side effects of the preventer. Common side effects could include a sore throat, hoarse voice or a fungal infection of the mouth.

*by Respiratory Nurse – Victoria Johnstone*



*White patches of fungal infection (oral candidiasis) can be seen here at the back of the mouth.*

**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



**Spirometry Testing**

**What is a Spirometry Test?**

Spirometry is a type of diagnostic test that may be performed to check lung function. The test determines the amount of air that an individual can take in and exhale out of the lungs, and the rate at which one can expel the air out of the lungs. A spirometry test could help detect asthma, chronic obstructive pulmonary disease, and other disorders that can cause breathing difficulties.

**What will happen during the test?**

During a spirometry test you are instructed to breathe in fully to take in maximum air possible and exhale with force for six seconds into a tube like device which is linked to a spirometer. The spirometer is a machine that records the results. Generally test readings are taken three times. Your weight & height will be recorded at the beginning prior to the test.

You may be asked to put a clip on your nose to make sure no air escapes from your nose.

**Why do I need a test?**

Spirometry is the best way of detecting the presence of airway obstruction and making a definitive diagnosis of asthma and COPD.

Spirometry has many other applications in assessing and managing respiratory disease. These include measuring the presence and severity of restrictive lung defects, screening of the workforce in hazardous occupational environments, pre-employment screening for certain occupations, and assessing fitness to dive.



**COST:**

There are costs associated with this test. If you are over 45 and live in the Hamilton area talk to us about the subsidised cost available due to Hamilton City Council funding.

Usual cost	\$60
Subsidised cost (45+)	\$20



**Out and About**



"Farm Assist"- One of 15 (soon to be 30) unique cows that can be spotted in Morrinsville.



Respiratory Nurse – Vanda supporting Asthma Waikato after completing Round the Bridges in Hamilton on Sunday 15th November.



Alison Chapman (whose daughter Charlotte has asthma) visited the nurses during Asthma Waikato's Morrinsville clinic, this was held on the 22nd September 2015. The clinic was based at the Unichem Morrinsville Pharmacy: at 72 Studholme St, Morrinsville. Pharmacist Gail Karam is based here.



Charlie Dixon 7 years old

**COPD day:  
Wed 18th November 2015**

Service Delivery Manager Kelly McDiarmid attended the Maeroa RD COPD group celebrating World COPD day. Key Speaker was Glenda Sullivan Clinical Nurse Specialist Respiratory WDHB.

## SUMMER HOLIDAY PREPARATION

### 4 tips to ensure you have a great holiday:

1. Make sure to pack all your inhalers and not just your reliever. It is still important for you to be taking your prescribed preventer medication every day.
2. If you feel that your asthma is not such a problem in the summer, discuss this with your doctor or nurse; you may be able to reduce your dose.
3. Make sure you have an Asthma Self-Management Plan that has been written in conjunction with your doctor or asthma nurse. This will help you to remember what needs to be taken each day, and what needs to be done if your asthma symptoms start to reappear or get worse.
4. If you are away from home, keep your reliever medication with you in-case you may be some distance from a medical facility or emergency services.

## SUMMER SAFETY WATER TIPS AT THE BEACH BY



## TEN TOP TIPS

1. **Swim between the flags**
2. **Have an adult watch over you**
3. **Listen to the advice of lifeguards**
4. **Never swim or surf alone**
5. **If in doubt stay out**
6. **Know your limits**
7. **Learn to recognise rip currents**
8. **Always use the correct and safe equipment**
9. **Never swim when tired or cold**
10. **Consider other surf users**

Whangamata surf life savers ensure that they follow the TEN TOP TIPS to stay safe at the beach in and out of the water. Consider swimming at beaches patrolled by Surf Life Guards over the holiday season.

Asthma Waikato encourages anyone out in the sun to SLIP on a long sleeved shirt, SLOP on some broad-spectrum sunscreen (filter UVA and UVB rays SPF of at-least 30), SLAP on a hat – wide brim or cap with flaps, and WRAP on a pair of close fitting sunglasses.

Always take your BLUE RELIEVER inhaler with you even at the beach – this is where you could need it the most! Protect from the sand and heat elements by keeping BLUE inhaler and SPACER or BLUE turbuhaler in a sealed zip-lock bag inside a coolie bag along side bottles of water to keep hydrated and cool.



*Staying prepared on the beach at Whangamata.*



## Asthma Waikato's Charity Golf Tournament

Asthma Waikato's Golf Tournament & Charity Auction was held on Friday 27th November and what a brilliant day it was. The rain held off and we had a sensational group of people out on the golf course enjoying the sun.

Check our next edition to find out more about who won, who lost, what we auctioned off and how much we raised!

A big thank you to all our hole sponsors for helping us make this day happen and a special thanks to our special guests SIMON DOULL & CASEY KOPUA!









# Do you have COPD?



Ask your doctor\* about **SPIRIVA**<sup>®</sup>  
*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<sup>®</sup> is right for you!**

\*Normal Doctor's fees and pharmacy charges apply. SPIRIVA<sup>®</sup> is fully funded for COPD. Special Authority criteria apply.

**SPIRIVA<sup>®</sup> (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<sup>®</sup> 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<sup>®</sup> device. Boehringer Ingelheim PO Box 76 216 Manukau City. For more information call freephone 0800 802 461. NZ/SPI-151177. TAPS PP6251



## Christmas recipe ideas

### Gluten Free Christmas Cake (Jamie Oliver)

#### Ingredients:

- 200 g prunes , stoned
- 40 g candied fruit
- 200 g raisins
- 200 g currants
- 200 g mixed peel
- 200 g dried cranberries
- 140 g glacé cherries
- 125 ml dark rum (or alternatively strong black tea/coffee )
- 125 ml tawny port
- 250 g unsalted butter , at room temperature, plus extra for greasing
- 250 g gluten-free plain flour , plus extra for dusting
- 1 teaspoon ground allspice
- 1 teaspoon ground nutmeg
- fine sea salt
- 300 g dark brown sugar
- 5 large free-range eggs

#### For the icing:

- 3 large free-range eggs
- 700 g icing sugar
- ½ lemon , juice of

#### Method

Roughly chop the prunes and candied fruit, then place in a large bowl with the other dried fruit. Pour over half the dark rum and half the port, then cover and leave to soak overnight.

The next day, preheat the oven to 150°C/300°F/gas 2. Grease a springform cake tin (roughly 26cm) with a little butter, then sprinkle a little flour around the sides and the bottom of the tin, tipping out any excess.

Sift the flour, allspice, nutmeg and a pinch of salt into a large bowl. In another bowl, beat the butter and sugar until pale and fluffy. Crack in the eggs, one at a time, beating well before adding the next, then stir in the soaked fruit and soaking liquid. Fold in the flour mixture until combined.

Spoon the cake mixture into the prepared cake tin, then place in the hot oven for around 2 hours, or until golden and an inserted skewer comes out clean.

Once ready, poke holes all over the top of the cake, using a skewer. Combine the remaining port and rum in a jug, then pour it over the cake while it's still warm. Set the cake aside to cool completely, then remove from the tin and place on a large platter or plate.

Separate the egg whites (keep the yolks for another day) and place into a large bowl, then whisk well until frothy. Sift the icing sugar into another large bowl, then gradually add it, a tablespoon at a time, to the egg whites, mixing continuously until combined. Stir in the lemon juice, then beat the icing until stiff peaks form. Decorate the cooled cake with the icing – use a palette knife to spread it over the top and sides, scuffing it up slightly so you get little peaks. Leave to harden, then serve.



### Strawberry Santas

20 medium-large strawberries, hulled for a flat base  
 100g Philadelphia LIGHT cream cheese  
 4-6 tsp icing sugar, to taste  
 40 mini dark-choc bits or chocolate chips

- Cut the top third off each berry and reserve. Stand berry bases on a serving platter.
- Mix cream cheese and icing sugar until smooth and creamy.
- Pipe or spoon 1 tsp cream onto flat berry tops.
- Place reserved berry tops on top. Use the smallest piping nozzle to pipe mixture onto the tip of each strawberry "hat" (pompom) and onto "chest" (button).
- Use tweezers to place 2 chocolate pieces onto each cream "face" (eyes).

Refrigerate until ready to serve.



# Seretide Accuhaler.<sup>®</sup>

## 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.<sup>1,2</sup>

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

This convenient, innovative device is fully funded and available now.<sup>4</sup>

**ASK YOUR DOCTOR IF IT'S RIGHT FOR YOU**

**Seretide<sup>®</sup>**  
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<sup>®</sup>** (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<sup>®</sup>*) 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](http://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



## RESPIRATORY CONFERENCE NEW ZEALAND 5th & 6th August 2015 - Wellington

In November Asthma Waikato attended the Respiratory Conference held by the Asthma Foundation. Highly regarded speakers had travelled from throughout the country and from Australia. The conference opened with the launch of the National Respiratory Strategy – a first for New Zealand. The National Respiratory Strategy is a call to action to:

- Reduce the incidence of respiratory disease
- Reduce the impact of respiratory disease
- Eliminate inequalities in respiratory health in New Zealand.

We were informed of the most recent data, this data reflects the need for such a strategy to be in place and with the intention of benefiting a wide range of audiences. The strategy alerted us to the fact that in New Zealand over **700,000** people (one in six) live with a respiratory condition, respiratory disease is the **3rd** most common cause of death and respiratory disease costs New Zealand over **\$5.5 billion** every year! This huge burden on our individuals, families and health system is much greater for children, people living on low incomes, Maori and Pacific peoples.

Associate Professor of Biomedical Science from Newcastle Australia, Dr Lisa Wood gave an extremely relevant talk about the evidence emerging for diet and obesity affecting lung health, highlighting the importance around healthy eating for asthma. Dr Wood goes on to discuss the depletion of the dietary intake in our diet, consuming white breads over wholegrain, processed meats, fast foods and soft drinks thus obtaining excess energy without the nutritional value in our diet. She mentions that being obese acts as a contributing factor for complications in asthma management: lung function, use of medications – inhaled corticosteroids and bronchodilators, symptoms and exacerbations. Dr Wood also discussed research she has studied suggests that there is little or no support to eliminate any foods to improve asthma except in cases of food allergy. I agree with Dr Wood's comment, "it is important to improve diet quality as well as quantity". "...all studies published to date show that weight loss in obese asthmatics improves asthma control" (from: MNHMRC Clinical Practices Guidelines for Management of Overweight and Obesity).

We were very fortunate that Dr Lance O'Sullivan from the far north - Kaitaia was able to take precious time away from his family and busy medical practice to share his knowledge and expertise in respiratory health. He talked about the need to improve housing, insulation inadequacies which are leading to cold, damp, mouldy, overcrowded homes. Families who are unable to sleep in their bedrooms because of these factors, up to eight or more family members are living and sleeping together in one room. Unfortunately, these scenarios are not isolated events and have been also seen and witnessed throughout the Waikato. The strategy addresses the need to improve access to affordable, warm, dry and uncrowded homes. I completely agree with one of Dr O'Sullivan's comments

alerting healthcare professionals/workers not to walk around with blinkers on, look and assess the whole picture to benefit that individual/family suffering from a respiratory condition. Consider if a home environment is in fact the reason and /or trigger for someone's decline in health or exacerbation of a respiratory illness. If so, address the issues, offer assistance where able or possible and seek further guidance to achieve a healthy outcome.

Associate Professor Sinthia Bosnic-Anticevich from Sydney Medical School presented an abstract on 'Improving inhaler technique and adherence: a complex problem in practice'. I was not at all surprised to listen to her findings informing the conference attendees that up to 90% of people using an inhaler device use it incorrectly. I do believe a picture is worth a thousand words and I am a firm believer of teaching, 'watch one, do one' technique.

### Sinthia has three simple steps:

1. Teach and show
2. Watch and explain
3. Repeat the education over time (revisit and check technique 3-6 monthly)

Sinthia discussed how inhaler techniques, medication adherence, incorrect diagnosis and co-morbidities and complicating conditions also affect asthma control. It would pay to mention if you or your child is visiting your GP the spacer device you may be issued with may look slightly different. While on conference we got to speak to the representatives from Apex Medical NZ Limited these spacers are colourful, static free - eradicating the need to prime and are able to have the MDI's stored inside the spacer. I'm quite sure these will be a hit with the younger children and adults alike!



The Respiratory Conference was very well attended, highlighting the enthusiasm and passion that we as respiratory nurses and educators share for respiratory illness. I have gained more insight and knowledge having joined my fellow colleagues and hope to share with our regions throughout the Mighty Waikato. It would of course be disappointing to the rugby fans not to mention that we were fortunate enough to see some of our World Cup Rugby Champions while away in Wellington, the timing quite perfect. Seeing our heroes in the flesh it is evident that if any of them have asthma, they obviously are taking their preventers or combination medication morning and night every day to remain symptom free!

### Victoria – Respiratory Nurse



*Richie McCaw with the asthma nurses in Wellington during the All Blacks celebration ceremony!*

## COPD tips

Chronic obstructive pulmonary disease (COPD) affects your breathing and can make it harder to enjoy everyday activities. Taking steps to make your everyday life easier can help control your shortness of breath, tiredness and other common COPD symptoms.

*Here are some ideas that may help:*

### 1. Sign up to pulmonary rehabilitation

Pulmonary rehabilitation can improve your quality of life, your breathlessness and your strength. It consists of exercise, nutritional education and training to help you learn to live with COPD and stay active and functional. Ask your doctor or local hospital for more information.

### 2. Become attuned to your body and listen to what it needs

Even though pulmonary rehabilitation is important, if your COPD symptoms flare up, take a break and just continue with milder exercises and your daily living activities.

### 3. Practice breathing control

Your physiotherapist or nurse can teach you techniques such as pursed lip breathing and diaphragmatic breathing to help reduce shortness of breath.

### 4. Find ways to make your everyday activities easier to perform

*For instance:*

- place chairs strategically so you can sit and conserve energy when showering, cooking or washing dishes.
- keep frequently used objects within easy reach to avoid bending, reaching or climbing.
- when you get out of the shower, put on an absorbent robe rather than using your energy to towel-dry yourself.
- try to do most of your jobs at times when your energy levels are highest.
- meals on wheels are a convenient alternative to preparing meals
- use a grocery trolley or a bag on wheels to avoid carrying heavy items
- ask your supermarket if they provide a home delivery service.

### 5. Ask for help when you need it

Be realistic about what you can and can't do. It's important to have people around to help you with tasks that become too difficult for you to perform. Don't be afraid to ask.

### 6. Plan your day

Spend a little time each morning organising your day so there are periods of planned rest between activities that are more strenuous.

### 7. Make your home as efficient as possible

Keep things you use in the area where you use them, e.g. keep dishtowels by the sink and your shoes by the back door to save energy by reducing the distance you walk.

### 8. Manage anxiety

Anxiety is common in people with COPD, and it can

sometimes spiral out of control. This can lead to shortness of breath, which leads to more anxiety, which leads to more shortness of breath, and so on. Try activities that relax you, such as listening to music, and practice your breathing exercises when you feel anxiety creeping in.

### 9. Be prepared for an emergency

Keep inhalers, cell phones, important phone numbers and a list of your medications, COPD action plan, close at hand, so you can quickly call for help if needed.

### 10. Visitors

Ask friends to avoid visiting if they have a cold, the flu, or any virus or infection that could weaken your health. If visitors want to smoke, make sure they do it outside your home and away from areas of ventilation.

### 11. Develop a bedtime routine that encourages relaxation and restful sleep

To keep warm choose a duvet or quilt rather than heavy blankets. Have a table and lamp beside your bed, and keep your inhaler, COPD action plan, telephone and important numbers close at hand.

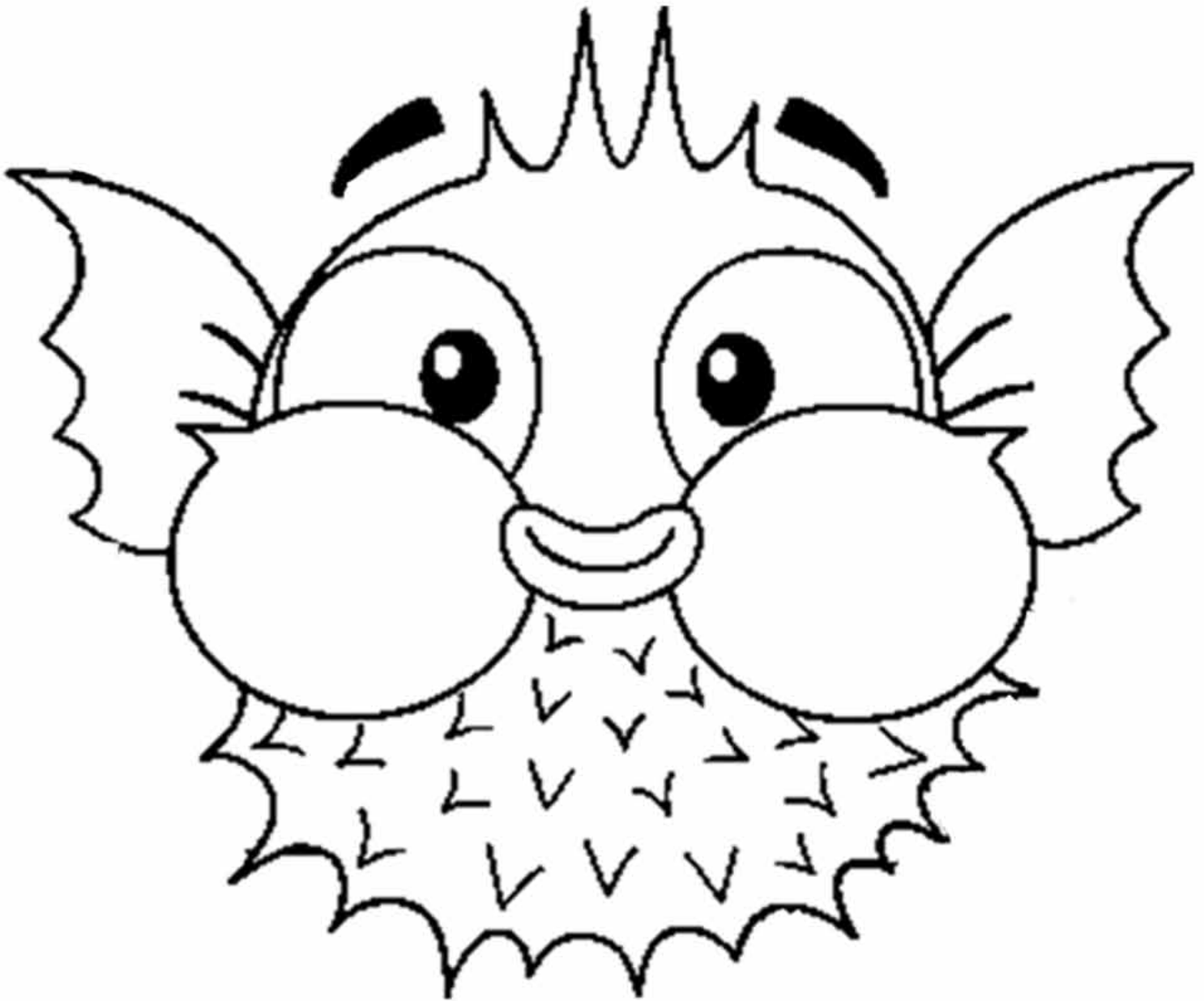
Being diagnosed with COPD will inevitably change your life. But by taking some steps to make your day-to-day activities a little easier, you can avoid some of the frustration and discomfort that often comes after a COPD diagnosis and continue to enjoy time with your family and friends.







# Colour in Sailor



**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**