



Issue Highlights

- ✿ Introducing new managers
- ✿ Asthma Waikato goes mobile
- ✿ How we have helped
- ✿ Donkey Day



From the Manager's

Whew!! What a couple of months it has been, my learning curve has been a steady climb and I have thoroughly enjoyed every minute of it.

Hello my name is Kelly McDiarmid and I have taken on the exciting challenge of Service Delivery Manager for Asthma Waikato and I bring with me a very passionate enthusiasm to take Asthma Waikato on a new journey and continue to develop its service in the Waikato.

When I look at the meaning of Service Delivery Management it states the following:-

"It is the managing of service delivery to clients hence ensuring continuous improvement in productivity, service quality and customer satisfaction."

Asthma Waikato has a great history and being in its 40th year I believe it is timely to relook at the organisation and the service it's providing. I have had a number of questions sitting in front of me since I started just over a month ago:-

- How can we service more of the Waikato community and reach those where the need is greatest?
- How can we continue to improve the quality of our service?
- How can we see more clients and educate more of the at risk population?
- How do we decrease the number of hospitalisations in the Waikato due to Asthma & COPD?
- What is the future of Asthma Waikato and where do I want to see it in 5 years time?

The good news is that I think I have answered a number of those questions – but I am not going to let you in on the answers just yet – you will have to wait till the next issue of Asthmalink to see how I have answered some of those questions.

What I will tell you is a little about myself. My outside interests include lots of time with my family both immediate and extended. I have two boys – Angus who is 3 ½ and Samuel who has recently turned 1. They keep me extremely busy and are fantastic kids to be around. As a family we love to be outdoors whenever possible and will often venture to Raglan to run around on the beach or Rotorua where we go into the Redwoods for mountain biking, walking and exploring. Another favorite spot for my kids is with their grandparents in Auckland where they can get up to all sorts of mischief! Enough about me...!

Asthma Waikato has a fantastic future and I am really looking forward to getting to know more of you over the coming year and keeping you up to date on the service delivery of Asthma Waikato.

Kelly McDiarmid – Asthma Waikato Service Delivery Manager

Introducing Janelle

Hi there my name is Janelle and I am proud to introduce myself as the new Fundraising Manager for Asthma Waikato!

Growing up with a mother suffering from chronic asthma (and in later years COPD), I experienced just how traumatic the condition can be for both sufferers and their families. The good news however is that with the right balance of medication and lifestyle she was able to live her life with little restriction.

Because of my mother, I have seen just how essential the right support and advice is to everyone affected by asthma and COPD (including employers, teachers and the wider community).

My background is in marketing and business development within industries ranging from tourism to education and my hope is to bring this experience to Asthma Waikato in order to further the fantastic work the organisation has already achieved.

"I experienced just how traumatic the condition can be for both sufferers and their families."

Even though we are facing challenging times and it is increasingly difficult for charitable organisations to source funding, Asthma Waikato is embarking on an exciting future (along with our pal Sailor). My hope is to be able to explore a diverse range of revenue streams along with rolling out some of the exciting and new initiatives already on the horizon.

The Asthma Waikato team is a fantastic group of talented and experienced people with a real commitment to effecting change in the world of asthma sufferers and I feel privileged to be along for the ride!

Thank you for all your continued support, it is both greatly appreciated and necessary in order for us to continue to reach as much of the community as possible. I look forward to meeting you all in the near future.

Janelle Vala - Asthma Waikato Fundraising Manager



www.designbuzz.co.nz

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For more information contact us on 07 8555 913 shelly@designbuzz.co.nz

What you need to know

Asthma Waikato has gone Mobile!!

That's right our nurses have hit the road and are providing in home education to our clients throughout the Waikato.

Our contact numbers are the same so you can continue to contact us via:-

Phone **07 838 0851**
Fax **07 838 0852**

Postal Address:- PO Box 7013
Hamilton 3247



Nurses

Stella Neale 021 536 569
Email: stella.neale@asthmawaikato.co.nz

Jolene Dalziel 021 415 979
Email: jolene.dalziel@asthmawaikato.co.nz

Managers

Kelly McDiarmid
Email: Kelly.mcdiarmid@asthmawaikato.co.nz

Janelle Vala
Email: Janelle.vala@asthmawaikato.co.nz

**Spirometry Testing is available
on Fridays and are completed at
Northcare Pukete Road.
Please ring Asthma Waikato
for an appointment with
Jacqui Burgess.**

Leaving a bequest in your will is an on going legacy that is the gift of a lifetime. Asthma & Respiratory Services Waikato sincerely thanks our former member Betty Haigh and her family for gifting \$500 to help us continue our services. Through Betty's gift, her memory lives on.

ANNUAL GENERAL MEETING

Wednesday 16th October 2013
Rotary Lounge Hamilton Gardens
access from Cobham Drive

Meet & greet at 12.00PM
AGM at 12.30PM

All welcome:

Speaker: WEL Energy Trust Healthier
Homes Programme

Light refreshments provided
Ample parking available

40th Birthday Celebrations -
come and join us for a slice of cake

Memorial to Betty Dunbar

Betty passed away Wednesday 25th September 2013 after a hard fight against liver failure. Betty will be so sadly missed by all who knew her, especially the trustees of the Waikato Asthma & Respiratory Trust. Betty was also a staunch member of the Asthma Society, always there with a donation, or a helping hand. Betty's late husband Leigh, was Patron of the society for many years, he was one of the first business representatives on the Asthma Foundation. He regularly contributed top prize to the Golf Tournament, usually a Newmans Tour, or some other travel prize.

Betty was well known throughout the country as a piano teacher and a judge at the music competitions. She will be sadly missed by her many pupils.

Betty was known and loved by the Asthma Trustees for her hospitality and caring. Although we are sad at her passing, we are happy that she is no longer in pain and suffering. God speed, Betty Dunbar.

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Ask your doctor*
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*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. EP/12/13. TAPS PP1690

News

Donkey Day at Awapuni Donkey Stud - 25th May 2013
It was one of the coldest days we had had in the Waikato but that didn't stop us!!

A huge thank you to all our volunteers and supporters on this day who came out and enjoyed meeting a few donkeys, walking the fabulous gardens, eating sausages, having a cup of tea and enjoying all the activities available to the kids.

We raised around \$1000 for Asthma Waikato which was a fantastic result and we would like to thank Bryan & Jenny Clausen of Awapuni Donkey Stud for their outstanding support and working so hard to make this day memorable. Sailor made an appearance and was seen trying to have a go on the trampoline!!

Below are some of the snapshots we took of the day...







asthma waikato
Better respiratory health for New Zealanders

FREE
Sailor the Pufferfish Show

Come and join Sailor and his friend Chris Lam Sam in the holidays for a free performance:

FRIDAY 04 October – 1200
Garden Place Stage



www.sailorthepufferfish.co.nz

Stella on the celebrity speaking circuit!

Over the past couple of months Stella Neale (our Specialist Community Nurse), has been invited to speak at a variety of occasions including a Kihikihi Rotary Dinner, Clean Air Expo in Tokoroa and a Morrinsville Altrusa Club meeting.

If your group or organization would like to hear from Stella about what Asthma Waikato does, how you can help or in regard to information about respiratory conditions and management please let us know on

07 838 0851 or
info@asthmawaikato.co.nz

As we are a not for profit charity, a koha is greatly appreciated.

How we have helped

Dear Nurse

I am an asthmatic and seem to pick up every cold virus that's around in the winter; can you tell me what I can take to help prevent me from picking up these colds?

There are many products on the market that claim to boost immunity or treat colds and flu's. Some of these products are expensive and don't have any reliable research to back up their effectiveness. So how do you know which products are worth using? I recently read an article from the Best Practise journal. It outlined a list of supplements, herbal remedies and products that are commonly used to prevent and treat the common cold and the evidence to back up its effectiveness.

Product	What is it used for?	Evidence of clinical benefit?
Buccaline tablets	Increase immune response to the secondary infection that is sometimes caused by a cold	Inconclusive
Echinacea	Preventing and managing the symptoms of a cold	Nil
Garlic	Preventing and reducing the duration of a cold	Possible but inconclusive
Honey	Symptomatic treatment of the common cold	Inconclusive-note honey should not be used in children under 1 year
Ivy leaf extract	Relief of respiratory symptoms	Inconclusive
Olive leaf extract	Prevention of the common cold	Inconclusive
Probiotics	Prevention of the common cold and sore throat	Reasonable benefit for preventing respiratory infections
Vitamin C	Prevention of the common cold and duration reduction	Small preventative benefit against colds; no symptomatic effect, no reduction in cold duration
Zinc	Prevention of the common cold	Reasonable evidence for the positive effect on colds but has adverse effects and can be toxic in high doses

So as you can see Probiotics and Zinc have reasonable evidence in the prevention of colds with Vitamin C having a small preventative benefit. Often these products are advertised and promoted very well or somebody we know says they work. At the end of the day if we believe they work and we take them in the recommended doses they are unlikely to cause harm and may have a placebo effect. Remember it is best to check with your doctor before taking any supplements as they can have side effects or can interact with other medications.

Remember the best prevention for flu that is proven is the annual flu vaccine.

Written by Jolene Dalziel - Community Asthma Nurse

No more condensation, no more tears

Weeping windows are a tell-tale sign of a condensation problem. An HRV system helps ventilate and dry the air in your home, reducing hidden damp from walls, bedding, wardrobes and soft toys.

HRV is the only ventilation product in New Zealand to have the Sensitive Choice Accreditation. It's perfect for those who suffer from asthma because a drier home is a healthier home.

Find out how HRV can reduce triggers of asthma in your home today.



Call 0800 HRV 123 or visit www.hrv.co.nz



For the world's purest environments™

Sailor's Shows



What a ride Sailor and his mate Chris have been on over the past two terms! They have taken their asthma awareness show on the road with the goal of teaching children in primary schools throughout the Waikato about triggers and symptoms of asthma. Even though it is a big hill to climb (with 1 in 4 kiwi kids being effected by asthma), the team at Asthma Waikato are making headway in educating asthma sufferers from a young age to be aware of their surroundings and potential triggers. Sailor's show is fun, interactive and educational and to date we are 72 schools into our goal of visiting 100 schools by the end of term 4. Feedback has been very positive:



Dear Chris and Sailor

Thank you for coming to our assembly. I liked the songs. Thank you for coming and showing us the show about asthma.

From Ali

Room 2

Hillcrest Normal School

What you need to know

Super and Sandless

I am delighted with my new kitchen floors which were re-finished by Lianne and Barry Walker, local Mr Sandless franchisees. Mr Sandless, as a 'Sensitive Choice' Partners has proven their commitment to reducing asthma and allergy triggers and have been accepted into the programme by the Sensitive Choice Advisory Panel.

Mr Sandless prepare wooden floors in a non-toxic, safe way by avoiding the sanding process and as a seasoned renovator, I was interested in seeing how the finish compares to traditional finishes.

Lianne and Barry took a few hours to prepare the floors on a weekday and I came home from work half way through the procedure to see how it was going. The first thing I noticed was the distinct lack of smell (great for my asthmatic son) and the stunning finish already on the floor. It looked finished! I was surprised that they still needed to prepare the top coat. The drying time between coats is relatively quick but the end result is as one would expect of a quality wood finisher.

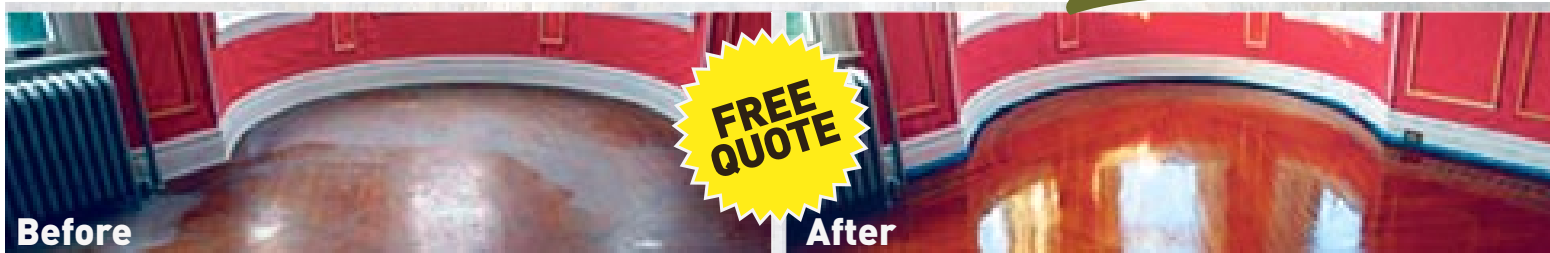
The Mr Sandless product is different to polyurethane and does have different care requirements in order to stay looking great over time. Mr Sandless will leave you care

tips to keep. Its been some months since my kitchen was completed and the floors look great, are easy care and I would recommend this as a wooden floor finishing option for anyone, but especially for people who are affected by asthma or other respiratory conditions or anyone else who may be particularly susceptible to (toxic) dust.

Written by Vikki Blundell



**DULL, TIRED, WORN FLOORS?
RESTORE YOUR FLOOR IN AS LITTLE AS 4 HOURS!**



Mr Sandless is the proven trusted solution to beautiful floors in a day with no mess dust or smell 5year warranty. Ranked **number 1 in the world** and now in the Waikato



Proud Winners of the 2012 International Floor of The Year held in Las Vegas from over 350 franchises and 11 countries. Offering true local professional service & advice at an affordable price



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REGISTER NOW

Corporate Ambrose
2 person team \$50

Stableford -
\$25 pp (non golf members)
\$15 pp (golf members)



Prizes Include:

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Accommodation, Winery tour & tasting,
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cosmetic gift baskets + much more

Charity Auction packages

Include:

Wellington package, Hawkes Bay package,
ski package, womens pamper
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\$14,000 with a \$6000 reserve
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Contact: Kelly or Janelle

info@asthmawaikato.co.nz

021 08276276 or 021 1009618

For further information please see www.asthmawaikato.co.nz



asthmawaikato

Better respiratory health for New Zealanders

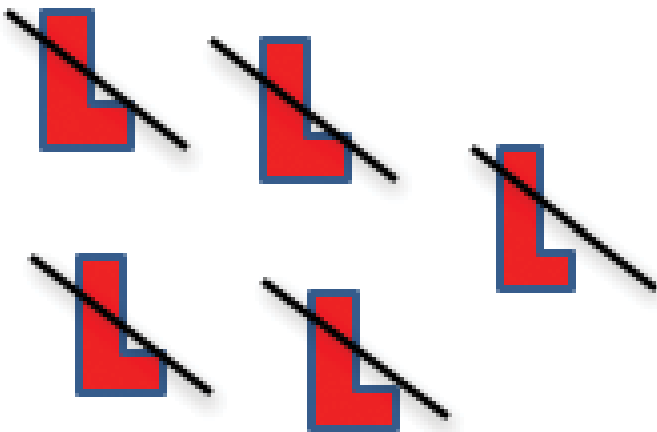
How we have helped *continued...*
Singulair

Many of you may have heard about the new drug Singulair (Montelukast) that was approved for funding last year under certain criteria. I have been researching its action and use for this month's Asthmalink.

Many of the nurses from England who I have worked with say it's been used for years in the UK. According to MSD (Drug Company) it has been used for more than 14 years by over 110 million patients in 70 countries around the world.

As you know the airways of an asthmatic are very sensitive and can become swollen and narrow also known as inflamed. The best way to prevent asthma is to treat this inflammation so you don't get asthma symptoms.

When you have an asthma attack it maybe because you have breathed in a trigger such as cold air, a cold virus or pollen. This causes the body to release inflammatory chemicals. One of these chemicals are called leukotrienes, they cause the airways in the lungs to become inflamed and red. Muscles around the airways also tighten. This is when you experience chest tightness, coughing and wheeze.



**Singulair blocks leukotrienes
(inflammatory chemicals)**

Singulair blocks the action of leukotrienes so you don't get the inflammation. Steroids do not block leukotrienes but are effective on other inflammation chemicals. So Singulair is complementary to other treatments.

This medication has a very good safety record and is generally tolerated well by most. The most common side effects reported are mild headache, stomach pain and thirst. In clinical studies, these were mostly mild and occurred as often in patients treated with Singulair as those treated with placebo. If you do start this medication and notice any mood changes or are concerned about any reactions you or your child may have always seek medical advice.

- If you have a child between the age of 1-5 years, they have been using a preventer for at least 1 month and they have had 3 or more episodes of asthma one of which has required emergency treatment, ask your G.P. about if Singulair is right for them.
- If you are an adult who has exercise induced asthma and is on a combination inhaler but still has frequent episodes of exercise induce asthma also talk to your G.P. about Singulair.

Written by Jolene Dalziel - Community Asthma Nurse

Asthma Waikato
Te Ha Ora Huango

P O Box 7013
Hamilton East,
Hamilton 3247
Ph 07 838 0851
Fx 07 838 0852

THAMES ASTHMA SUPPORT GROUP

**ALSO FOR PEOPLE WITH COPD -
EMPHYSEMA AND CHRONIC BRONCHITIS**

COME TO A MEETING

When: **Thursday
31st October 2013
at 1.30PM**

Venue: Community Lodge
Richmond Villas
82 Richmond Street
Thames

Topic: **Experiences at Middlemore Hospital for COPD Support**

An opportunity to catch up on any new health information that you have received and any health problems encountered.

Followed by afternoon tea.

*The Thames Asthma Support Group meets monthly.
We provide information, support, friendship and interesting speakers for you*

Speaker: Marlene Trumper—Experiences at Middlemore Hospital for COPD support

Enquiries:
For further information/apologies contact:
Barbara on 07 868 8005 (answerphone available) or Eileen on 07 868 8127

Meeting Arranged by
Asthma Waikato
Te Ha Ora Huango





asthma waikato
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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. **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 NA6115-12DE

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Asthma Waikato Te Ha Ora Huango



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

Clyde Graham Charitable Trust
COGS
Donny Trust
Grassroots Trust
Hamilton City Council –community wellbeing
Lion Foundation
NZ Lottery Grants Board
Norah Howell Trust
NZ Post
Page Trust
Sir John Logan Campbell Residuary Trust
Southern Trust
Trillion Trust
Trust Waikato
Waikato Asthma & Respiratory Trust
WEL Energy Trust
South Waikato District Council

Thank you for donations from:

The Cambridge Parish Opportunity Shop
Kihikihi Rotary
Morrinsville Lions Club

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

Annah Stretton	Nga Pae Amua
Astra Zeneca	Northcare Pukete
Beds R Us Te Rapa	Pharmacy 547
Boehringer-Ingelheim	Ricoh
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Concept Joinery	Vivid Images
Community Waikato	Volunteering Waikato
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Hamilton Press	Warmup Waikato
Hauraki Herald	Web Health
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Midlands Community Pharmacy Group	
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- * Telephone respiratory advice - someone to talk to
- * Information pamphlets
- * Quarterly magazine - local and national

\$3 donation please

- * Asthma and COPD Support Groups in Thames and Hamilton
- * Asthma Links with Matamata

Koha appreciated

- * Expert respiratory speakers for groups

Other Services available

- * Spirometry testing (certified)
- * Practice Nurse Asthma Fundamentals Course
- * Community Health Worker training

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.

Asthma Waikato

P O Box 7013, Hamilton East, Hamilton 3247
Phone 07 838 0851 Fax 07 838 0852
info@asthmawaikato.co.nz
www.asthmawaikato.co.nz
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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
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I am interested in becoming a member of Asthma Waikato I am interested in supporting Asthma Waikato

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