



# Whoosh

**Summer 2017  
Issue 20.4**

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

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A gift for Christmas

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

Welcome to our last newsletter for 2017. Take a few moments to read our Summer newsletter—there is useful information included for individuals, families and health professionals. If you have a respiratory condition remember to ensure you have enough inhalers and regular medications to get you through the Christmas break and make sure they are included in your packing if you are going away. If you are out and about remember to carry your reliever inhaler.

From the team at CanBreathe we wish you a very Merry Christmas and a safe and Happy New Year.

*Amanda, Carolyn, Cheryl, Rosemary & Teresa*

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## **Important Notice: CanBreathe Christmas Office Closure**

The CanBreathe office will be closed from 12 midday on Friday 22nd December and will reopen at 8.30am on Wednesday 3rd January 2018. For urgent assistance please contact your General Practitioner or After Hours Medical Clinic. If you need to hire a nebuliser or require a spare nebuliser over the Christmas break please contact us by midday on Thursday 21st December. Alternatively your email or telephone message will be responded to when we reopen on 3rd January.



## **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. Special thanks to Pub Charity for funding the printing of this newsletter,



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## Short of breath due to Chronic Lung Disease? A fan may help.

Donna Thompson, Clinical Nurse Specialist  
Cardio Respiratory Integrated Services (CRISS)

Shortness of breath is a distressing symptom that can be very common with chronic (long-term) and advanced lung disease. In fact it has been reported as being the most exhausting and wearing symptom in 95% of people with Chronic Obstructive Pulmonary Disease (COPD). The feeling of shortness of breath in chronic lung disease can arise from many different messages interacting and coming from the chest, lungs, airways and brain. As well, anxiety, physical activity, and the fear of enclosed spaces may influence the way a person experiences breathlessness.

There are a number of effective ways to manage breathlessness including positioning, resting, breathing techniques and sometimes medication. In addition, research shows that using a handheld fan directed onto the face can also reduce the feeling of breathlessness. There are a number of schools of thought as to why fans are effective for breathlessness, however patients have reported a noticeable decrease in breathlessness after about five minutes of using a hand held battery operated fan.

A battery-operated hand held fan therefore can be a portable, inexpensive and easily operated tool used as part of a breathlessness management for patients.



## New look CanBreathe website

CanBreathe has got a new look website that is easier to navigate and find out more about our organisation and how we can help.

It has up to date information on our services, products, resources and upcoming events. You can also contact us through the website.

<http://canbreathe.org.nz/>



## Chronic Obstructive Pulmonary Disease (COPD) Chronic Bronchitis Emphysema



We want to see if regular treatment with a single inhaler containing either 2 or 3 investigational medications will help prevent chest infections in COPD

### To take part in the study you must

- Be using inhalers regularly
- Have seen your doctor with a chest infection in the last 12 months

**For more information, please contact The Canterbury Respiratory Research Group**

Phone - 364 1157

E-mail - [erin.morris@cdhb.health.nz](mailto:erin.morris@cdhb.health.nz)



## CARE AROUND THE CLOCK

**Make your GP team your first call 24/7.**

Even after hours a nurse is available to give free health advice.  
Phone your usual General Practice number 24/7.



## Always on the go? Take Healthinfo with you

Healthinfo is Canterbury's go-to site for information about your health.



**Healthinfo** [healthinfo.org.nz](http://healthinfo.org.nz)



## Attention Teachers and Schools

### Want to host a FREE musical show about asthma next year?



Sailor the Puffer Fish is New Zealand's very own Asthma Champion for children! Performing alongside award winning entertainer and children's author, Chris Lam Sam (from The Funky Monkeys). Sailor's show is a dynamic and interactive half-hour experience that teaches children and staff about asthma basics, and how to help someone in an asthma emergency.

The Asthma+Respiratory Foundation have secured funding to perform **80 FREE SHOWS** in the South Island in 2018. Sailor and Chris can perform three shows a day on the dates below. If you would like to host a show, simply email [info@asthmaandrespiratory.org.nz](mailto:info@asthmaandrespiratory.org.nz) to confirm your preferred date (from the list below) and time. We always do our best to accommodate every request, however spaces are limited so get in quick!

### Tour Dates

**Nelson/Marlborough**— 9-13 April, 30 April-4 May

**Christchurch**—15-18 May, 30 May—1 June

**Ashburton**—11 June;

**Timaru** - 12 June;

**Oamaru**—13 June;

**Dunedin**—14-15 & 18-19 June;

**Invercargill/Bluff** 20-21 June and

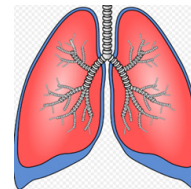
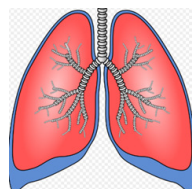
**Queenstown**—22 June.

## A 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. You can even have you plan on you phone with the my asthma app
- 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.
- For some more free tips on managing your asthma check our website— [www.canbreathe.org.nz](http://www.canbreathe.org.nz) or contact one of our nurses on 386 0278



### Is ASTHMA affecting your everyday life?



Is **ASTHMA** waking you up at night?  
 Trouble exercising with **ASTHMA**?  
 Have **ASTHMA** trouble at work?  
 Is your **ASTHMA** giving you trouble?

A local asthma research study will provide:

- \*\* No-cost investigational medication for asthma \*\*
- \*\* Study-related care from a local expert \*\*
- \*\* Compensation for travel expenses \*\*

For more information, please contact  
 The Canterbury Respiratory Research Group  
 Phone - 364 1157  
 E-mail - [erin.morris@cdhb.health.nz](mailto:erin.morris@cdhb.health.nz)





## Legionnaire's Season

(from CDHB website)



It's gardening season in the garden city – time to reach for the spade, the wheelbarrow, the gloves, the face mask and the handwash!

Canterbury has the country's highest incidence rates of potentially-fatal Legionnaire's disease, while New Zealand has the highest reported incidence of the disease in the world.

Contact with compost and potting mix is a main contributor - that's where the *Legionella longbeachae* bacteria can lurk, putting at risk gardeners who inhale the dust.

Even using unwashed hands to remove a mask can be enough to become infected.

"It's a timely reminder to our community that hand washing immediately after gardening is very important in protecting against Legionnaire's disease," says Canterbury Medical Officer of Health, Dr Ramon Pink.

"Reducing the risk of becoming infected is vital as more of us get out into our gardens with the longer days and warmer weather".

A recent CDHB-funded study of the disease by University of Otago researchers found that gardeners washing their hands immediately after use protected against the disease, by minimising exposure of the bacteria to the face.

Legionnaire's causes a form of pneumonia, and the report also recommends long term smokers and those with cardiac or respiratory conditions take particular care of their hygiene during and after gardening.

In the last 12 months, 271 cases have been notified nationwide, 49 of those in Canterbury.

Of the patients that are hospitalised with the disease, 30% require intensive care unit admission.

Symptoms include dry coughing, high fever, chills, diarrhoea, shortness of breath, chest pains, headaches, excessive sweating, nausea, vomiting and abdominal pain.

So how can you minimise the risk?

There are five simple steps for gardeners to follow when using compost or potting mix.

- Open bag carefully – use scissors instead of ripping the bags
- Wear a disposable face mask and gloves, and open the bag away from your face
- Do your potting in a well-ventilated area outdoors
- To reduce dust dampen down the potting mix or compost with a sprinkle of water
- Wash hands thoroughly after handling potting mix or gardening



**CanBreathe 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.**



## Better Breathing Coffee Group

The Better Breathing Coffee Group has 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.

### Christmas Hiatus

The Better Breathing Exercise and Coffee Group will be finishing on Thursday 21st December 2017 and starting again on January 11th 2018.

## World COPD Day Thanks

The World COPD Day Nurses' Education Breakfast held at CanBreathe on Wednesday 15th November was attended by nurses from both hospital and community settings. Our thanks to Dr Mike Epton for his very informative update on COPD.

Thanks to the CanBreathe team for their assistance in organising and running this event.



World COPD Day is an annual awareness-raising event organized and sponsored by the Global Initiative for Chronic Obstructive Lung Disease (GOLD). For more information please visit [www.goldcopd.org/WCDIndex.asp](http://www.goldcopd.org/WCDIndex.asp).

## Help us to keep in touch

**As you may already know, Vodafone has made the decision to close their email services down on 30 November 2017.** You can read more about this here:

<https://www.vodafone.co.nz/email/>

The Vodafone emails that will be closing are:

- clear.net.nz
- es.co.nz
- ihug.co.nz
- paradise.net.nz
- pconnect.co.nz
- quik.co.nz
- vodafone.co.nz
- vodafone.net.nz
- wave.co.nz

As we don't want you to miss out on receiving updates, volunteer opportunities, news, stories, and event invites please get in contact to let us know your new email address.

You can do so by sending us an email at office@canbreathe.org.nz or by calling us on 03 386 0278. Thank you so much for supporting CanBreathe's services. We look forward to hearing from you.

## Is it time to give smoking the flick? Another New Year Tobacco tax increase—1st January 2018

**Smoking is an expensive habit and from 1st January it will be even more expensive when another 10% tax increase will take effect.**

Trade in the smokes for something that gives you more pleasure and less damaging to your health. In addition to the health benefits quitting smoking is like giving yourself a pay rise – you can spend the extra money on whatever you choose.

For free assistance to quit talk contact Te Hā Waitaha/Stop Smoking Canterbury on 0800 425 700, talk to your doctor, call Quitline (0800 778 778) or contact us at CanBreathe.

## Its summer now, but is your home ready for next winter?

With your regular spring cleaning jobs out the way, and the summer sunshine not far away it might be a good time to be thinking about your focus on getting prepared for next year's cold winter months. A warm, dry home means you and your family will stay healthier for longer, especially those with any respiratory issues. With health conditions such as asthma, COPD, and bronchitis, illnesses that you are less likely to be exacerbated or made worse, ending up in hospital, if your home is warm and dry.

There are many small, affordable changes you can make around the home today. CEA runs a free energy advice service via phone or email, where you can contact one of their expert energy advisors and get personalised advice and tips.

Summer is the best time of year to start taking advantage of the available subsidies to help get your home up to scratch. Community Energy Action (CEA) offers a range of services which can help you achieve this. If you are an eligible homeowner or landlord, you could be entitled to may be eligible to get up to 50% subsidy for insulation. If you live in the North Canterbury region, you may also qualify for more subsidy, please contact us to find out more.

CEA may also be able to provide flexible, interest free payment plans for some households, to help manage the remaining costs. Take advantage of the cheaper summer months now to ensure your family stays healthy all year round. In doing so, you could actually save money through less sick days, reduced doctor visits and cheaper power bills. Along with insulation subsidies, CEA can also offer other services, including a home energy checks (free for those in Christchurch and North Canterbury). From this, you will receive a comprehensive review of your home, a list of any issues and prioritised recommendations to create a healthier, warmer home. Call CEA today for a home energy check while funding lasts.

Here's a top tip for these summer holidays: Did you know you can clean your heat pump filters yourself? Carefully take out the filters and run the vacuum cleaner over them, to rid them of any dust or pollen collected from the winter and spring months.

For free, tailored advice, please 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)



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

**Aranui AFFIRM—Free entry**  
**Saturday 2nd December –**  
**9.30 to 4pm**



**Wainoni Park – Hampshire Street, Aranui**

A fantastic day for your entire family. Great entertainment, fantastic food and awesome rides etc. for all the children.

AFFIRM is a family festival that the Aranui Community Trust delivers to provide information on health choices, education, employment and training opportunities and careers in a fun filled family day to the Aranui Community.

AFFIRM is a day-long festival that celebrates and showcases our people in Aranui.

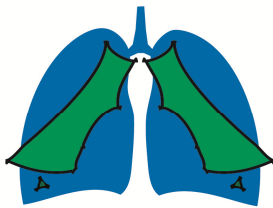
**CanBreathe Nurses will be available at this event. See them for free information and advice.**





## Health Professionals' Corner.

### Upcoming Respiratory Education, Conferences and Meetings



**SIREF**  
South Island  
Respiratory  
Educators Forum  
Te Waipounamu

*Breathe Easy, Breathe Freely Kia Ngāwari Te Roma – Hā*

### Registrations open—SIREF 2018 The Lung Environment

The Annual South Island Respiratory Educator Forum will be held on Thursday 15th & Friday 16th February 2018 at The George in Christchurch.

SIREF provides updates on respiratory disease management, research and projects. 2018 presentations include—Environmental factors, Lung Transplant, Breathing Pattern Disorders, Child and Adolescent Asthma, Research update and much more.

Registration forms can be downloaded from CanBreathe's website — [canbreathe.org.nz](http://canbreathe.org.nz) — or by emailing [teresa@canbreathe.org.nz](mailto:teresa@canbreathe.org.nz).



**College of Respiratory Nurses NZNO Symposium—13<sup>th</sup> April 2018**  
**Taking Respiratory Care Beyond the Rhetoric—Less Talk More Action**  
**Keynote Speaker: Dr Lance O'Sullivan**

Topics: Challenging current respiratory paradigms, new models of community care, bronchiectasis, eosinophilic asthma, prescribing in respiratory care, Māori engagement in pulmonary rehab.

**Registration Time: 0800-0830hrs**  
**Start / Finish Time: 0830hrs-1630hrs**  
**Numbers limited to 120**  
**Venue: ASB Sports Centre, 72 Camp Street, Kilbirnie, Wellington**

Register online now: <http://www.eiseverywhere.com/crn2018>

## GIVE THE GIFT OF HELPING A CHILD BREATHE EASIER THIS CHRISTMAS



**\$10**

Will help provide an  
asthma minder device  
for children

**\$25**

Will help provide fun  
asthma education  
material  
for a pre-school

**\$50**

Will help provide a  
Baxter Bear kit to help  
young children with  
their asthma medication

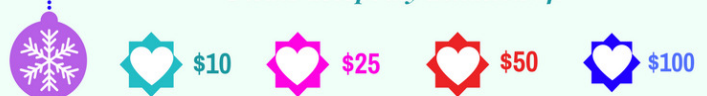
**\$100**

Will help provide a free  
asthma education  
session with resources  
for a local school

**Surprise Us**

**Yes, I want to help a child breathe easier!**

*Please accept my donation of:*




Donations of \$5 or more are tax deductible and will receive a receipt

Post this slip with your donation to  
CanBreathe, P O Box 13-091, Armagh,  
Christchurch 8141

Name: .....

Address: .....

Email: .....

OR deposit with your name as reference, into the CanBreathe Bank Account: 03 0802 0100 118 00 and email your contact details to [office@canbreathe.org.nz](mailto:office@canbreathe.org.nz) to receive your receipt

*Thank you !!*

CanBreathe is a registered charity - number CC 33783

## 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](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	
Teresa Chalecki	Nurse Manager
Cheryl Tóvizi	Business 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).

### 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)

### Charges may apply for:

Education to Aged Care services, education providers and professional groups

## 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, No CC 33783. While some of our services are funded through the Canterbury DHB we need support to provide others such as school education and special resources like Baxter Bear as well as being able to respond to the changing needs in the community.

**Online**—[www.canbreathe.org.nz](http://www.canbreathe.org.nz)—donate

**Electronic Transfer**—Bank account  
03 0802 0100118 00

For any of the above please complete the form below, cut out and post to CanBreathe, PO Box 13-091, Armagh, Christchurch 8141 or email us at [office@canbreathe.org.nz](mailto:office@canbreathe.org.nz)

.....✂.....

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