

**Winter 2016  
Issue 19.2**

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# Whoosh

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

## Winter has arrived!

Welcome to our Winter newsletter. Winter has certainly arrived with snow on the hills and a definite drop in day and night time temperatures. Don't hibernate just because it is winter, keeping up a regular exercise program is important in maintaining lung health—check out some of the exercise options available on Page 2.

A reminder if you have not yet had your 2016 Flu vaccine, they are still available so get one now. If you have a chronic health condition like asthma or COPD your Flu vaccine may be free, ask your doctor or Practice Nurse.

2016 has been a busy year so far and lots more coming up, including Asthma Awareness Week at the end of August. For more information on what is coming up check out the upcoming events on page 6.

Take a few moments to read our Winter newsletter—there is useful information included for individuals, families and health professionals.

*Amanda, Carolyn, Mary, Rosemary, Teresa & Wendy*

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## 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. Your assistance is very much appreciated.



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### Flu Vaccine Reminder

Flu vaccines are still available. If you have not had your 2016 Flu Vax contact your GP or Practice Nurse now to arrange for your 2016 influenza vaccination.



### How can I tell the difference between a cold and Influenza?

(from [fightflu.co.nz](http://fightflu.co.nz))

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.

The influenza virus infects your nose, throat and lungs. Influenza is different from a cold virus. A cold virus only affects the nose, throat and the upper chest and lasts for a few days, whereas influenza can be a serious illness that affects the whole body and can last up to a week or more. Symptoms of influenza come on suddenly and can include fever, chills, muscle aches, runny nose, cough and stomach upsets.

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.

### Chart illustrating the key differences between influenza and a cold

Influenza	A cold
Sudden onset of illness. Moderate to severe illness	Mild illness
Fever (usually high)	Mild fever
Headache (may be severe)	Mild headache (congested sinuses)
Dry cough, may become moist	Sometimes a cough
Muscle aches	Muscle aches are uncommon
Shivering	A runny nose
Bed rest necessary	
Can suffer severe complications (eg pneumonia)	



### Stop the spread of the flu

The flu spreads quickly from person to person through touch and through the air. While you're unwell, stay away from work or school. Look after yourself and your family – rest and fluids are especially important.

Follow basic hygiene practices:

- Wash your hands regularly for at least 20 seconds and dry them for 20 seconds – or use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth.
- Don't share drinks.
- Avoid crowded places.
- Cover your mouth and nose with a tissue when you cough or sneeze – then put the tissue in a lined bin.

For more information talk to your family doctor or practice nurse, go to [www.fightflu.co.nz](http://www.fightflu.co.nz) or call 0800 IMMUNE (0800 466 863).



### New Better Breathing Coffee Group

The Better Breathing Coffee Group has recently been established for people who have breathing difficulties, and/or their family and friends.

The group meets every Thursday morning 10.30-11.30am in the meeting room at the rear of the CanBreathe office, 196 Hills Road, Shirley. Some parking is available on site and free street parking is available on Hills Road.

The group is a place for a chat over tea or coffee, discussing anything you can think of. We are a cheerful group, and have fun. Please join us. All we ask is a Gold Coin donation to offset costs. We look forward to seeing you there.



### Respiratory Exercise Classes

Exercise may seem to be an unlikely option when you have difficulty breathing however for people with chronic lung diseases like asthma, COPD and bronchiectasis regular exercise has proven benefits and help achieve a better health status.

These exercise classes are led by a trained health professional and exercises can be done sitting or standing as your condition allows. The following are some specific exercise groups in Canterbury for people with breathing disorders (North to South order):

#### The Amberley Breathers

When—Tuesday & Thursdays 10.30-11.30am

Where—Amberley Physio & Gym, 2 Pound St, Amberley.

Cost—\$2 per session

Contact—Lin Watson (03) 314 8477

#### Rangiora Keep Breathing Group

When—Mondays 10.30am, Wednesdays 1.30pm (low impact) & Fridays 1.30pm

Where—Rangiora Baptist Church, East Belt

Cost—\$2 donation

Contact—Margaret Upston (03) 313 7676 or 0273282621

#### Christchurch East Respiratory Exercise Class

When—Thursdays 1-2pm

Where—Eastcare Physiotherapy Clinic, 285 Breezes Road.

Cost—\$2 donation

Contact—Emma (physio) (03) 388 8815

#### Respiratory Relief Society—St Albans

When—Tuesdays 1-2pm

Where—St. Albans Uniting Church Hall, Corner Nancy Ave and Knowles Street

Cost—\$2 per session

Contact—Jack & Jan Harris (03) 385 8678

#### Respiratory Relief Society—Spreydon

When—Thursdays 1-2.15 pm

Where—The Lounge, 1st floor, Pioneer Stadium (lift available), 75 Lyttelton Street,

Cost—\$2 per session

Contact—David Chamberlain (03) 332 4471

#### Templeton Respiratory Exercise (T-Rex)

When—Tuesdays 10.30-11.30am

Where—Templeton Community Centre, 64 Kirk Road

Cost—\$2 donation

Contact—Karen (03) 349 2299 or Marsh (03) 3226480

#### Ashburton—O2-Go

When—Fridays 10-11am

Where—Ashburton Buffalo Lodge, 20 Cox Street.

Cost—\$2

Contact—Megan Wellman (03) 307 8465

For more information about keeping active in Canterbury see the Active Canterbury website—

[www.activecanterbury.org.nz](http://www.activecanterbury.org.nz) - or phone

0800 active /0800 228 483



## Advanced Care Planning What is it and why we should?

By Jane Goodwin  
Advance Care Planning Facilitator for  
Canterbury

Planning is something we all do each day. Whether it's deciding what we are going to have for lunch or dreaming of how we might spend a Lotto win. The one thing we are not very good at planning for is the one thing that is going to happen to all of us. We might not know when or how but we are all going to die.

If something were to happen that left you without the ability to make your own health care decisions do the important people in your life know what you would want? If they don't maybe today is the day to start talking to them about your wishes.

These conversations are the first step in a process called Advance Care Planning (ACP). The next step is sitting down with your GP to talk about the things that are important for you with regard to your health and the care you might like to receive in the future. This information can be captured in a document we call an Advance Care Plan and is used by your health care team to make sure we give you the care you want if you ever become too unwell to tell us yourself.

For more information about the ACP process or for a copy of the Canterbury Advance Care Plan template please visit [www.healthinfo.org.nz](http://www.healthinfo.org.nz) (key word Advance Care Planning) or speak to your GP.



## Asthma Awareness Week 2016 29th August to 4th September

Asthma Awareness Week aims to raise awareness of the high number of children who are affected by and end up in hospital with asthma. Asthma Awareness Week starts Monday 29th August with Balloon Day on Friday 2nd September.

The Asthma and Respiratory Foundation uses balloons as part of this awareness week, as one in four children will struggle to blow up a balloon - their asthma won't let them. Why is this? Asthma causes the breathing tubes to swell making breathing in or out more difficult.

Take some time during Asthma Awareness to review your (or your child's) asthma and find out if it is under good control.

CanBreathe Nurses will be in three of the shopping malls around Christchurch during the week to provide free information and advice on asthma.

**Nurses will be available from 10am to 2pm at these locations:**

**Tuesday 30th August — The Palms**

**Thursday 1st September — South City**

**Friday 2nd September — Westfield Riccarton**

Come and talk to CanBreathe's Nurse Educators to find out more about asthma or take a free Asthma Control Test to check how well controlled your (or your child's) asthma is.





## Get in Quick—Free Insulation Subsidy to finish on 30th June

Living in a cold, damp house can exacerbate illnesses such as asthma and COPD. If your house was built before 2000, it may have inadequate insulation, or none at all. Having a good level of insulation is important for the health and warmth of your family. Community Energy Action (CEA) can help all homes in Canterbury to achieve this.

Until 30<sup>th</sup> June, CEA can offer free insulation to home owners who have an income tested Community services card, and a health condition such as asthma or COPD. Conditions apply.

## Special Insulation offer for Landlords

A bill to amend the Residential Tenancies Act, to include minimum requirements for insulation and smoke alarms, is expected to pass this year. CEA is offering landlords a 60% subsidy on insulation for their rental properties, where the tenant has an income tested community services card and a health condition. This subsidy will also end on June 30<sup>th</sup>. Conditions apply.

For all other households, a 25% discount on insulation is available for a limited time only.



## Need Curtains? Try the Curtain Bank



CEA also has a Curtain Bank service that provides good recycled curtains for free to families in need. If you need curtains, or if your current ones are thin, or do not cover the windows, the Curtain Bank can help. Visit our website to download a Curtain Bank measurement form or call us to have one sent to you.

A warm, dry home is a healthy home and at Community Energy Action (CEA) we can help you achieve that.

## What CEA can do for you

CEA provides free or subsidised insulation, efficient heating, recycled curtains, independent energy advice and help to make earthquake damaged homes warmer.\* They assist all homeowners and tenants in mid and north Canterbury.

For more information about any of these services, or for free, independent energy advice about your home, call 0800 GET WARM, email [info@cea.co.nz](mailto:info@cea.co.nz), or visit [www.cea.co.nz](http://www.cea.co.nz).



## Health Professionals Corner

### Upcoming Respiratory Education, Conferences and Meetings

#### Asthma & COPD Fundamentals courses

CanBreathe will be running the Asthma and COPD Fundamentals Course for nurses again in 2016. 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 dates and/or to register your interest in attending a course please email us at [office@canbreathe.org.nz](mailto:office@canbreathe.org.nz) or call 386 0278.

#### Thoracic Society of Australia & New Zealand—TSANZ/ANZSRS New Zealand Branch Meeting 2016

**Dates:** 17-19 August 2016

**Venue:** Hilton Hotel, Queenstown

For more information please visit: <https://outshine.eventsair.com/QuickEventWebsitePortal/tsanz-2016/web>

#### New Zealand Respiratory Conference

24-25th November 2016

**Venue:** Pullman Hotel Auckland

**Contact:** [info@asthmafoundation.org.nz](mailto:info@asthmafoundation.org.nz) or go to [www.asthmafoundation.org.nz/news-events](http://www.asthmafoundation.org.nz/news-events)



Today's research — Tomorrow's practice



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.



## Upcoming Public Events

(CanBreathe Nurses will be available at all of these events)



#### Christchurch Baby Expo

Saturday 11th & Sunday 12th June  
9am to 4pm at Pioneer Stadium.

**Door Sales Available—\$5 per adult, Kids U15 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 on this expo go to:

[www.christchurchbabyexpo.co.nz](http://www.christchurchbabyexpo.co.nz)

#### Aranui Health Day

Wednesday 29th June, 10am-3pm  
Aranui Wainoni Community Centre  
31 Hampshire Street  
Free entry, all welcome

#### Positive Ageing Expo (organised by Age Concern Canterbury)

Monday 26th September, 9.30am-2.30pm  
Papanui High School  
Free entry, all welcome

#### Asthma Awareness Week

29th August to 4th September  
CanBreathe Nurses will be available from 10am to 2pm at these locations:  
Tuesday 30th August — The Palms  
Thursday 1st September — South City  
Friday 2nd September — Westfield Riccarton

**Hint—Like CanBreathe on Facebook and keep up to date with what is on.**



#### CanBreathe Raffle Winners

The winners of CanBreathe's Open Day raffle (two draws) were Elaine Lloyd and Pauline McNabb.

Our thanks to everyone who supported CanBreathe by purchasing a ticket.



## New inhalers and devices released on 1st March

From 1st March there have been several new inhalers and inhaler devices funded and available in New Zealand. Some of these are new medications, primarily for people with COPD, however there are some new look 'generic' versions of current asthma and COPD inhalers medications.

The new COPD medications provide new treatment and medication delivery (inhaler) options. Devices are pictured below.



There are three new medications now available in the Elipta device (pictured above)



There are three medication options that come in the Breezhaler device (pictured above)



Spiriva is now available in two device options, the original Handihaler device and new Respimat (far left). A new combination reliever is also available in the Respimat device.

The new 'generic' inhalers include a reliever (Salbutamol), a preventer (Fluticasone) and long acting reliever (Salamol). The colours vary from the traditional look, ie blue for reliever/rescue inhalers and brown or orange for preventers. These inhalers are white or grey with different colour caps. If you receive one of these new versions you need to be aware of the difference and not rely on the colour as an indicator of what it is for and when to take it. If you are unsure ask your pharmacist and always read the prescription instructions for each inhaler—these are normally on the box.

For more information on inhaler medication and options talk to your doctor or Pharmacist.



## The 2016/17 Entertainment Book is now available



CanBreathe is fundraising with 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 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 order your book now. To order and pay online go to <https://www.entertainmentbook.co.nz/orderbooks/134h346> (this link is also on our website) or contact us by phoning 386 0278 or email [office@canbreathe.org.nz](mailto:office@canbreathe.org.nz).

## Volunteer Gardener(s) Wanted



CanBreathe's new location at 196 Hills Road includes a garden at the front and along the side of the car park. The garden area is relatively low maintenance however it will need some regular gardening (light work only) to keep it tidy.

If you have an interest in gardening and are keen to help us out on a voluntary basis we would love to hear from you.

If you are interested or tidy or would like more information regarding what is required please contact Teresa or Rosemary on 386 0278.



## 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:- Please note our new street address, telephone and fax numbers**

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](mailto:office@canbreathe.org.nz)

Web [www.canbreathe.org.nz](http://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
Mary Wells	Nebuliser Coordinator
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

Nose Pipes (for nasal irrigation)

E-Chamber (la Petite) spacers

### We Hire:

Nebulisers (for short term hire only)