



Albert, with his mum Kathryn and dad David, using his fingers to count to 6

Issue Highlights

- ✿ Dates for your Diary
- ✿ Dear Nurse
- ✿ Asthma Management Plans
- ✿ Out and About
- ✿ COPD and Smoking
- ✿ Winter is on its way
- ✿ Sailor's page
- ✿ Sailor Mosaic



asthmawaikato
Better respiratory health for New Zealanders



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The Magical Garden
Tokoroa Intermediate School
Trillion Trust

Thank you to all our Asthma Champions

Asthma Champions come in all shapes, sizes and forms and we would like to extend our thanks, acknowledgment and gratitude. Unfortunately there is not enough room to individually acknowledge all those who have supported our work in 2014 so if your name is not below please know we still appreciate you.

Trust Waikato
Waikato Asthma & Respiratory Trust
Waikato Lyceum Charitable Trust
Waikato Sunrise Rotary
Waipa District Council
WEL Energy Trust

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Dates for the diary

We really enjoy meeting up with members and clients at our regional clinics see page 8. Unfortunately we are not able to visit every town, due to the size of the area we have to cover, but we have tried to offer clinics in areas which are accessible by other surrounding towns. Please get in touch if you would like to see one of our nurses at a clinic near you.

Regional Clinics

Ngaruawahia	Tue 23 June
Otrohanga	Tue 28 July
Thames	Tue 28 August
Morrinsville	Tue 29 September
Mangakino	Tue 27 October
Raglan	Tue 24 November

Dates for your diary

Field Days	Wed 10 - Sat 13 June
Awareness Week	Aug 31 - Sept 4
Balloon Day	Fri 4 Sept
Stoptober	October
Waikato Home & Garden Show	Thurs 1 - Sun 4 October
NZ Respiratory Conference	Thurs 5 - Fri 6 November
World COPD Day	Wed 18 November
Bi-annual Golf fundraiser	Fri 20 November

From the Manager



Hello, again.

It has been a busy start to the year, in the last 4 months we have delivered training to over 40 medical professionals, provided two regional clinics, attended the Waikato Wellbeing show and our nurses have provided one on one support to over 70 families.

We are trying our best to visit each region at least once this year so if you would like to catch up with one of our nurses then please see the Dates for the Diary section to find out when we are in your area.

We unfortunately received some sad news earlier this year; a young girl in the Waikato suffered a fatal asthma attack. This brought home to all of us the important work we are doing in the community. We offer our sincere condolences to the family.

As well as the everyday running of the place I have been working hard at raising our profile in the community. This has included becoming more active with our Asthma-Waikato Facebook page, please like us to be kept up to date with what is happening. Some of you may have seen some articles in the Waikato Times about asthma and Burpees, read more about our World Asthma Day event on page 14.

Thank you to those who responded to my request for direction. It was quite clear that most of you are happy with our services. Education in schools, via Sailor, and our one on one asthma educational service were identified as the most important to the community.

Thank you to those who came forward to help us on World Asthma Day at the Wellbeing show and at other times during the year. It can be hard to keep in touch with everyone but we really do appreciate the offers of support we receive and do our best to take them up. Just recently we received a number of beautiful handmade blankets and toys, made by Heather from the Colonial City Motel, these will be passed on to families in need.

Our main aim as an organisation is to gain better respiratory health for New Zealanders and to help us as we work towards this we are currently focusing on the simple promotion of the use of spacers in adults as well as children. The number of people we met at the Wellbeing show who did not realize that using a spacer helps 50% - 70% more medication reach the lungs, was actually quite worrying. Many thought that their children would grow out of needing to use a spacer with their inhaler! See our Dear nurse section pages 3 & 4 for more on this.

We also want to see all those with Asthma with an Asthma Action Plan, see pages 5 & 6 to see why having one could help you and you family.

Personally it was great to finally get to see Sailors show, this time fronted by Kerry, formally the one in the suit. One of the shows was funded by a generous collection by Waterworld Educare staff and pupils in memory of the girl who lost her life. I believe the message being delivered is a really important one and though Sailor is going to be in Wellington and Auckland this term we are aiming to get him back here for term 4 to continue his good work.

With so much happening we were fortunate to be able to bring you a slightly extended version of Asthmalink due to a generous donation from the Waikato Lyceum Charitable Trust.

Ruth Taylor - Acting Service Delivery Manager

From the Board

Shona Bramley is a very active member of our Board and helps coordinator the COPD & Asthma Support Groups. Here is a report from her on the last few sessions. More information on these groups can be found on pages 8 & 10.

In May the Hamilton group were very fortunate to have Mina Swart, Respiratory Physiotherapist, Waikato Hospital as guest speaker. We were shown how to manage breathlessness and how to clear secretions (phlegm.) For breathlessness we were told to focus on breathing out slowly and gently for as long as possible, allowing time for trapped air to be expelled. We all practised the technique, we found ourselves comfortable rest positions, leaned forwards and fixated our shoulders. We took four long breaths followed by normal breathing and then repeated this before having one or two huffs to try and clear any secretions. This could prove useful as we enter the winter months and the phlegm starts to build up. Afterwards, as normal, we had a cup of tea.

The Thames group had a record attendance at the April meeting to listen to the informative talk titled "A Celebration of Life" by Derek Hedges, funeral director. They now know much more about the different types of funerals available. For the May meeting the guest speaker will be Vel Kopu, Smoking Cessation Coach at Te Korowai. Looking ahead to the end of June a physiotherapist for Thames Hospital will talk on 'Breathlessness'.

We are a friendly lot and new people are most welcome at both groups.

Shona Bramley, Life member, Board member and Volunteer

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Dear Nurse



Dylan-Sigar-Seth Wilson, 2 yrs

My 4 year old daughter doesn't like using her spacer and mask, what can I do?

This is a common barrier with some children. Every child is an individual and reacts differently so the trick is to find out what works best for that child in delivering the asthma medication via a spacer or spacer and mask (age dependant).

A spacer with a mask is designed to be used by babies and small children. Once the child is capable of placing the spacer mouth piece gently in-between their teeth and have the ability to have a firm seal around the mouth piece with their lips, they will not require the face mask. This is usually around the age of 4 years old. If unsure please contact an Asthma Nurse or speak to a Practice Nurse at your local Medical Centre. As your daughter is 4 years old I'm sure she will manage very well with just the spacer. If you still have some barriers you could try some distraction techniques e.g.

- The first time the spacer is introduced, let your child play and familiarise themselves with it.
- Role play on their favourite teddy or doll.
- Make the child feel important! This is their spacer and medicine and they need it to stay healthy. Get the child (if old enough), to shake the inhaler, put it into the spacer and let them show you how clever they are at pushing the inhaler (with help!), then count. Lots and lots of praise and cuddles afterwards.
- After each dose count the breaths 1-6 or clap.
- Blow bubbles to distract.
- Read a favourite book, saved just for during administration.
- Create an 'Asthma Bag'. Take child out to choose small bag or a colourful see-through container to store inhalers and spacer in.



I am 20 years old, do I need to use a spacer? I'm embarrassed to use it in-front of my mates and during my swimming training.

It is recommended that everybody who uses a puffer or a multi-dose inhaler (MDI) also use a spacer! Spacers help to get the asthma medication into your lungs where it is needed. A spacer allows 50-70% more medication of the correct size particles to enter deep into the lungs than if you use a MDI on its own. Spacers also help to prevent irritation of your mouth and throat if you are on a preventer.

There are types of reliever medication that do not require a spacer which are ideal for people who do get embarrassed or who are in an environment that makes it difficult to use a spacer, like at the side of the swimming pool! I advise you to speak to your GP and enquire about this type of reliever inhaler device. There are also devices designed for some preventer and combination medication that don't require the use of a spacer but deliver the same affects, however, these are not able to be used for children under 4 years of age.

How do I know when my Flixotide inhaler is empty?

I am going to presume you are using a metered-dose inhaler (MDI), this is the type of inhaler that contains the little canister that you have to push down on to release the medication.

Flixotide is a preventer which you need to use every day to control your asthma symptoms. You can determine how long it will last by dividing the total number of puffs in the MDI by the total puffs you use every day.

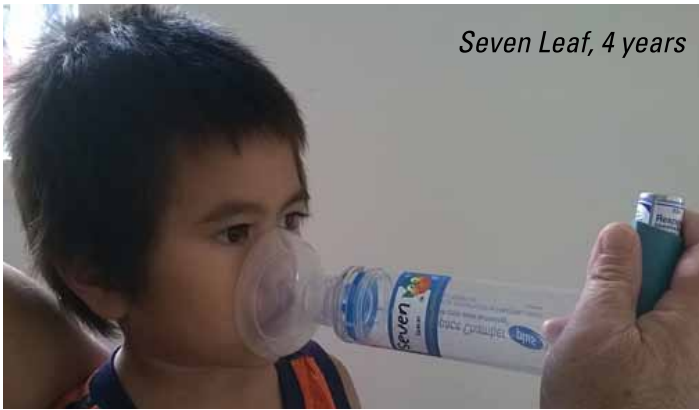
For example, if your MDI has 200 puffs and you use four puffs per day, divide 200 by four. In this case, your MDI would last 50 days. Using a calendar, count forward that many days to determine when to discard your MDI and begin using a new one.

It is important to be aware of how many doses remain in the MDI. Even when the medication has finished, the MDI can still release a spray of propellant that can be mistaken as medicine.

Always ensure you have a spare MDI on hand, fulfil the script before the MDI has finished!



Tohu Tahau, 3yrs, and Mum Katie



Seven Leaf, 4 years

My daughter (2.4yrs) was labelled: Reactive Airway Disease. Doctors are also calling it asthma; it is confusing, what is Reactive Airway Disease? She gets symptoms with viruses, colds, pollens and sometimes exercise. There is a strong family history to asthma.

The Asthma Foundation of New Zealand describes Reactive Airways Dysfunction Syndrome as the following: "Reactive Airways Dysfunction Syndrome or RADS is a term proposed by Stuart M. Brooks M.D. and colleagues in 1985 to describe an asthma-like syndrome developing after a single exposure to high levels of an irritating vapour, fume, or smoke".

"It can also manifest in adults with exposure to high levels of chlorine, ammonia, acetic acid or sulphur dioxide, creating symptoms like asthma. The severity of these symptoms can be mild to fatal, and can even create long-term airway damage depending on the amount of exposure and the concentration. Some experts classify RADS as occupational asthma. Those with exposure to highly irritating substances should receive treatment to mitigate harmful effects".

I would advise you to make an appointment with your daughters GP to discuss further clarification.

My son's education centre gives him and all the other kids with asthma their blue inhaler at lunchtime. They all get lined up to take their relievers. Is this ok?

It is only ok to administer reliever medication (blue inhaler) when an individual has asthma symptoms that need relieving or prior to exercise if prescribed as such.

The blue inhaler contains medication, therefore should only be given as prescribed. The education centre should have an Asthma Action Plan for each child with asthma or a copy of the prescription from the child's Doctor. If the blue inhaler has been used for a child it should be documented and the parents/caregiver informed that day of administration.

Asthma is well controlled if the blue inhaler (reliever) is used less than 3 times a week. If the blue inhaler is used regularly more than 3 times per week the child needs to be reviewed by their GP.

Victoria Johnstone - Community Respiratory Nurse



Multi dose inhaler used with a spacer



Multi dose inhaler used alone

Our nurses are usually out and about so are very rarely in the office, if you have a question for them then please feel free to call on 07 838 0851 and leave a message.

All phone enquiries are treated as important referrals and are allocated once a week (usually on a Monday) to the nursing staff. They will then make at least three attempts on different days and times to be in touch to provide you with their professional advice.

I found the visit with the nurse very knowledgeable. I heard from her a lot faster than I thought I was going to and I now feel I know all I need to about my sons asthma. This service is great and I recommend it to any parent with a child who has asthma.

Tana (Jan 15)



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Do you and/or your child have an Asthma Management Plan?

What is an Asthma Action Plan?

The action plan tells you the recommended treatment for your asthma. More importantly, it tells you how to recognise when your asthma is deteriorating and what to do about it. When you are in distress, or you can see your child in distress, it can be hard to remember exactly what your doctor told you.

Should I give 1 puff or 2?

Which colour inhaler should I use?

How many breaths?

Having a plan gives you something to work through, helping you to keep calmer and more focused on what you need to do. The plan is individualised to suit each person's needs.

We know that these plans can help people to manage their asthma more effectively, resulting in better health, fewer days off work or school, and fewer admissions to hospital.

You can obtain an Asthma Action Plan for yourself or a child by contacting Asthma Waikato, your GP or it can be downloaded at www.asthmafoundation.org.nz. The plan must be filled out by a GP.

There are similar plans available for those who suffer from COPD.


RIGHT: The areas highlighted in blue on the "Child Asthma Plan" indicate where the GP must fill out and complete necessary details. If your child's plan is not completed, please take it to your GP ASAP.

GP to complete

Name: _____

ASTHMA SYMPTOMS


WELL



ASTHMA IS WELL CONTROLLED WHEN:

- there is no cough or wheeze
- play or behaviour is the same as other children
- reliever inhaler is used less than 3 times per week


WORSE



ASTHMA IS GETTING WORSE WHEN:

- child is getting a cold
- occasional cough or wheeze at night
- cough or wheeze when child is excited or playing
- needing reliever inhaler to control asthma symptoms

WORRIED



ASTHMA IS WORRYING WHEN CHILD IS WORKING HARD TO BREATHE:

- breathing is faster than usual
- "sucking in" around ribs/throat (tip: remove clothing and LOOK at chest/tummy)
- change in normal behaviour e.g. tired, miserable, irritable, quiet



Date Prepared: GP Doctors Signature: GP to complete Plan to be reviewed when treatment changed

WHAT TO DO

Preventer	<input type="text"/> GP to complete <input type="text"/>	morning and night every day
Reliever	<input type="text"/> GP to complete <input type="text"/>	as needed
Symptom controller	<input type="text"/> GP to complete <input type="text"/>	morning and night every day
Exercise management	<input type="text"/> GP to complete <input type="text"/>	5 – 10 minutes before exercise
Emergency Reliever	<input type="text"/> GP to complete <input type="text"/>	

ALERTS

Use preventer and symptom controller inhalers, if prescribed every day **even when well**
 If reliever is used **regularly** more than 3 times per week see your doctor
 Always use a spacer

Continue to use your preventer/symptom controller every morning and night.

Plus take your reliever inhaler.

 GP to complete
 GP to complete
 GP to complete

If not improving within 4 hours of taking reliever inhaler or symptoms worsen move to **worried zone**

If no better after 1-2 days see your doctor:

Phone: GP to complete

However, If not improving within one hour of taking reliever inhaler move to **Emergency zone**



Take 6 puffs of emergency reliever inhaler via a spacer – child to take 6 breaths for each puff

- if needed more than every four hours see a doctor **today**
- if needed more than every two hours see a doctor **now**

Other instructions:

EMERGENCY

DIAL 111 FOR AN AMBULANCE WHEN:

- reliever is not working
- child is finding it hard to speak, cry or feed
- child is blue or pale
- parent or child is frightened

While waiting for the ambulance:

Keep child calm and sitting upright

Give 1 puff of emergency reliever:

 GP to complete

via a spacer – child to take 6 breaths for each puff. Repeat 6 times.

Repeat every 6 minutes until ambulance arrives.



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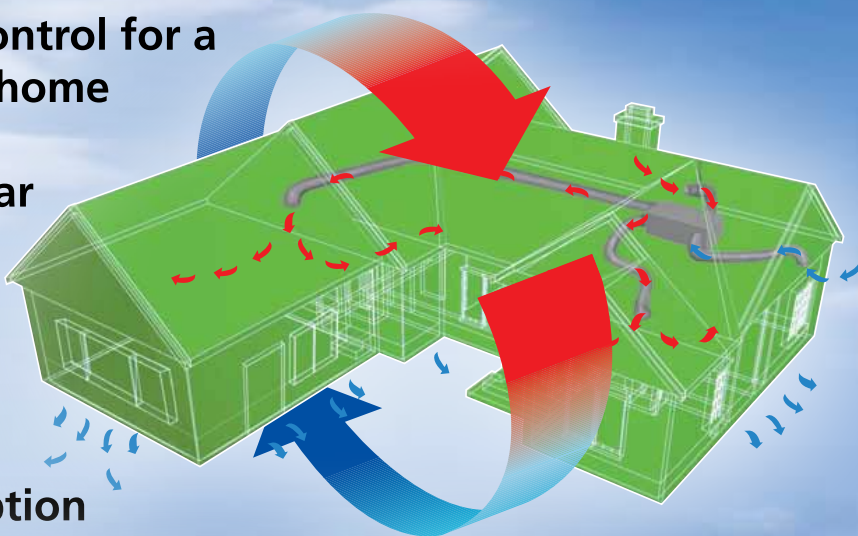
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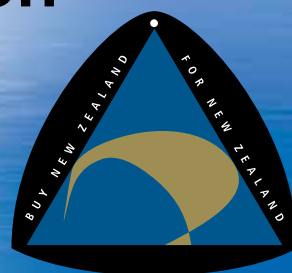


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Out and About

Taumarunui Regional Clinic, March 2015

Our two nurses, Vanda and Victoria, met a number of people during their day in Taumarunui. Hinekopa Berrett-Simpson, seen here with Vanda, is proud to still be up and active at 74 years old even though she has suffered from Asthma for most of her life. She was drawn to the information table and was thankful for the education the nurses were able to give her.



Wellbeing Show, April 2015

The nurses, and volunteers were flat out for most of the show. Providing advice and education and catching up with old friends. Over 200 individuals stopped for a chat about Asthma, COPD and other respiratory issues. Shona Bramley, volunteer and Board member, helped man the stand on the Sunday, helping promote the great work of the Hamilton and Thames COPD support groups. For more information on these groups see below and page 10.



Asthma Support Group Thames

As well as providing an opportunity to meet up with friends and gain support the Thames group regularly benefit from specialist speakers at their monthly meetings.

February: Robin Pengelly Manager - Health & Disability Resource Centre Thames

March: Noeline Wilson - Dietitian Thames Hospital

April: Adrian Catran - Twentymans Funeral Services

May: Vel Kopu – Smoking Cessation Quit Coach, Te Korowai

This active group welcomes new members.

Poihakena Marae Visit In Raglan

On the 22nd of April I had the pleasure to speak to the Kaumatua group at Poihakena Marae in Ralan. The Kaumatua group is very proactive to learn and increase their knowledge on health issues that may affect themselves, whanau or the community. Every week a guest is invited to speak on a health issue. I was invited by Aroha Martin who is the Iwi Health Worker, and Sean Ellison who is the Kaumatua Group Coordinator, to speak about Asthma.

I spoke to approximately 25 Kaumatua, some either had asthma themselves or had tamariki and other whanau members that have asthma. It was a very positive session and the feedback received was great to hear, thank you! I was fortunate enough to be invited to have some lunch afterwards that was laid out like a banquet. I enjoyed curried sausages (that my father would be very envious of), and the group ensured they keep up a healthy diet with fresh fruit platters. It was great to see how a community group can get together weekly to support each other, it is so important to be aware of others coming into the cooler months ahead. They were planning an appropriate wreath to lay at the Raglan Dawn parade and they have been busy fundraising to enable 24-25 of them to travel to Rarotonga during our winter. With the temperature change between countries it will be important to have their inhalers and spacer carried on them at all times.

Victoria Johnstone

World Asthma Day, May 5th 2015

To help raise awareness of Asthma we had a Burpees event and an information stand at Hamilton Lake. See page 14 for more pictures and information on the event.

Special thanks to Jay from Zephyr for providing some much needed shade on such a lovely day and to Robert for his much needed support on the run up to the event.



Pictured from left to right. Ruth Taylor, Vanda Watson, Robert Heywood (volunteer) and Victoria Johnstone.

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20 minutes: Blood pressure, body temp and pulse drop to normal.



Within 48 hours: Your nerve endings start to regroup, your sense of smell and taste improves.



1 to 9 months: Congestion and shortness of breath decrease. Cilia in your lungs grow back increasing your lungs ability to handle mucus, clean the lungs and reduce infection.



Within 1 year: your risk of coronary disease is half that of a person who smokes.



Within 5 years: Lung cancer death rate for a former pack a day smoker decreases by almost half. Risk of stroke or developing mouth, throat, and esophageal cancer is half that of a smoker.



8 hours: Smokers breath disappears. Carbon monoxide levels drop and oxygen levels rise.



3 days: Breathing is easier, you can run without wheezing.



Within 2 - 3 months: Your circulation improves. Walking becomes easier. Your lung capacity increase up to 30%.



Within 2 years: your risk of heart attack drops to near normal

Within 10 years: Lung cancer death rate similar to that of a non smoker.

Within 15 years: Risk of coronary heart disease is the same as a person who has never smoked.

COPD and smoking

Over 200,000 New Zealanders suffer from COPD. An irreversible chronic lung disease that in more than 85% of cases is caused by smoke inhalation. COPD is the fourth leading cause of death after heart disease and stroke.

Symptoms of COPD are shortness of breath, cough and phlegm. Quitting smoking is the most beneficial way to extend your life if you have COPD. As soon as you stop the sooner the damage stops.

The Smoking timeline, adapted from Huffington Post UK graphic, shows how quickly the health benefits can kick in. Quitline can provide lots of support and advice to help you stop smoking. Our nurses Vanda or Victoria often provide families with information; advice and NRT quit cards as part of their Asthma education sessions.

People forget that second hand smoke can be just as damaging for their children and grandchildren, as well as being a major trigger for asthma.



Quitline
0800 778 778
www.quit.org.nz

Support groups

For those of you who want to improve your health after giving up you may want to join one of our support groups. These groups provide exercise, friendship, support and information.

Hamilton COPD Support Group meets every, Wednesdays 1.00pm at Beerescourt Bowling Pavilion, 68A Maeroa Road, Hamilton.

The Thames Asthma Support Group meets monthly and provides information, support, friendship and interesting speakers. Call 07 838 0851 for more information.



I am impressed by the presentation of Vanda, she made me feel that I will do better in my control of COPD. She gave great advice and suggestions that I will follow up. I am very grateful for the time and advice given, and would like to say thank you very much.

Ron Lee (May 2015)

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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.

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Winter is on its way

Contact with the influenza virus is almost unavoidable, and while contact does not necessarily mean infection, it does mean that you are never far from the possibility of catching it.

Influenza, commonly called the flu, can be a serious illness that is sometimes fatal. Infection with the influenza virus may lead to a stay in hospital for any age group but particularly if you are elderly or have an ongoing medical condition. Influenza can make existing medical conditions such as asthma a lot worse.

You can protect yourself and the people around you by getting your annual influenza immunisation, just like over a million other kiwis do each year. This is FREE for people who regularly use an asthma preventer, are aged 65 years or over or a child aged 4 years and under who has been hospitalised for a respiratory illness, or has a history of significant respiratory illness. Ref *Asthma Foundation*

Keeping Healthy over the Winter months:

Here are some tips to get prepared as the temperatures start to cool down heading into our winter months:

Exercise daily

- A 30 minute walk outside each day gives you some fresh air and really helps your body get stronger to fight off those winter colds and flu
- Try to exercise during the warmer time of the day

Clothing – wear appropriate clothing for the time of year

- Ensure that you put on an extra layer when going outside and a warm scarf
- Breathe through the nose to prevent cold air triggering asthma and COPD symptoms
- Keep children warm and dry, both at home and when they are outside

Eat in-season fruit and vegetables – increasing the amount of fruit and vegetables in your diet is an easy way to help boost your immune system and keep healthy during winter

- The Ministry of Health recommends we eat variety of different types and colours of fruit and vegetables every day
- In-season winter fruits and vegetables include: feijoas, apples, pears, pumpkin, squash, rhubarb, parsnip and watercress
- Add some lean protein and try to reduce sugar and salt in our diet
- A great way to get everyone in the family or whanau involved in eating more vegetables is to encourage children and young people to be involved in shopping, growing and cooking family meals as well as eating together
- Making a big batch of hearty soup each week is a warming and inexpensive way to add more vegetables to your diet

Cover your mouth when you cough or sneeze!

- Help stop the spread of germs by using tissues only once
- Remember to wash hands with soap and water and dry thoroughly after going to the toilet, patting animals and before eating

Don't share medications with family and friends – this is very dangerous

- Always finish your course of antibiotics, even if your symptoms have cleared

Keep your home warm and healthy: The World Health Organization recommends a minimum internal temperature of 18°C. Below 16°C there is an increased risk of respiratory disease

- Reduce dampness: put lids on pots when cooking, dry your clothes outside, keep the bathroom door closed when showering – dampness allows mould and mildew to grow
- Remove mould using very diluted household bleach
- Have well-fitting curtains to reduce heat loss
- Use a healthy form of heating such as a flued gas heater, heat pump, or pellet or wood burner
- Insulate your ceiling and under the floor to keep heat in – 40% of heat can be lost through an uninsulated ceiling and 10% of heat lost through the floor





"I really enjoyed working with my new friend Kerry at the Wellbeing Show. It was also really good to meet some new friends. See below. I will have already finished my visit to Wellington and be in Auckland by the time you read this. I am really looking forward to the chance to visit some other schools in the country."



Sailor tells Kerry all about Asthma



Amelia Green thanks Sailor for a great show



Benaiah meets Sailor



"On World Asthma Day my friend Roi, pictured here, helped raise awareness and funds for Asthma Waikato. He had been training for some time and got permission from his doctor to do this for us. It took him 3 hours and 1177 burpees (a type of exercise) to travel around Hamilton Lake. Roi used to suffer from childhood Asthma but fortunately has not had to use an inhaler for

many years. His moto is "Never give up" and he wants to encourage you all to keep fit and active."

"Before I go remember to keep warm and try and avoid the cold air, try breathing through your nose as this will help warm the air." Sailor



Roi has lots of support as he starts on his way

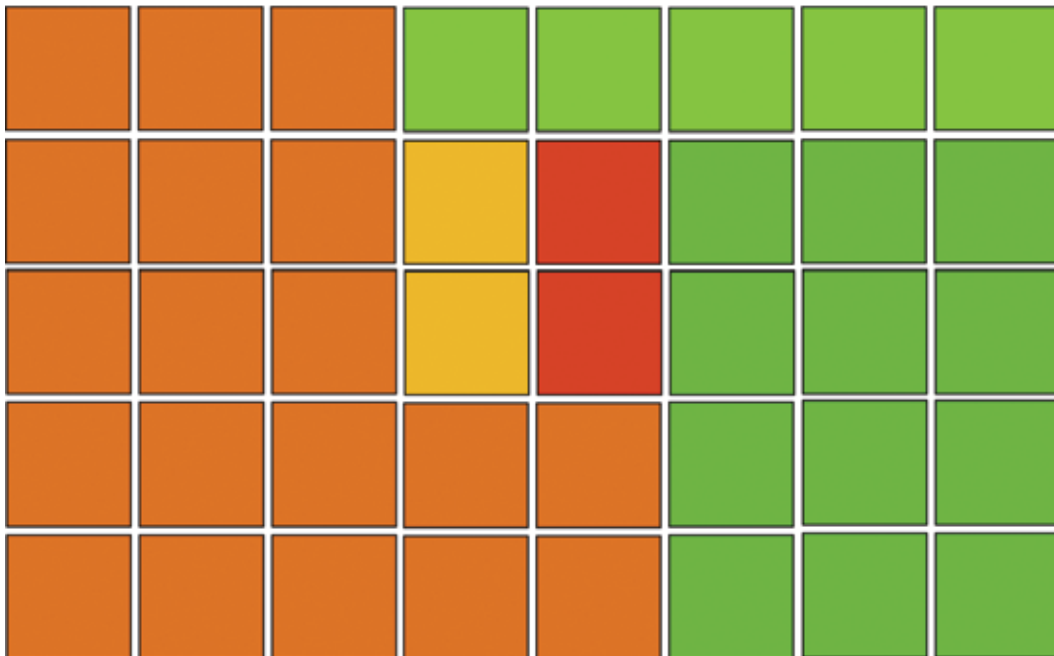
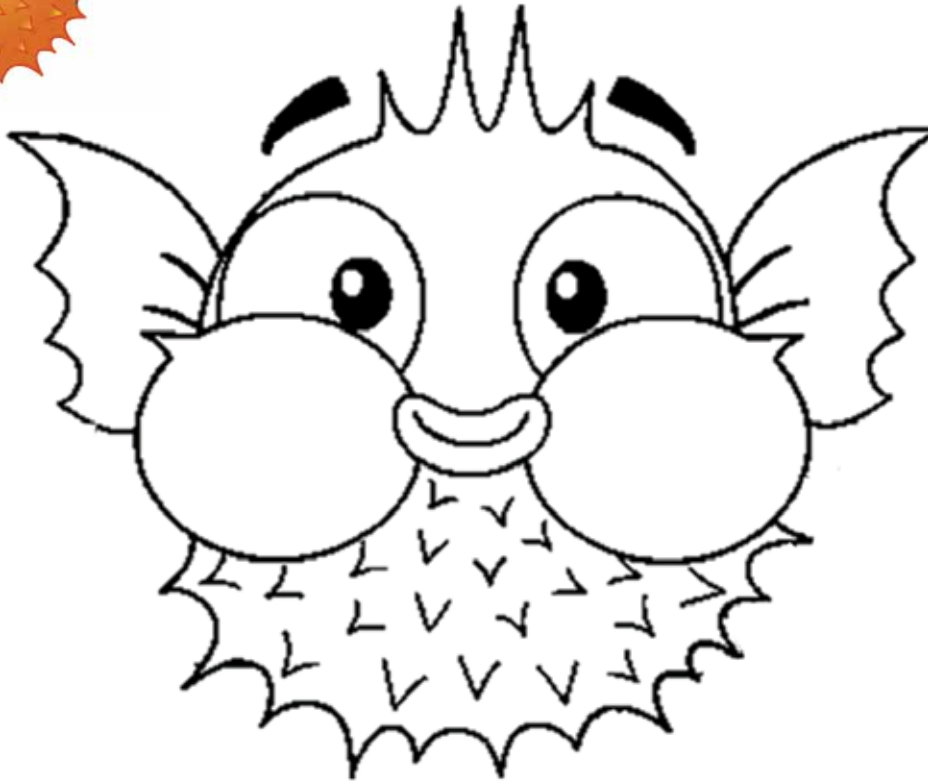


3 hours and 1177 burpees later!



SAILOR MOSAIC

During those horrible wet and cold weekends when you are stuck at home why not help me get my colour back. Cut out the coloured squares and paste them on my body.



Winter Tips from Sailor

- Be ready for your winter sports, have your asthma under control so you can play cough free.
- Control your asthma by remembering to take your preventer every morning and night.
- Pop your reliever, inhaler and spacer or you turbuhaler into your sports bag.
- There are lots of germs around in the winter, they like the cold weather so make sure you wash your hands before eating and after you go to the toilet.
- Remember if you have a cold keep your nose clear to breathe through by blowing it and if you have a cough make sure you cough into your elbow to stop the germs flying around.

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.

From the age of around 2½ my baby, who is now 5, was diagnosed with asthma and had been in and out of doctors/hospitals. But since having an Asthma specialist come and visit and explain things to me it made sense and I had a much better understanding. I had doctors and nurses tell me things about how to use the spacer and how to use the puffer but honestly I don't recall ever leaving the surgery/hospital feeling 100% sure, no matter how many times I had asked. The nurse who came to see me was a god send and I am so grateful to have her come to my home and connect the dots for me.

Alison (March 15)

**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