



**Spring 2018
Issue 21.3**

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Follow us on Facebook
and keep in touch with up-
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Welcome to our Spring newsletter.

There is a lot happening over the next few months including Breathe Better September and World COPD Day. Take a few moments to read our Spring newsletter to find out what is coming up and the other useful information included for individuals, families and health professionals as well as information on upcoming events.

Amanda, Annette, Cheryl, Rosemary & Teresa

Phone 03 386 0278 Fax 03 386 0657

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CANTERBURY ASTHMA SOCIETY INCORPORATED

Notice of Annual General Meeting

You are warmly invited to attend our 2018 AGM

When: Tuesday 30th October at 6pm

Where: Meeting room, rear entrance of the CanBreathe rooms, 196 Hills Road, Christchurch. Some onsite parking and free street parking available on Hills Road. *Light refreshments will be provided.* **Please RSVP by Thursday 25th October for catering purposes by phoning 386 0278 or email office@canbreathe.org.nz**

Notice of review of Constitution—The Board are undertaking a review and update of the constitution of the Canterbury Asthma Society. Any proposed changes to the constitution will be voted on at the AGM. For more information on the proposed changes please see page 7 of this newsletter.

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. Special thanks to The Trusts Charitable Foundation for funding the printing of this newsletter.

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Obstructive sleep apnoea (OSA) and CPAP

(information sourced from healthinfo.co.nz)

Obstructive sleep apnoea (known as OSA) is a common medical problem where you stop breathing in your sleep for 10 seconds or longer. You wake up briefly each time you stop breathing, which means you have a very disturbed sleep. People with OSA tend to feel very sleepy during the day, and are more at risk of having a car accident. While OSA can affect anybody, it's more common in middle-aged people, especially men, and people who are overweight and who snore. OSA is also very common in people with diabetes.

Important—If you often feel very sleepy during the day, especially if you have a job as a driver, or operating machinery or aircraft, make an appointment with your GP as soon as possible.

Do I have OSA?

If you think you might have OSA, or if you (or your partner) are worried about the quality of your sleep, make an appointment with your GP. CPAP stands for continuous positive airway pressure. It is the most commonly used treatment for obstructive sleep apnoea (OSA).

Normally when you go to sleep, your throat muscles hold your airway open. If you have OSA, your throat muscles relax too much when you are asleep. This causes pauses in your breathing. These breathing pauses can lead to disrupted sleep and reduced oxygen levels.

A CPAP machine blows air through your nose (or nose and mouth) into your throat. The airflow supports your throat muscles and keeps your airway open. This prevents the pauses in your breathing and helps you sleep better.

You may qualify for publicly funded

CPAP therapy. If you do, you will be offered a CPAP trial through the Sleep Unit at Christchurch Hospital. If you don't meet the criteria, you may wish to seek CPAP therapy through a private provider. If you are on a benefit or low income, Work and Income New Zealand may help you pay for CPAP therapy. Talk to your general practice team or sleep assessment provider for more details.

How often should I use CPAP?

You should use CPAP every time you sleep. You will need to agree to this to keep the CPAP machine. You should take your CPAP machine with you on holiday and if you are admitted to hospital.

What if the power goes off? - You should normally be able to do without your CPAP machine for a couple of days without significant risk. But you may start to feel tired due to a disturbed sleep.

CPAP machine maintenance

You will need to look after your machine so that it keeps working properly. There are some tasks you need to do every day, and some every week.

Daily maintenance—Wash the seal of your mask with warm soapy water. Dishwashing detergent is best. Rinse the humidifier chamber each day and replace the water. Make sure you remove the chamber from the machine to do this.

Weekly maintenance

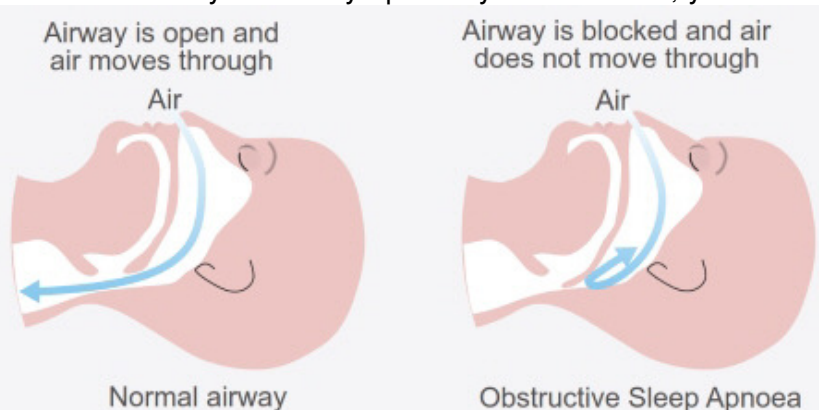
Water chamber: Wash the humidifier's water chamber with warm soapy water. Rinse it well and leave it to dry. Most chambers are dishwasher safe. Soak it in a white vinegar solution for one hour to lift mineral deposits. Use one part white vinegar to four parts warm water.

Hose: Rinse the hose and leave it to dry.

Filter: The filter needs to be kept dust free so that the machine works well. Check it regularly.

Avoid using water that is too hot. Also avoid harsh chemicals and sunlight. These can damage the rubber seals and plastic. Keep your mask away from children and pets.

Only the Sleep Unit should adjust the CPAP machine's air pressure.

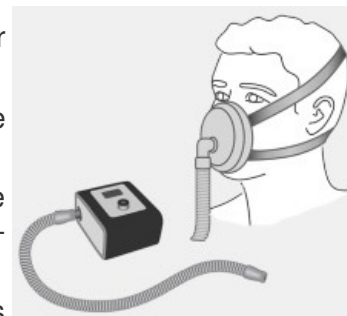


Mask fitting for CPAP therapy

This information is a general guide. Make sure you read the instructions that came with your mask, as each model is slightly different and has specific instructions. You will also find helpful hints and guidelines on the manufacturer's website.

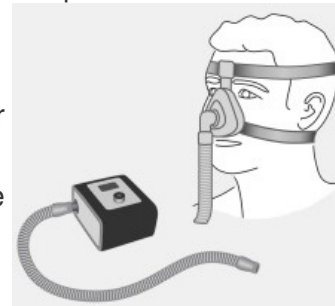
Fitting a full-face mask – general guide

1. Unclip the mask on one side only, (usually the lower clip only).
2. Put the mask on your face, placing it on your chin and rolling it on to your nose.
3. While holding the mask in place, secure the strap clip. Generally, the straps go above and below your ear.
4. The mask should now be sealed. Check that it's not leaking by turning the machine on and feeling around the seal. Some air will escape from the exhalation holes. This is meant to happen. Don't ever tape over the exhalation holes.
5. If air is leaking around the seal, you may need to adjust the Velcro straps to tighten the seal. The mask should be firm but not overly tight.
6. If you have adjusted the Velcro straps and the mask is still leaking, take it off and follow steps 1 to 5 again.
7. To take the mask off, do not undo the Velcro straps. Simply unclip the mask from the lower strap, on one side only.



Fitting a nasal mask – general guide

1. Place the mask over your nose, ensure the head gear straps are straight and positioned above and below your ears.
2. Clip the mask into position.
3. The mask should be sitting comfortably, with good clearance from your eyes and mouth.
4. Turn the machine on and test for an air leak. You may need to adjust the Velcro straps – they should be firm, but not overly tight.



If there is a leak, go through steps 1 to 4 again.

Replacement masks

If you are on hospital-funded CPAP therapy, you will be eligible for a replacement mask every year. If you need replacement masks more often than this, you may need to pay for them yourself. If you have been discharged from the Sleep Unit, contact USL Medical. If you haven't been discharged, contact the Sleep Unit.

You can buy masks from USL Medical, Cansleep or Sleep Well Clinic. See below for their contact details.:

[USL Medical contact details](#)

Phone: 0800 875 2727 **Email:** cpap@uslmedical.co.nz

[Cansleep contact details](#)

Phone: (03) 356 0086

Website: www.cansleep.co.nz

Address: 1st Floor Milford Chambers, 249 Papanui Rd, Christchurch

[Sleep Well Clinic contact details](#)

Phone: (03) 341 8900 or 0800 476 673

Website: www.sleepwellclinic.co.nz

Address: 6/10 Acheron Dr, Christchurch

Spring is on its way, don't delay!

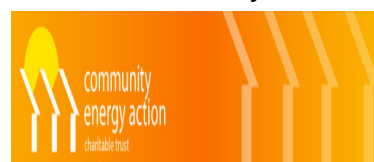
With spring on its way, it's easy to get excited at the prospect of sunnier days and warmer temperatures. However, no matter the weather, it is important to take the time now to create and maintain a healthy home, especially for those of us with respiratory conditions. Check out our top spring cleaning, energy saving tips for September:

- Clean your heat pump filters, especially after all that winter use! Simply open the plastic covering on the unit, locate the filters, slide them out, and run the vacuum cleaner over them. This will ensure your heat pump can do its job effectively, and it will remove any recycled dust blowing out from your heat pump.
- Make the most of the warmer days and ensure you dry washing outside. 1 load of washing can release up to 5 litres of moisture in the air! Damp air is no good for respiratory conditions – If you must dry washing inside, put it in the garage or away from main living areas and ensure you are ventilating the area well.
- Did you know that insulation provides year-round thermal comfort? Insulation not only helps you keep warm in the cold winter months, but it can keep you cool in the warmer weather also! Temperature control is vital for maintaining good health and ensuring respiratory conditions are not exacerbated. Consider using the cheaper spring months to pay off the things you need for winter – CEA can check your insulation for free, provide insulation subsidies for homeowners (**currently subsidies of at least 67%, up to 92%**) and offer interest free payment plans for the remaining costs. Criteria applies.
- Don't forget to ventilate your home! Open doors or windows at opposite ends of the house, for at least 10 minutes every day. Creating a cross breeze will ventilate your home quickly and effectively. The new, fresh air you bring in is much easier to heat than damp, stale air that often gets trapped inside the home.

Continued:

- You can remove mould with a simple home solution; mix 70% white vinegar and 30% hot water in a spray bottle, leave on the surface for a minute, and wipe it clean! A mix of 2-3 drops of oil of clove (available from pharmacy) with 500mls of water and spray onto curtains. Leave the spray on overnight/until it has dried, and brush or shake off mould (outside the house).

CEA provides insulation subsidies, home energy checks, free recycled curtains through the Curtain Bank, and a free energy advice hotline on 0800 GET WARM. Give us a call, email info@cea.co.nz, or visit www.cea.co.nz for more information on how we can help you create and maintain a healthy home this spring!

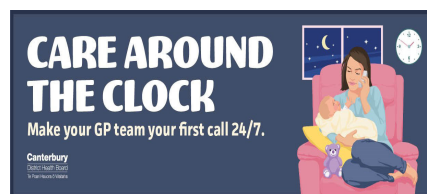


Feeling unwell?

Call your General Practice Team 24/7 and when they are closed a team of nurses is available to answer your call.

Unless it's an emergency (when you should call 111), always make your general practice team your first call 24/7 when you or someone in your family is sick. Even after-hours a nurse is available to give free health advice. Just phone your usual general practice number. You'll get care around the clock when you phone your General Practice team.

If it's after hours you'll be able to speak to a nurse who can advise you on what to do and where to go if you need urgent care.



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.

1st-30th September 2018

(from the Asthma+Respiratory Foundation NZ website)

Breathe Better September is a national movement organised by The Asthma+Respiratory Foundation NZ for Kiwis to show their support for better breathing and healthy lungs. Over 700,000 Kiwis have a respiratory condition, it's the third leading cause of death and costs the country \$5.5 billion each year. But despite New Zealand having one of the highest rates of respiratory disease in the world, it is not highly profiled.

Breathe Better September encourages Kiwis to start thinking about how they can improve their respiratory health. Through simple changes like eating a healthy diet, being active and making your home smokefree, everyone can make a positive improvement on their lung health. If you or a family member has asthma, make sure to download the asthma checklist and 'My Asthma' app — <https://www.asthmafoundation.org.nz/resources/my-asthma-app>

Enter the Better Breathing Art Competition

Open to New Zealanders 18 years old and under

What do healthy lungs look like to you? Are you a school aged artist or creative? We would love to see your artistic interpretation of what it looks like to have healthy lungs! Your art piece can be anything from a painting, drawing, or collage, to a photograph or sculpture. Enter the Better Breathing Art Competition to be in to win your artwork published in the Asthma and Respiratory Foundation NZ's magazine, Better Breathing Better Living!

Winners will also receive:
Recycled creations category - a double pass to the cinema and an Ecostore Family Pack
Artwork creations category - a double pass to the cinema and Faber-Castell 48 pack of classic coloured pencils

Four winners will be selected, one from each category, from the age groups below:

1. Aged 12 years or under
2. Aged 13 to 18 years

For more information or to download an entry form go to
<http://www.breathebetterseptember.co.nz/art-comp.html>



CanBreathe Activities for Breathe Better September

CanBreathe Nurses will be in selected shopping malls in Christchurch from 9.30am to 2pm in September providing free information and advice on asthma and other respiratory conditions.

Dates and locations are as follows:

Tuesday 11th September—The Palms

Tuesday 18th September—Hornby Hub

Come and see our nurses and talk about how we can help you to breathe better.



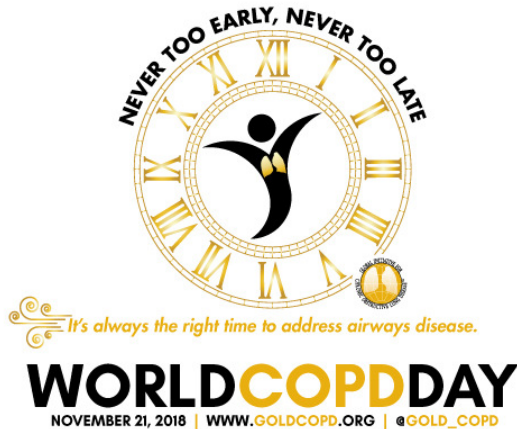
Introducing Annette Best, CanBreathe's new Receptionist Administrator



Annette joined the CanBreathe team in July replacing Carolyn as our Receptionist and Administrator. She is the friendly voice at the end of the phone as well as the smiley face that will greet you when you visit our offices. So be sure to say hi when you drop in next time.

Annette has had several healthcare administration roles, primarily working for not-for-profit organisations.

In her spare time, Annette enjoys gardening, hiking and Christchurch's café culture.



Chronic Obstructive Pulmonary Disease (COPD) is when the breathing passages (airways) in your lungs are obstructed and your lung tissue is damaged. This causes difficulty breathing. COPD is a highly prevalent disease, has a large impact on quality of life for patients and their families, and kills millions of people worldwide.

The early stages of COPD are often unrecognised, but it is very easy to determine whether a person is at risk. If COPD is detected early there are options and treatments available to help prevent further deterioration of lung function.

- * **Do you cough several times most days?**
- * **Do you bring up phlegm or mucus most days?**
- * **Do you get out of breath more easily than others your age?**
- * **Are you older than 40 years?**
- * **Are you a current or ex-smoker?**

If you answered yes to three or more of these questions, you could have COPD. Contact your doctor or Practice Nurse to discuss or to arrange an assessment for COPD or contact us at CanBreathe for more information.

World COPD Day is organised by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) in collaboration with health care professionals and COPD patient groups throughout the world. Its aim is to raise awareness about chronic obstructive pulmonary disease (COPD) and improve COPD care throughout the world. For more information visit www.goldcopd.org/WCDIndex.asp.

Free Breakfast Education Session For Health Professionals

To mark World COPD Day 2018 CanBreathe, will again be hosting a free breakfast and education update.

The breakfast meeting is for health professionals working in General Practice, community or hospital services. Numbers are limited so you need to book in early.

Date: Wednesday 21st November 2018

Time: 7.30 – 8.30am

Speaker: Dr Mike Epton, Community Respiratory Physician

Topic: Wellconnectednz

Venue: Meeting room, at rear of the CanBreathe premises, 196 Hills Road, Christchurch. Free street parking available on Hills Road and surrounding streets.

To register for the breakfast: Contact Teresa at CanBreathe by phoning 386 0278 or email teresa@canbreathe.org.nz



Better Breathing Coffee Groups



This is a place for all those with breathing difficulties or who support someone with a breathing condition. Drop in, relax and enjoy each other's company, share your knowledge and maybe learn something too.

New Brighton Group —Tuesday 10-11.30am
St Andrew's Anglican Church, 109 Marriotts Road. Contact: Taihira (03) 389 6728

Edgware Group—Thursday 10-11.30am
CanBreathe rooms, 196 Hills Road
Contact: Pauline (03) 381 0547

A \$2 donation pays for the room, a cuppa and something to eat. We would love to see you, please join us.



Health Professionals' Corner Upcoming Respiratory Education, Conferences and Meetings



New Zealand Respiratory Conference 2018

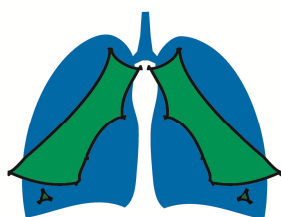
Dates: 22-23 November 2018

Location: Pullman Hotel, Auckland

Registrations now open, early bird registration closes 28th August 2018.

For more information go to <https://www.asthmafoundation.org.nz/health-professionals/nzrc/nzrc18>

Follow the link and register at: www.NZRC2018.org



SIREF
South Island
Respiratory
Educators Forum
Te Waipounamu

Breathe Easy, Breathe Freely Kia Ngāwari Te Roma – Hā

SIREF 2019 will be held in Christchurch on Thursday 14th and Friday 15th February at The George.

The theme for SIREF 2019 is **Connected Communities** and will include the latest research and service developments working to improve respiratory health and service delivery in the community. More information on topics and registration will be available on CanBreathe's website from October 2018.

The College of Respiratory Nurses AGM will be held Friday morning prior to the start of day two of SIREF.



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

Positive Ageing Expo

When: Monday 1st October, from 9am

Where: Papanui High School

AFFIRM

When: Saturday 1st December 2018—9.30 to 4pm,

Where—Wainoni Park – Hampshire Street, Aranui

AFFIRM is a family festival that the Aranui Community Trust delivers to provide health choices, education, employment, training opportunities and careers information in a fun filled family day with laughter, entertainment and fun activities for the Aranui and surrounding Communities of Christchurch to get together and enjoy. A fantastic day for your entire family. Great entertainment, fantastic food and awesome rides etc for all the children.



Proposed changes to the Constitution of the Canterbury Asthma Society Inc.

In summary the changes include:

- the inclusion of an interpretation section;
- the simplification of the membership structure;
- the removal of the position of Vice President;
- the inclusion of the ability for the Board to appoint employees to management positions and to delegate functions and powers to those employees;
- amending the number of required Board meetings per year;
- amending the quorum required at a Board meeting to 50% of current Board members;
- removal of the requirement to appoint an auditor every year; and other minor changes.

Financial members of the Society who wish to be notified of the proposed changes prior to the AGM should contact the CanBreathe office via phone or email and this information will be sent out to them.

More about us...

Contact Details:

Canterbury Asthma Society Incorporated
Trading as

CanBreathe

196 Hills Road

Edgeware, Christchurch 8013

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
Annette Best	Reception/Admin
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).

Charges may apply for:

Education to Aged Care services, education providers and professional groups

We Sell:

Dust mite 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)

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. 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. Donations over \$5 are tax deductible and receipts can be provided.

For any of the above please complete the form below, cut out and post to CanBreathe, 196 Hills Road, Christchurch 8013

.....✂.....

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

Or email us for online payment details.