

**Autumn 2017
Issue 20.1**

IN THIS ISSUE:

Page 2

World Asthma Day 2017

Asthma and smoking

Page 3

World Smokefree Day
2017

Canterbury Cessation
Service

Page 4

2017 Flu vaccinations

Page 5

Community Energy Action

Page 6

Health Professionals'
Corner

Page 7

Check out the upcoming
public events

Order your 2017/18
Entertainment book now

**Like CanBreathe on
Facebook and keep in
touch with upcoming
events.**

Whoosh

**Official Quarterly Newsletter of
Canterbury Asthma Society Incorporated (trading as)
CANBREATHE**

Time to prepare for cooler months ahead

Welcome to our first newsletter of 2017. We hope you have enjoyed the summer, but now Autumn is upon us with cooler temperatures and its time to start preparing for winter. Ensure your asthma or COPD is under good control, make sure your asthma or COPD action plan is up to date and get your annual flu vaccination to help ward off some of those nasty winter viruses. It is a good time to make sure your home is warm and dry before the cold weather arrives.

Take a few moments to read our Autumn newsletter—there is useful information included for individuals, families and health professionals as well as information on upcoming events.

Amanda, Carolyn, Rosemary & Teresa

Phone 03 386 0278 Fax 03 386 0657

Email: office@canbreathe.org.nz Web: www.canbreathe.org.nz



Thank You

CanBreathe wishes to thank our volunteers, members and donors for their ongoing support – without which we could not provide our range of services. Our thanks to Suzanne Walker for proof reading this quarterly newsletter. Your assistance is very much appreciated.



The authors, publishers and editor of “Whoosh” shall not be responsible or in any way liable for the continued validity of the information given; or for any errors, omissions or inaccuracies in this publication, whether arising from negligence or in any other way, or for any consequences arising there from. The inclusion or exclusion of any product or trial does not mean that the publisher advocates or rejects its use either generally or in any particular field or fields.



WORLD ASTHMA DAY

May 2, 2017

ginasthma.org/wad • [@ginasthma](https://twitter.com/ginasthma)

World Asthma Day is on Tuesday 2nd May 2017. It is an annual event organised by the Global Initiative for Asthma (GINA) to improve asthma awareness and care around the world. World Asthma Day takes place annually on the first Tuesday of May.

Asthma is a common chronic inflammatory disease of the airways characterised by variable and recurring symptoms, reversible airflow obstruction, and bronchospasm. Symptoms include wheezing, coughing, chest tightness, and shortness of breath.

One in nine adults and one in seven children aged under 16 years takes asthma medication (over 460,000 kiwis in 2006). For good asthma control it is important to keep using your medication as prescribed; to visit your health professional regularly and to have an asthma management plan.

Asthma management plans should be filled out with your health professional, they are designed to help manage your asthma and recognise when it is getting worse before it gets to an emergency situation.

Important reminder for people with asthma

- Get your asthma checked regularly by your doctor or nurse
- Have you got an asthma action plan? If not get one from your doctor or nurse.
- Taking your medication properly—right dose and right inhaler technique—can make a big difference in controlling your asthma. Check this with your doctor, nurse or pharmacist.

Quit smoking to manage your asthma better

From www.smokefree.nhs.uk

Smoking, or being around other people smoking, can lead to asthma symptoms or even an asthma attack. Giving up smoking is vital if you want to manage your asthma well and lower your risk of an asthma attack. If you have a child with asthma, being in a smoke-free environment will make a big difference to how they manage their asthma symptoms.

Why giving up smoking is good for your asthma

You'll notice fewer asthma symptoms

- **A couple of days after giving up smoking your lungs will start to clear out.** Some people with asthma do notice asthma symptoms are worse when they first give up smoking - but try not to let this put you off. Get support from your GP or asthma nurse while you're giving up so that you can stay on top of any symptoms while sticking to your stop smoking plan.

- **After about three days** breathing becomes easier as the airways begin to relax.

- **After three to nine months** lung function increases by up to 10 per cent which means less breathlessness and coughing and more energy to do the things you want to do.

Once your lungs are less irritated by the smoke, and free of the chemicals from smoking, your preventer medicines will work better too which means you'll manage your asthma a lot more easily. You'll also probably find you don't need to use your reliever inhaler because your symptoms aren't flaring up as much any more

Your risk of an asthma attack goes down

Smoking is a risk factor for poor asthma control and asthma attack. Once you've successfully given up smoking you cut your risk of a potentially life-threatening asthma attack.

Children with asthma who have parents or other family members who smoke are at much greater risk of wheezing, coughing and asthma attacks. So quitting smoking is a vital step in not only managing your own asthma, but making sure your child with asthma stays safe and well.

**Don't let the flu get you or your
whanau/family!
Its time to get
your flu vaccination now**
(information below from fightflu.co.nz)

With winter approaching, put flu vaccinations at the top of your list of priorities. Influenza can be anywhere. 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 influenza. 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 an existing medical condition (such as asthma or diabetes) a lot worse. Even if you do not end up in hospital, influenza can keep you in bed for a week or more, preventing you from doing work, sport or just about anything that requires leaving the house. By immunising against influenza you can protect yourself and lessen the chance of bringing it home to a baby, older relative, or someone with a medical condition who could develop serious complications from influenza.

Influenza vaccination is FREE for people who are most at risk.

Almost everyone can benefit from the protection of annual influenza immunisation. The vaccine is especially important for people at risk of serious complications from influenza including:

- Pregnant women (any stage of pregnancy)
- Anyone aged 65 years or over
- Children aged six months to under five years who have been hospitalised for respiratory illness or have a history of significant respiratory illness
- Anyone aged six months to under 65 years with any of the following medical conditions:
 - Chronic heart problems, excluding high cholesterol or high blood pressure if they have not caused problems with other organs
 - Cerebrovascular disease

- Chronic breathing or lung problems, including asthma if regular preventative therapy is required
- Diabetes
- Chronic kidney disease
- Cancer that is not in remission, excluding skin cancers if not invasive
- Other conditions (such as autoimmune disease, immune suppression, immune deficiency, human immunodeficiency virus (HIV), transplant recipients, neuromuscular and central nervous system diseases, cochlear implant, error of metabolism at risk of major metabolic decompensation, pre- or post splenectomy, Down syndrome, haemoglobinopathies and children on long term aspirin)

If you do not have one of these eligible conditions, you still benefit from an influenza immunisation available, at a small cost. Some employers may offer free influenza vaccination to employees.

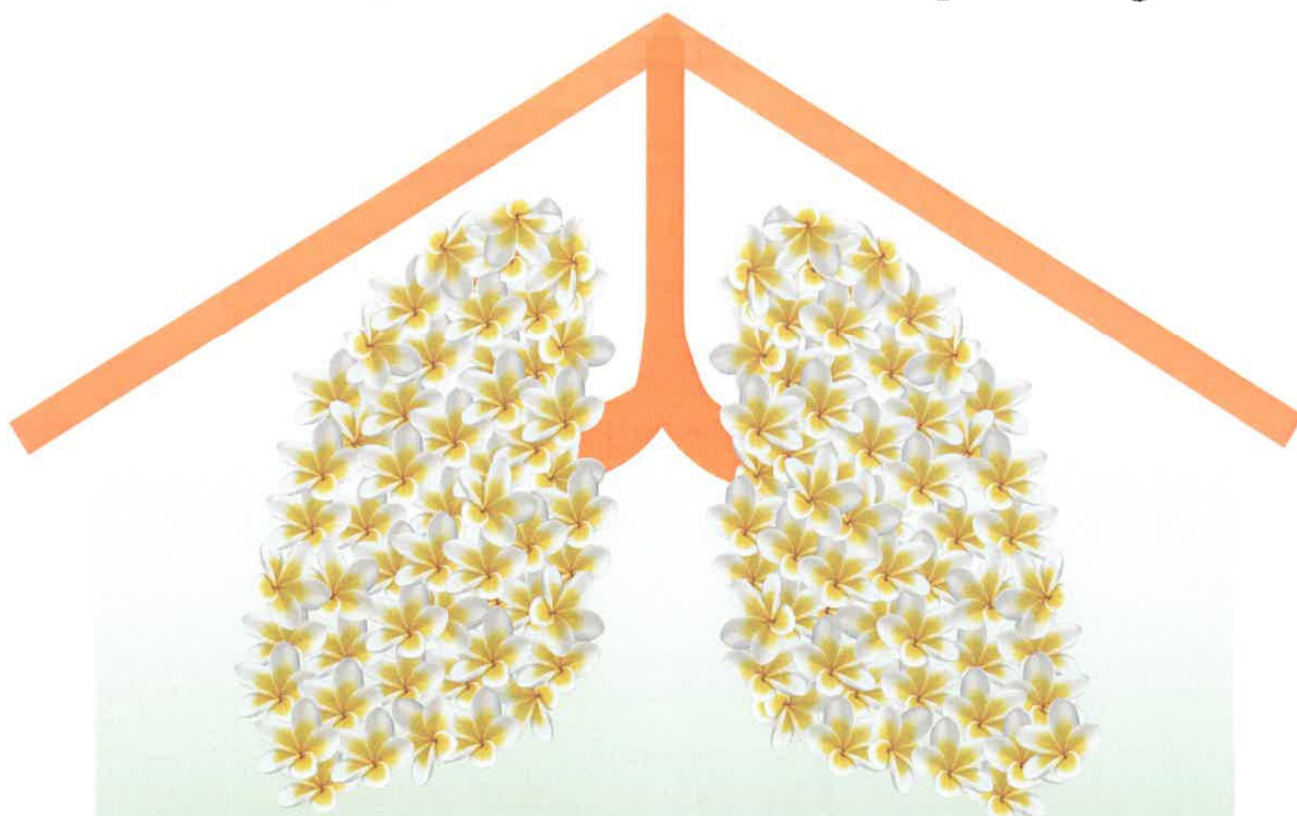
Contact your General Practice now to arrange for your 2017 influenza vaccination.



For more information about influenza and influenza vaccination talk to your family doctor or practice nurse, go to www.fightflu.co.nz or call 0800 IMMUNE (0800 466 863).



healthy home, healthy lungs



Many respiratory illnesses are caused, or exacerbated by living in cold, damp housing

Community Energy Action works to improve the respiratory and overall health of Cantabrians by ensuring every household is warm, dry, healthy and energy efficient.

Our services include:

- Insulation (subsidies available)
- Free, recycled curtain bank
- Free, independent energy advice
- Low cost energy efficiency products

free, no obligation assessments & quotes • online referral forms



community
energy action
charitable trust

03 374 7222
0800 GET WARM (0800 438 9276)
info@cea.co.nz
www.cea.co.nz
299 Tuam Street, Christchurch
PO Box 13759, Christchurch 8141

Health Professionals' Corner

Upcoming Respiratory Education, Conferences and Meetings

World Asthma Day

Free Education Breakfast for Nurses

Topic— New NZ Adult Asthma Guidelines

Date: Tuesday 2nd May

Time: 7.30am-8.30am

Venue: - CanBreathe meeting room, 196 Hills Road, Christchurch

For more information or to register please phone CanBreathe on 386 0278 or Email office@canbreathe.org.nz

TSANZ/ANZSRS New Zealand Annual Scientific Meeting

10-11 August 2017,

Nurse and Trainee day 9 August 2017

Heritage Hotel, Queenstown

On-line registrations open March 2017

<https://outshine.eventsair.com/>

QuickEventWebsitePortal/tsanz-2017/web



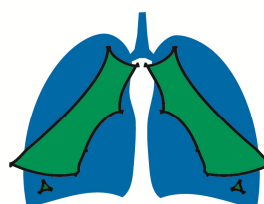
New format for Asthma & COPD Fundamentals courses 2017

The Asthma + Respiratory Foundation, in collaboration with Whitireia New Zealand have revised and updated the Asthma and COPD Fundamentals course with the new look format being released in March 2017.

The new format will include four online modules and a one day face to face Masterclass. CanBreathe will be a provider of the Masterclass.

This course is designed to provide nurses with the necessary skills to offer asthma and COPD self management education to their patients.

For more information on the course please email us at office@canbreathe.org.nz or call 386 0278.



SIREF
South Island
Respiratory
Educators Forum
Te Waipounamu

Breathe Easy, Breathe Freely Kia Ngāwari Te Roma – Hā

SIREF 2017—Thanks

The 2017 South Island Respiratory Educator Forum (SIREF) was held on Thursday 16th and Friday 17th February at The George. The Forum was attended by nurses, physiotherapists and other practitioners with an interest in respiratory health. We were again fortunate to have a range of expert speakers who donated their time and shared their expertise with those present.

A big thanks all the presenters for their important contribution. Thank you to the businesses who sponsored the Forum — Apex Medical Ltd, AstraZeneca Ltd, BOC Healthcare, Boehringer Ingelheim, GlaxoSmithKline, McLaren Medical and Novartis Your support has enabled us to continue providing this very valuable learning and networking opportunity. Thanks also to the team at The George for the great venue and assistance.

Our thanks to those who attended for their contribution to this annual event. We hope to see you again next year.



Congratulations to the SIREF 2017 Poster Prize Winners

Each year at SIREF delegates are offered the opportunity to enter a poster competition. Posters are utilised as a means to illustrate projects or initiatives that the health professionals have been involved in aimed at improving understanding and/or health outcomes.

The winning poster at SIREF 2017 was developed by Chris and Toni from Breathe Hawkes Bay. Their poster provided an overview of their Asthma Education in Schools Project.



Upcoming Public Events of Interest
(Hint—Like CanBreathe on Facebook and keep up to date with what is on)



Polyfest Canterbury 2017

9am to 5pm, Saturday 18th March
Red Zone Dallington, Cnr New Brighton Road and Locksley Ave.

Gold coin entry. CanBreathe nurses will be at this event. Come and see us for free information and advice.

Christchurch Baby Expo

Saturday 10th & Sunday 11th June
9am to 4pm at Pioneer Stadium.

Door Sales Available—\$5 per adult, children under 15 Free. Free Parking

Discover all you need to know from bump, to birth and beyond. The Christchurch Baby Expo is a show not to be missed. A huge range of products and services will be on show, along with seminars, demos and workshops and of course a free onsite “crèche” service. For more information go to:

www.christchurchbabyexpo.co.nz

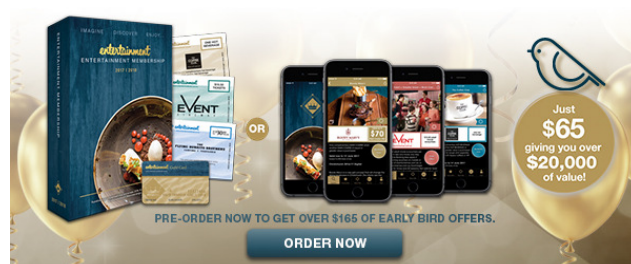
CanBreathe nurses will be available at the Baby Expo with free information and advice on asthma.



◆◆◆◆◆◆◆◆◆◆
The Canterbury Asthma Society wishes to extend its condolences to the families of members and friends who have recently lost loved ones. Our thoughts also go to any members unwell at this time.



Be in Quick—Order your 2017/18 Entertainment Book Now and help Support children with asthma



CanBreathe will be selling the very popular Entertainment Books again this year. This is a great opportunity to receive wonderful savings on dining, entertainment and accommodation costs for you and your family while supporting CanBreathe and the services we provide. The funds raised from our 2017 book sales will be used to provide the Baxter Bear kits for children with asthma (as shown below). These kits have proven to help asthma management with children under 6 years. It costs CanBreathe approximately \$40-50 per kit.

The book is also available in an electronic version so you can download the app onto your smartphone and always have it available when you are out.

Books cost \$65 and CanBreathe receives \$13 for each book we sell. To ensure you don't miss out put in your order early, no payment is required until books are delivered in May. To pre-order your book contact us by phoning 386 0278 or email office@canbreathe.org.nz.

To go online to order and pay for books go to <http://www.entbook.co.nz/134h346>



Photo of CanBreathe's Baxter Bear kit. Each kit includes a teddy (Baxter), placebo inhaler with spacer, Matilda and Spacer book and backpack.

Want to know more?

Do you have a question or need some assistance? Phone or email us - our services are free.

Become a Member - in addition to supporting our services annual membership of \$20 offers discounts on products available through CanBreathe as well as the Whoosh newsletter published and posted to you four times a year and Asthma Foundation newsletter three times a year.

\$30 membership provides the above and the AsthmaNZ O2 magazine, posted to you three times a year.

Make a Donation – Canterbury Asthma Society (Inc.) is a registered Charity with the Charities Commission. Some of our services are funded by the Canterbury DHB but we also need your help to continue to provide all our services to the community.

For any of the above please complete the form below, cut out and post to CanBreathe, PO Box 13-091, Armagh, Christchurch 8141

.....✂.....

Name _____

Address _____

Phone (day) _____

(evening) _____

Email _____

I Wish to: (tick one or more boxes as required)

- ☐ Become a Member (\$20 or \$30 enclosed).
- ☐ Make a donation
- ☐ Be contacted by a Nurse
- ☐ Know more about how I can support CanBreathe

More about us...

Contact Details:

Canterbury Asthma Society Incorporated
Trading as **CanBreathe**
196 Hills Road, Edgeware, Christchurch
PO Box 13 091
Christchurch 8141
Phone: (03) 386 0278
Fax: (03) 386 0657
Email office@canbreathe.org.nz
Web www.canbreathe.org.nz

Office hours:

8:30am - 4pm, Monday to Friday.
As we are often in consultations, doing home visits or education we recommend you give us a ring first to ensure we will be available when you wish to call in.

Staff members:

Rosemary Thompson	Respiratory Educator
Amanda Williams	Respiratory Educator
Carolyn Sewell	Reception/Administrator
Teresa Chalecki	Nurse Manager

How we can help

We Provide free:

Education sessions for preschools and schools and community groups.
Individual consultations and education
Pre-school Baxter Bear programme
Smoking cessation assistance and nicotine replacement therapy.
Spirometry testing (requires Doctor's referral).

Charges may apply for:

Education to Aged Care services, education providers and professional groups

We Sell:

Allergy Bedding covers
Nebulisers
Nebuliser filters & giving sets
E-Chamber (la Petite) spacers
Pari-o-pep devices
Asthma minders

We Hire:

Nebulisers (for short term hire only)