

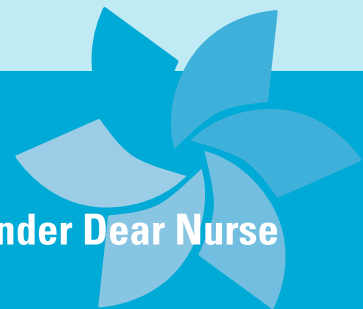


Merry Christmas from Asthma Waikato



Issue Highlights

- ✿ Introducing Dr Stanley Koshy
- ✿ Sailor Show reaches 100 schools this year!
- ✿ Allergies, COPD, Exercise, Triggers, Losing Weight – its all under Dear Nurse
- ✿ Gluten Free Celebration Cakes!



asthmawaikato
Better respiratory health for New Zealanders

From the Manager's

As we all look forward to a well deserved break with our family and friends we are excited about the future of Asthma Waikato and getting back next year to see all the hard work we have been putting in on a number of projects and getting them into action!!

The year has been a challenging one for Asthma Waikato with staff changes, board changes, location changes and becoming a completely mobile service. While things may have been challenging and on a bit of a rollercoaster the changes have been taken on by all the staff and have been made successful. Things have now settled down and its time to achieve some exciting goals in the year ahead.

Some of our goals for 2014 include the following:-

- Respiratory Rehabilitation Programme Implemented
- Improved commitment to COPD
- Spirometry Training Course Developed
- Increasing the number of clients we educate
- Sail the puffer fish to visit another 100 ECE and primary schools
- Improve and target our service levels to high risk and needs areas
- To have a new nurse working for Asthma Waikato

While a number of these projects and goals are already underway there is still a lot of work to do so next year will be a busy but exciting year and we are looking forward to keeping you up to date on our progress and hearing some great feedback from the community.

None of these goals would be possible or achieved without the great support from our grant funders, donations, bequests, sponsorship, staff and volunteers and we would like to take this opportunity to thank you all for your hard work and amazing contributions to Asthma Waikato and we wish you all a happy and safe break and will see you in the new year. Merry Christmas everyone!

Kelly McDiarmid – Asthma Waikato Service Delivery Manager

Janelle Vala - Asthma Waikato Fundraising Manager



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And it's a Merry Christmas from the team at Asthma Waikato!



It's been a great year full of changes and challenges and its time for everyone to have a well deserved break.

Asthma Waikato will be on holiday from Monday 23rd December and will back on Monday 6th January 2014.

The COPD exercise groups will also be taking a break:-

Hamilton's last exercise group for the year on Wednesday 11th December 2013 and they will be back on Wednesday 29th January 2014.

Thames last exercise group was on Thursday 28th November 2013 and will be back on Thursday 27th February 2014.

See you in 2014 for a year of new beginnings!

Gluten Free Celebration Cakes

Ingredients:

canola oil spray, for greasing
1/2 cup reduced-fat spread
1/2 cup soft brown sugar
3 eggs
1/2 teaspoon mixed spice
1 cup gluten-free baking mix
1/4 cup dried apricots
1/4 cup dried cherries or Craisins
1/2 cup chopped dates
1/2 cup apple purée
2 tablespoons treacle



Instructions and steps:

Step 1 Lightly grease muffin-tray holes with oil. If the pan is non-stick, line bases with greaseproof paper. Preheat oven to 180°C.

Step 2 Place spread and sugar in a large bowl and cream together until light and fluffy. Add eggs one at a time. Stir spice into baking mix then fold into egg mixture with apricots, cherries and dates.

Step 3 Add apple purée with treacle. Spoon into prepared tray. Bake for 25 minutes until firm to touch and golden-coloured. Ice with lemon cream cheese icing.

Variations

Dress mini-cakes with icing topped with lemon peel curls and fresh mint.

You can make these cakes in fun shapes and give them as gifts tied with ribbon. They are a particularly thoughtful gift for anyone who has just found they have coeliac disease or a wheat allergy and may be feeling daunted at the prospect.

(from www.healthyfood.co.nz)

What you need to know

Dr Stanley Koshy brings a clinical viewpoint to AW Board



We are pleased to announce Dr Stanley Koshy as our newest Asthma Waikato Board Member. Dr Koshy is the Executive & Medical Director at Radius Medical Waikato. With an extensive background in Intensive Care/ Emergency Medicine and General Practice, Dr Koshy brings a clinical expertise that

will be of huge value to Asthma Waikato as an organization.

Dr Koshy is committed to helping individuals take personal ownership of their health and believes it is only when everyone is adequately invested that people will make the changes they need to become healthy.

Asthma Waikato Board

As you may know, we have had some changes on the Asthma Waikato Board this year. For 2014, we have a continued commitment from our President Andrew Fox and long standing members Shona Bramely, Ian McMichael and Colleen Joblin. Bringing a new perspective and fresh scope on our organization are Brendan Weight, Tony Hill and chartered accountant Peter Granville as Treasurer. Our newest contributor, Dr Stanley Koshy is featured to the left.

Volunteer/s Required – Learn To Swim Instructor

Asthma Waikato is looking for a Learn To Swim Instructor for 2014 to teach young asthmatics to swim, become confident in the water and learn about water safety.

You will be required to have a swim instructor qualification (SNZ STA) with a School Age & Adults Swim Teacher Award.

For further information or to register your interest please ring Kelly on 07 838 0851 or email us at info@asthmawaikato.co.nz

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Experience fresh, filtered air, free from allergens and pollutants.

As part of the Sensitive Choice programme, an HRV Home Ventilation system purifies the air in your home, filtering out the small, unhealthy, airborne particles that can trigger asthma and allergies.

Find out how HRV can help your family to breathe easy.

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



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. **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

RDTN/6453/02

Events

Golf Day

Wow what a day! This year we had unprecedented support from businesses and individuals alike in the form of hole sponsors, prize donations and players. Despite scattered rain the golfers played both on the course and afterwards in the clubhouse generating a huge total of \$8000 profit for our charity! It was a great afternoon and we would like to thank Ngaruawahia Golf Course for their ongoing support of Asthma Waikato and thanks to all of our other supporters on the day – we suggest you watch this space for our next major event in 2014.....



AGM

This year we held our AGM on a Wednesday in the Rotary Lounge at the Hamilton Gardens. We had a good turnout of members and all enjoyed a morning tea before getting down to business with the meeting and finally celebrating our 40th birthday with the cutting of a cake by our patron Dr Peter Rothwell and Shona Bramley our long standing board member.



Sailor celebrates 100!

Upon launching our Sailor the Pufferfish In Schools Program this year in Term 1 we set a rather ambitious goal of visiting 100 schools and early childhood centres within the Waikato region before the end of Term 4. On Thursday October 24th we achieved our goal by performing our 100th show at Te Kowhai Primary School. This means that approx. 12,000 children (plus teachers and parents) have heard our message about triggers and symptoms of asthma whilst enjoying Sailor's fun and interactive show.



World COPD Day



20 November 2013 was World COPD Day. We supported the awareness by providing a display at the Hamilton Public Library and also hosting a morning tea with the help of Boehringer Ingelheim for our COPD support group. This year's speaker was Glenda Sullivan, Clinical Nurse Respiratory at Waikato Hospital. It was a very informative presentation enjoyed by the group and we thank Glenda and Penny for their time and support.

Sailor out and about



Asthma Waikato celebrated with Sailor this year as his show reached 100 schools – what a great write up in the Hamilton Press!

Waikato's asthma service spans 40 years



This year Asthma Waikato celebrates 40 years of working in the region to educate and support sufferers of respiratory illness.

Service delivery manager Kelly McDiarmid said as part of the milestone the organisation decided to broaden its delivery of asthma awareness messages by creating an In Schools Programme – Sailor the Pufferfish.

This interactive performance (presented by Chris Lam Sam of the Funky Monkeys and Sailor the Pufferfish), is aimed at 4 to 9-year-olds to educate on the symptoms and triggers of asthma.

"The programme has been very well received with teachers advising children and taking key messages away from the show along with providing a greater community link," said Kelly.

"Our students loved the show and talked about it long after," said Paula Malins from Insoll Avenue School. "We also invited parents to come along; we felt this gave the wider community an opportunity to gain a better understanding regarding asthma."

Kelly said the goal on launching the pro-

gramme in term 1 this year was to visit 100 primary schools and early childhood centres by the end of term 4 and last Thursday this was achieved with the 100th performance at Te Kowhai Primary School.

Kelly said this means that approximately 12,000 children have

enjoyed the show and learnt ways to empower themselves and their peers to correctly manage their condition.

"With Sailor the Pufferfish celebrating a successful first year, Asthma Waikato hopes to continue the programme into 2014 with a focus on rural areas and schools further

afield within the Waikato region," she said.

"We think we have found a successful model that children relate to well. For us the ultimate goal is education and awareness."

Further information: www.asthmawaikato.co.nz www.sailor-thepufferfish.co.nz

SAILOR NEEDS COMMUNITY FUNDING

We are on the look out for local community funders (sports; businesses; church; community service groups; families; individuals) to support their local schools and fund a Sailor Show & Education session.

SAILORS 5th VIDEO on his website now!



www.sailor-thepufferfish.co.nz

Please call or email Janelle Vala 07 838 0851 / info@asthmawaikato.co.nz if you would like to see Sailor in your community.

Sailor attended the Annual Corrections Rugby & Netball Tournament



Plenty of fun was had at the Tournament – Sailor met plenty of new friends. Asthma Waikato had a stand at this tournament for people to come and get nurse advice about any respiratory conditions. Sailor also made a lunchtime appearance where plenty of photos were taken while the officers and families kindly donated to Asthma Waikato. A huge thank you to Jolene and her family for organising Asthma Waikato to be a part of this great day.



Summer Tips from Sailor the Pufferfish

- Keep taking your preventer medication every day during the summer months. This will help your lungs stay healthy.
- Check the expiry date on your inhalers to make sure they are still in date.
- Ask a Grown Up to check that you have enough inhalers (preventer and reliever) to last you through the holidays. You might need to see your doctor to get some spare inhalers.
- Don't forget to pack your preventer and reliever inhalers and your spacer when you go away on holiday or away from home.
- Get some Vitamin D (which we get from the sun) but don't forget to slip, slop, slap and wrap between 10am to 4pm when the sun's UV rays are strongest. And.... have a fantastically fun and safe summer.

How we have helped

Only a phone call away

My first contact with Asthma Waikato was 2 years ago when I was told by a friend that I should be using a spacer with my inhaler. I called Asthma Waikato and asked if this was really necessary. The nurse explained that the spacer allowed more medication into my lungs and less chance of side effects in my mouth. I started using a spacer for my preventer but found it to be so time consuming, mucking around with the technique and correct amount of puffs to breaths. I started getting sick of using it and also started missing doses of my preventer. I called the nurse again and asked her if there were any other options. She told me about a Symbicort turbuhaler. This inhaler did not require a spacer and is so quick and easy to use. I was experiencing some throat irritation after I started the Symbicort so I was on the phone again to the asthma nurse. She suggested I rinsed my mouth out after using it and to have a cracker or biscuit also to help clear any medication away. This has helped hugely. I was so appreciative of the advice she gave me. I feel so well informed about the medication I am using and it's great to have a friendly voice on the end of the phone.



But it didn't end there. I have continued to pass on the advice I received to my mother. She is 80 years old and very fit and active. I had noticed for some time that whenever she walked any distance she would start to wheeze. She has had asthma in her later years and was taking a preventer with a spacer every day. I asked the asthma nurse if Symbicort might be right for her. She advised me to tell my mother to have a check-up at the doctor because shortness of breath and wheeze can be caused by other illnesses besides asthma. But if it was asthma Symbicort may be helpful and easier for her to manage.

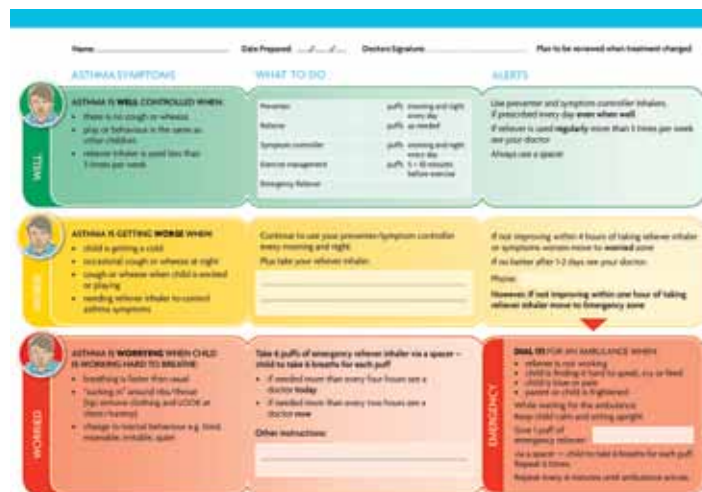
Thank-you so much to Asthma Waikato, the advice you give is so practical and easy to understand! I have even volunteered to help with fundraising for Asthma Waikato.

Written by Carolyn

Don't forget your Asthma Management Plan!

It is very easy for life to get in the way of keeping on top of our health conditions but recent research from the NZ Respiratory Review suggests that adult Asthma sufferers can really benefit from an up to date Management Plan. In an American study of 808 women with Asthma, it was

discovered that participants without a management plan were less likely to own a peak flow metre, take their asthma medications as prescribed, initiate discussion about their condition with their health professional and were less satisfied with their asthma management. Sometimes it is easy to forget we all need support. If you require help formulating a Management Plan give us a call – 07 838 0851



The form is titled 'ASTHMA MANAGEMENT PLAN' and includes fields for Name, Date Prepared, Doctor's Signature, and a note to be reviewed when treatment changes. It is divided into three main sections: 'WHAT TO DO', 'ALERTS', and 'EMERGENCY'. The 'WHAT TO DO' section is further divided into 'WELL', 'GETTING WORSE', and 'WORSE'. The 'ALERTS' section provides instructions on when to seek medical help. The 'EMERGENCY' section provides instructions on what to do in a life-threatening situation.

In our Community



I have had the privilege of being able to travel to some of our community groups and present to them about what we do at Asthma Waikato and give education about Asthma. The ladies at the Morrinsville – Happiness Club were delightful and the enthusiasm and welcome of The Rotary club in Kihikihi, Rotary Te Rapa, and also in Te Awamutu to name a few made it a pleasant experience for me.

I am happy to continue speaking to local and Waikato wide community groups so that we can spread the message about Asthma Waikato services, raise awareness about asthma and its prevalence, how it can be managed and to be able to achieve optimum control. A koha/donation would be gratefully accepted.

We are very grateful to the donations given to Asthma Waikato by these clubs and appreciate the dedication they give to fundraising for various charities and organisations. We here at Asthma Waikato would not be able to continue in providing the services we have if not for the generous donations and grants received. If there are other community groups that would like to hear our message, please contact our office and speak to either Kelly or Janelle to organise a time.

I look forward to meeting and speaking to our people here in the Waikato.

Stella

HEALTHIER HOMES PROGRAMME

IS YOUR HOME INSULATED?

MAKING HOMES HEALTHIER

There are many health benefits associated with home insulation. Living in a warm, insulated home can significantly reduce respiratory illness.

This can mean less visits to the doctor, fewer hospital admissions for respiratory illness and less sick days off school or work.



DO YOU QUALIFY FOR THE PROGRAMME?

- Your home must be pre-2000 and be un-insulated
- Your home must be in the Waipa Networks or WEL Networks distribution area
- Your home must be either privately owned or rented (does not cover Housing Corporation homes)
- You must have a community services card and:
 - o Children in the home under 17, Adult aged over 65 or;
 - o A signed referral from your doctor/GP

There is a 100% subsidy for privately owned homes. In tenanted homes, the landlord will pay \$575 inclusive of GST.

FOR MORE INFORMATION

CAMBRIDGE AND TE AWAMUTU

Phone: **07 827 4014** Cambridge
07 872 0745 Te Awamutu
 Email: insulation@waipanetworks.co.nz
 Web: www.waipanetworks.co.nz



HAMILTON | RAGLAN | NGARUAWAHIA | HUNTLY

Phone: **07 850 3196**
 Email: connect@wel.co.nz
 Web: www.wel.co.nz



How we have helped

Dear Nurse

How long does it take for my Preventer to start working?

Preventers (Flixotide, Beclazone) usually take up to one week to start working but you should continue to get improved symptoms over 1 month of use. A good trial time is 4 weeks, use the preventers while keeping a symptom diary. If after 4 weeks you have improved then keep taking the preventers to keep yourself well. If you find you have no or only minimal improvement go back to your G.P. to discuss your symptoms.

If you are on a combination inhaler (Seretide, Symbicort, Vannair) you may notice relief from daily symptoms sooner. This is because you are taking a preventer and a symptom control in one inhaler. Therefore you are getting medication to protect your airways on the inside and a muscle relaxant on the outside. The muscle relaxant works straight away that day. That's why you feel it helps straight away.

I have COPD and have been told by my doctor to see him a.s.a.p if I become unwell in my chest, why is this?

This is very important for anyone with COPD. This is because you want to take care of the lung function you have. You are more likely to get unwell compared to others and the more lung infections you get the worse your lungs will be. So ask your doctor for a COPD management plan. At some clinic's they will have an alert on your medical notes saying if you are unwell with a respiratory illness you need to be seen that day.

I often get exercise induced asthma (EIA) what exercises are best for me to try?



Activities involving a lot of stopping and starting or a warm moist environment are less likely to cause EIA. Swimming, walking, trampolining, tennis, yoga, martial arts, tai chi, aerobics or team sports are often preferred by people with EIA.

What else can I do to prepare myself for exercise?

- Firstly check your body, if you have a cold don't exercise wait until you have recovered.
- Check the weather. If it's cold use a thin scarf around

your mouth to warm the air or exercise inside. If it's windy (especially this time of the year with all the pollen) exercise early morning or the evening when it's more settled.

- Warm up and use your reliever first. 1-2 puffs through your spacer.
- Breathe deep breaths in through your nose. This warms, humidifies and filters the air.
- If you want to know more about breathing control go the Asthma Foundation website and look up "Learn breathing control"

I understand that asthma can be set off by allergic and non allergic triggers, how do I work out what sets my asthma off?

- Take note of when and where you are when your asthma symptoms get worse. Record things like the weather conditions, time of the year, how you are feeling in yourself e.g. have a cold or stress levels, animal exposure, level of activity and exposure to environment elements e.g. dust, smoke.
- House dust mite allergic people tend to have asthma all year round. It can sometimes get worse on going to bed where your bed has a high concentration of dust mites.
- Pollen allergic people have problems during spring and summer. Symptoms occur depending on what type of pollen they are allergic to. Grass pollens occur in spring and early summer, trees and certain weeds (like plantain) may occur in late summer or early autumn. But this may vary.
- Pet and mould allergies can usually be identified when sensitive people come in direct contact with these allergens.
- Many allergies can be identified by a skin prick test.



I was told if I lose weight my asthma will improve, is this true?

Yes it is possible, research shows that inhaled steroids (preventers) have less effect on people who are very overweight. Research also shows that 5-10% weight loss will improve asthmatics Spirometry (lung function test) results and asthma control scores.



Do you have COPD?

Ask your doctor*
about **SPIRIVA®**

when your COPD symptoms
impact everyday life because...

LIFE CAN'T WAIT.



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. **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

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:

Clyde Graham Charitable Trust
COGS
Endeavour Foundation
Grassroots Trust
Hamilton City Council –community wellbeing
Lion Foundation
NZ Lottery Grants Board
NZ Post
Page Trust
Southern Trust
Trillion Trust
Trust Waikato
Waikato Asthma & Respiratory Trust
WEL Energy Trust
South Waikato District Council

Thank you for donations from:

Spring Hill Sports Tournament Club
Friends and Family of Diana Thompson

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

Annah Stretton
Astra Zeneca
Beds R Us Te Rapa
Boehringer-Ingelheim
Brendan Barwick-Johnston
Care Medical
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FREE Services available

- * Up to date information on respiratory conditions
- * Comprehensive education at your place
- * 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

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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 ☐

Name: _____
Last name First Name(s)

Address: _____

Phone: _____ Email: _____

Bank Account: ANZ Frankton 06 0313 0186176 00

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