



BREATH EXPRESS

SUMMER 2019

Nelson Asthma Society
9 Cambridge St
Richmond
Phone (03) 544 1562
Mobile (027) 546 7675
Email:
asthma.nelson@xtra.co.nz
Website:
www.nelsonasthma.co.nz

What the Society Offers
Current Membership: 228

- Better Breathers Club exercise groups
- Free Pulmonary Rehab course
- Asthma Education Centre
- Telephone advice
- Free local newsletters
- Free national newsletters
- Up to date asthma information
- Programmes, fact sheets and information pamphlets
- Speaker available
- Dust Mite covers for sale

Nelson Bays Primary Health Respiratory Educator

Jacquie Westenra

Our Medical Advisers

Dr Nick Baker,
Dr Suzanne Washington

Our Committee

Rosalie Adamson,
-President
David Kenning,
-Treasurer
Janina Goodman,
-Secretary
Gael Brown
Lynn McNeil
Peter Soundy
John Russell

Manager:
Sue Alsop

PRESIDENT'S PIECE

Spring has sprung

On my walk this morning I couldn't ignore the fact that spring had arrived. How beautiful are the trees and gardens around us!?

We have plenty of parks and recreation areas, or just our local streets to enjoy the wonders of spring.

Unfortunately, for many asthmatics, spring means hayfever, and, perhaps, this is the time of year when your asthma is a lot worse.

Asthma Triggers

The Asthma & Respiratory Foundation NZ provide some excellent resources, and knowing what triggers your asthma is important.

DID YOU KNOW.....

There are at least 10 common triggers.

When you know your triggers, you can avoid or reduce your exposure to them, and in turn this can make your asthma easier to handle.



You can get the booklet "*Triggers in Asthma*" from Sue, our Manager, or have a look online at asthmafoundation.org.nz

Exercise and Asthma and COPD

In my role as a nurse I have spoken to both asthma and COPD patients who are afraid to exercise. Often with very valid reasons too!

Exercise is an important part of your Management Plan. It is well known that physical activity improves lung capacity and blood flow, can make you feel revitalised and can also be fun too.

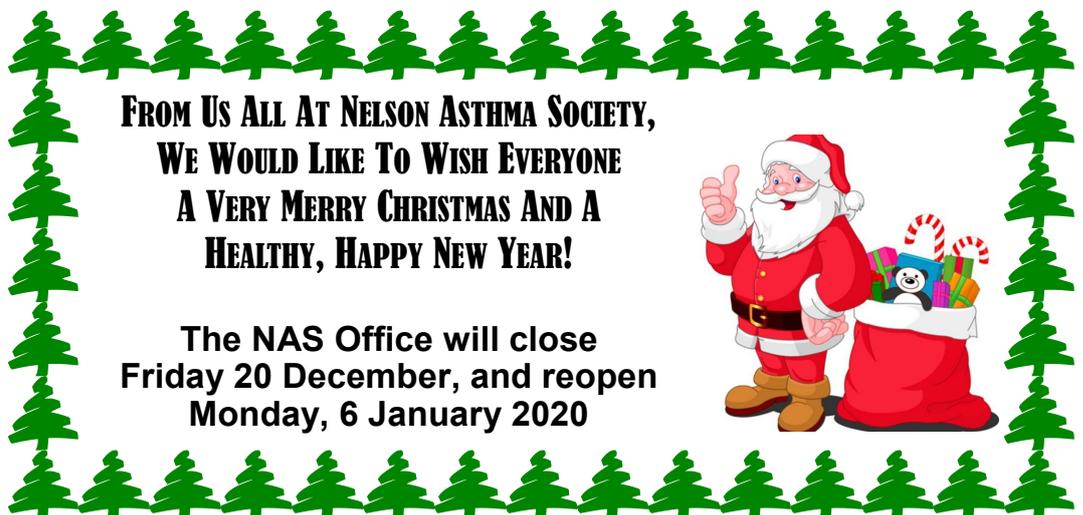
Anyone with asthma or COPD must have a management plan—talk to your GP or nurse to organise this.

Again speak with Sue, who can give you resources on how to manage your asthma. These resources are free to you.

Nelson Asthma website

As promised the committee is excited and proud to have launched this new website.

(Continued on page 2)



**FROM US ALL AT NELSON ASTHMA SOCIETY,
WE WOULD LIKE TO WISH EVERYONE
A VERY MERRY CHRISTMAS AND A
HEALTHY, HAPPY NEW YEAR!**

**The NAS Office will close
Friday 20 December, and reopen
Monday, 6 January 2020**

You can find us online now at:

nelsonasthma.co.nz

Thanks must go to Ebeth Mckendry for getting us started, and for Pete Soundy who has put in a huge number of hours putting this together.

We would love feed back on how this can be improved and added to, so email or let Sue know what you think.

Pulmonary Rehabilitation course

The current 8 week programme finished at the end of October. Feed back is always positive, but we strive for excellence, so make sure those of you who are attending give us feed back to ensure we continue to provide this course at the highest standard.

When you have completed your course you have 2 options.

- 1: Attend a better breathers course
2. Attend the New Better breathing circuit.

Talk to Sue or Deborah, our trainer, to see what option best suits you.

Better Breathers

The attendance at Better Breathers has more than

doubled compared to winter last year from 199 to 468 in the July to September period alone. This is exciting news for our Society.

Richmond Better Breather Classes

It is with some sadness that we will have to discontinue the Richmond classes from next year, 2020. They are not well attended, and therefore not sustainable. Should demand arise we can revisit this again.

Happily, we will continue Better Breathers classes at Enner Glynn and of course our NEW Better Breathing circuit at the Waimea Town and Country Club in Richmond.

Committee

We need your help.

We would still love some more committee members.

I have to say that just attending our monthly meetings is mostly all you have to do. So my plea is come along to our monthly meeting and then decide whether it is something you want to do.

Regards,

Rosalie Adamson

Rosalie Adamson
President



November—March

BETTER BREATHING CIRCUIT

Club Waimea, 345 Queen Street, Richmond

Every Tuesday during school terms
10.00—11.00 am

November 5th, 12th, 19th and 26th

December 3rd and 10th

February 11th, 18th and 25th

March 3rd, 10th, 17th, 24th and 31st

\$5 per class

**PERFECT FOR THOSE WHO HAVE COMPLETED
THE PULMONARY REHABILITATION
PROGRAMME**

BRING-A-PLATE

**WE INVITE YOU TO BRING-A-PLATE AND
CELEBRATE WITH US ON THE FOLLOWING DATES!**

- * Motueka BBC -
9th December
- * Better Breathers circuit -
10th December
- * Nelson BBC -
11th December



BBC NELSON

**Reformed Church, 15 Burrough Place,
Enner Glynn.**

Every Wednesday during school terms
1.00 — 2.30 pm

November 6th, 13th, 20th and 27th

December 4th and 11th

February 12th, 19th, 26th

March 4th, 11th, 18th, 25th

BBC MOTUEKA

**Te Awhina Marae, Tokomaru Rooms, 117
Pah Street, Motueka**

2nd & 4th Monday of the month.
11.30am—12.30pm

November 11th and 25th

December 9th

February 10th and 24th

March 9th and 23rd

\$5 PER CLASS, OR \$2 IF YOU HAVE A NELSON ASTHMA SOCIETY MEMBERSHIP!

Contact Sue at the Nelson Asthma Society 03 544 1562 or email asthma.nelson@xtra.co.nz
for more information.

Pulmonary Rehabilitation **8-week Course**



The benefits of this 8 week exercise and education course is well documented.

Improvements to symptom management (including breathlessness), confidence and quality of life, along with positive feedback from participants who have completed the course has been substantial.

This course has strong evidence (COPDX guidelines) and should be highly considered for all patients in the management of their COPD. Referrals will also be accepted for patients with ILD and Bronchiectasis.

The course runs for 8-weeks 3 times a year at Richmond, and Red Cross community transport can be used if transport is an issue. Pre-testing is completed by a physiotherapist to determine suitability for attendance.

Referral can be made through your medical centre nurse via telephone, or at your next doctor's appointment please ask for a Pulmonary Rehab course referral. They can determine if you fit the criteria to attend the course. The course is delivered by a multi-disciplinary team, respiratory nurse, exercise trainer, hospital physio, dietitian, sleep specialist, pharmacist and the Respiratory specialist from Nelson Hospital.

Please contact Sue Alsop at Nelson Asthma Society for any further information
asthma.nelson@xtra.co.nz or 027 546 7675



Nelson Respiratory Support Group

held in incorporation with the
Nelson Asthma Society

For those with breathing difficulties or those who are supporting someone with a breathing condition. Come and relax and enjoy each other's company, share knowledge and learn something new

Where: Reformed Church
15 Burrough Place Enner Glynn

When: Every Wednesday of the month during school terms.

12-1pm coffee and a chat

1-2pm light exercise

If you or someone you know, has a breathing condition this is a great way to get support, further your knowledge to help yourself or help someone else and an opportunity to learn something new.

Guest speakers include people such as, pharmacists, WINZ and respiratory nurses.

The exercise programme is delivered by a trainer in a safe environment.

Pulmonary Rehabilitation programmes are also available throughout the year.

We would love to see you so please come and join us.

Phone Nelson Asthma Society on

03 544 1562 or email

asthma.nelson@xtra.co.nz

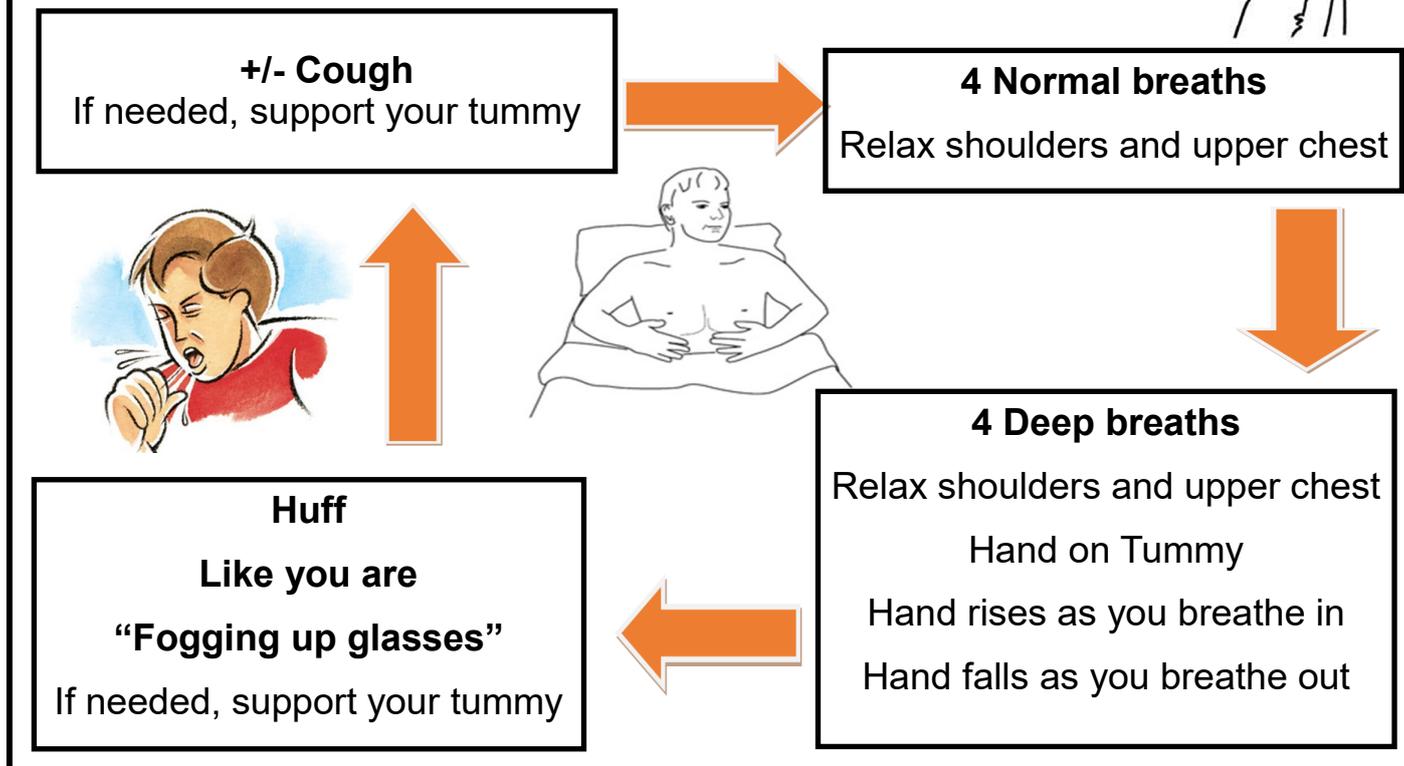
for more details



nelson asthma society inc
Better respiratory health for New Zealanders

Breathing Exercises (Huffing)

Repeat cycle 2-3 times in a row, every hour.



Bubble PEP

For many people with asthma, COPD or bronchiectasis, phlegm/mucus can be a daily symptom and/or worse with an chest infection/acute exacerbation.

Bubble PEP may be useful for persons who have phlegm/mucus which is difficult to cough up, as the vibration and positive pressure from the bubbling helps to loosen the mucus, enabling it to be coughed up easier. Use the Bubble PEP together with the ABCT (huffing) technique. Also don't forget to drink plenty of fluids/water throughout the day to stop phlegm/mucus from becoming thicker.

To make

- ◆ Use a milk bottle or any bottler higher than 15cm.
- ◆ Use a ruler and make a mark 10-15cm up the side of the bottle.
- ◆ Fill water to this line.
- ◆ Get tubing greater than 8mm in diameter and cut at 40-50 cm long.
- ◆ Thread the tubing in the bottle through the handle to keep in place.



Using bubble PEP

- ◆ Breathe in slowly and breathe out in to the tube.
- ◆ Repeat 4-6 breathes.
- ◆ Do 4 – 6 relaxed breathes.
- ◆ Do a huff (not in the bottle).
- ◆ Cough if needed.
- ◆ Repeat until lungs are clear.
- ◆ Do at least once daily but more often if secretions increase.

Medication Reminder

Although summer is now upon us and warmer weather prevails, asthma flare ups can still happen so please remember to keep taking your preventer inhaler.

Even if your asthma appears under control it is important to keep taking preventers every day as they make sure it stays that way.

Also if you are going away on holiday be aware of the potential for exposure to new or different environmental triggers so it's important to have your reliever inhaler on hand as well and ensure you have sufficient medication to cover you over the holiday period.

For those with dust mite allergies, remember to take your allergy bedding covers with you for overnight stays.



VISIT OUR NEW WEBSITE AT
<https://nelsonasthma.co.nz>

Committee Volunteers

Please consider volunteering to become a committee member.



We meet every 4th Tuesday of every month (except in January) for 1 hour from 4.30 pm and would welcome your input, thoughts and ideas.

This is a good way to give something back to the community so please give this some thought and help us out.

IF YOU WOULD LIKE TO HELP NAS, SOME VERY USEFUL DONATIONS COULD INCLUDE:

- ☺ Photocopying paper reams
- ☺ Book or box of stamps
- ☺ Plain business envelopes
- ☺ Packets of biscuits, coffee or tea etc
- ☺ Petrol vouchers to thank volunteers

givealittle
from the  Spark Foundation

Or, we also have a givealittle page
<https://givealittle.co.nz/org/nelsonasthmasociety>



The Society passes on 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.

Thanks to all the wonderful support from the following organisations/trusts:



- ◆ MacDonald Trust
- ◆ Leonora Knapp Estate

Thanks

Just one puff, once a day for 24-hour asthma relief^{1,2}



No matter what the
day throws at you



5AM



7AM



11AM



7PM



5AM

Breo Ellipta is an innovative asthma treatment that delivers 24 hours of easier breathing - from just one single inhalation.^{1,2} If your asthma is not as good as it could be, **ask your doctor if Breo Ellipta is right for you.**

BREO[®] ELLIPTA[®]
fluticasone furoate / vilanterol



Reference: 1. Breo Ellipta Data Sheet, GSK New Zealand 2. Bleecker ER *et al.* Fluticasone furoate-vilanterol 100/25 mcg compared with fluticasone furoate 100 mcg in asthma: a randomized trial. *JACI In Practice.* 2014; 2(5): 553-561.

Breo[®] Ellipta[®] (fluticasone furoate/vilanterol trifenatate inhaler 100/25mcg per inhalation) is a **Prescription Medicine**. **Breo Ellipta** is used for the regular treatment of asthma (12 years of age and older) and for adults with Chronic Obstructive Pulmonary Disease (COPD). **Breo Ellipta 100/25mcg is a fully funded medicine; Breo Ellipta 200/25mcg is a private purchase medicine (dose indicated in asthma only). Use strictly as directed. Breo Ellipta is not for relief of acute symptoms; a separate reliever inhaler may be required. Always carry your reliever inhaler. Do not discontinue Breo Ellipta abruptly. This medicine has risks and benefits. Tell your doctor:** If you are taking any other medicines or herbal remedies, you have liver disease, heart problems, high blood pressure, pulmonary tuberculosis (TB), infection of the lungs (pneumonia) or weak bones (osteoporosis). **Side Effects:** Headache, common cold, oral thrush, infection of the nose sinuses or throat, flu (influenza), pain and irritation at the back of the mouth and throat, inflammation of the sinuses, pneumonia (in patients with COPD) and weakening of the bones, leading to fractures. **If symptoms continue or you have side effects, see your doctor, pharmacist or health care professional.** For more information see *Breo Ellipta* Consumer Medicine Information at www.medsafe.govt.nz. Normal doctor's charges apply. Ask your doctor if *Breo Ellipta* is right for you. *Breo* and *Ellipta* are registered trade marks of the GlaxoSmithKline group of companies. *Breo Ellipta* was developed in collaboration with Innoviva Inc. Marketed by GlaxoSmithKline NZ Limited, Auckland. **Adverse events involving GlaxoSmithKline products should be reported to GSK Medical Information on 0800 808 500. TAPS NA10124/18JUN/FFT/0011 INSIGHT 8718all**