

BREATH EXPRESS

Ngā mihi nui ki a koutou katoa. Greetings to you all.

Welcome to our Winter newsletter.

Thanks to all of you who came to our AGM recently. We appreciate the support that you all gave.

By now most of you will have had one or both of your covid vaccinations. Once you have had 2 doses you can have your Flu vaccine 2 weeks before or after this. There is some information within this newsletter regarding this. You should contact your GP for any further information.

By now some of you will have met out new staff member Jess. Welcome Jess. Jess will assist Sue in the day to day running of the Asthma Society, as we continue to grow in size and numbers that attend out classes and courses. Sue has also taken on the role of applying for the funds we need to operate as a society.

Thanks again to Dawn Allan for her years of applying for our funds. We wish her well in her future.

Thanks must also go to John Russell who has been a valuable member of our committee for numerous years. John has stood down from our committee this year. So John, thanks for all your time and commitment. And a big thank you to Karyn Moore, who has been involved in design of the newsletter for over 7 years. We really appreciate your work and thank you for your service to the Society.

My one piece of advice for this newsletter is taking a look at your inhalers and asking yourself some questions:

1. **Is my asthma COPD well controlled?**
2. **Am I using the correct technique with my spacer/inhaler?**
3. **Am I using my preventer on a regular basis?**
4. **Am I using too much reliever medication?**

Truly if you answer NO to just one of these questions then don't leave it till you become unwell. Take control of your own health. Talk to your respiratory nurse or GP. You should have at least ONE DEDICATED appointment a year to review your respiratory health.

Another good thing to do is to fill out the CAT (COPD) and/or ACT (Asthma) test forms. Sue has copies of these that you can take home and review your ASTHMA or COPD health.

Better Breather Circuit and Classes/ Pulmonary Rehabilitation

All these classes continue to be successful and popular. If you any friends or family with just any lung condition then they should come along and see what we offer.

Sing Your Lungs Out

Motueka continues as strong as ever, and have been inspired to offer another choir based in Nelson. We have applied for funding and hopefully have success and then can arrange a Musical Director and Co-Ordinator to facilitate the proven respiratory intervention.

Bronchiectasis Brunch 2021

Thanks Sue, for locating the funding and having our local respiratory Specialist Dr Moayid Sherif present to this group of people. Hopefully after this education some of you will be able to keep in contact with each other and long term have your own support group. Please contact Sue to be added to the group emails.

We are now past the shortest day now. Stay well and warm.

If you need any support or questions answered talk to Sue or one of your committee members, who will point you in the right direction.

Ka Kite,

Rosalie Adamson (President)

What Does the Nelson Asthma Society Offer?

Current Membership: 262 people

- Better Breathers Club exercise groups
- Free Pulmonary Rehab course (3 per year)
- 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

Jacque Westenra

Our Medical Advisers

Dr Suzanne Washington

Our Committee President

Rosalie Adamson

Treasurer

David Kenning

Secretary

Lynn McNeill

Tania Appelman

Judy Kelly

Pete Soundy

Manager

Sue Alsop

Nelson Asthma Society
9 Cambridge St, Richmond

(03) 544 1562

(027) 546 7675

Email: asthma.nelson@xtra.co.nz

www.nelsonasthma.co.nz

The Lioness Club of Nelson Fundraising



The Nelson Asthma Society would like to extend a heartfelt thank you to the Lioness Club of Nelson.

At the annual Founders Book Fair, the Lioness club of Nelson fundraised for the Nelson Asthma Society by holding a sausage sizzle. The Lioness Club of Nelson raised \$1000! These funds are helping the Nelson Asthma Society provide dust mite pillow case protectors to those in need of them.

Dust Mite Allergen Protection



Available to purchase at the Nelson Asthma Society

Standard Pillow Case Protector \$30.00

MiteGuard covers are made in New Zealand from fully researched, proven effective allergen barrier fabrics.

Single Mattress Cover \$150.00

Queen Mattress Cover \$215.00

King Mattress Cover \$240.00

(Other sizes and MiteGuard products available)

Nelson Asthma Society Members

Please consider volunteering to become a committee member. We meet on the 4th Monday of every month (except in January) for 1 hour in the morning. We welcome your input, thoughts and ideas.

Members, If you would like to receive the newsletter and your invoice electronically please email: asthma.nelson@xtra.co.nz

The Society passes on its condolences to the families of members and friends who have recently lost loved ones, or who are unwell at present.



The Stop Smoking Service is a free face-to-face and confidential service available to anyone who smokes in the Nelson Marlborough region.

The free benefits include one-on-one support from a quit coach, and nicotine replacement therapy.

Call 0800 NO SMOKE (0800 667 665) or visit our webpage to find out how to start your smokefree journey: www.nmdhb.govt.nz/smokefree

Sputum Examination

Written by Dr Moayid Sherif

Sputum examination: an overview for patients

Coughing from time to time helps to clear particles and secretions from the lungs and helps to prevent infection. However, sometimes a cough can become a chronic condition. A chronic cough is usually defined as a cough that lasts for eight weeks or longer.

Sputum is salivary matter that is mixed with mucus or pus from the respiratory tract and coughed up and spat out. Mucus is naturally made by the cells in the trachea and bronchial tubes and lines the airways to prevent harmful substances entering the lungs by keeping the airways moist, which prevents dust, viruses and bacteria from passing into the lungs. In chronic respiratory disease too much mucus is often produced causing the cells that produce the mucus to expand, resulting in limited airflow, breathlessness and cough, often impacting on ventilation and causing infection. As a rule, a sputum sample should be requested if an individual has an increased cough with purulent sputum, fever and/or signs of systemic infection. A sputum sample should be placed in a clean sputum pot, preferably first thing in the morning when the patient has cleared the mouth and throat of debris and taken a deep cough. It should be taken to the laboratory ideally within 1 to 2 hours of being produced.

Sputum examination and sending sputum samples are important to confirm a respiratory tract infection and its sensitivities to antibiotics. Sputum sample studies

play an important role in the diagnosis of respiratory infections and in guiding treatment. When you have a respiratory tract infection or a lung-related disorder, your lungs produce a thick substance known as sputum (phlegm). This substance can make it hard to breathe, causes a cough, and on occasion will harbour bacteria. If you experience any of these symptoms, your doctor may recommend a sputum culture.

This fast, relatively painless test helps laboratory technicians study the bacteria or fungi that might be growing in your lungs and causing the production of the sputum. This can help them find the cause of your illness.

Importance of sputum examination in the diagnosis of pneumonia:

The sputum colour and thickness sometimes aids in the diagnosis of different respiratory infections that warrant starting antibiotics. For example sputum examination is an important aid in the diagnosis of pneumonia. Colour, amount, consistency and odour are helpful: **mucopurulent sputum** (Sputum which is slightly thicker and cloudy or opaque) is commonly found in bacterial pneumonia or bronchitis; **scanty watery sputum** is often noted in atypical pneumonia (mild form of pneumonia); **“rusty” sputum** (a reddish-brown, blood-stained expectoration) is seen in pneumococcal pneumonia which is the most common type of bacterial pneumonia; and currant-jelly or dark-red sputum suggests Klebsiella pneumoniae. Foul-smelling expectoration is associated with anaerobic infections due to aspiration, lung abscess and necrotizing pneumonia. These bacteria (anaerobic) occur naturally and are the most common flora in the body. In their natural state, they don't cause infection. But they can cause infections after an injury or trauma to the body.

Importance of sputum examination in patients with Chronic Obstructive Pulmonary Disease (COPD):

People with COPD are at risk of getting chest infections and COPD is a common cause of hospital admissions. It can be difficult to diagnose respiratory infections, particularly in COPD patients, as symptoms are often longstanding, meaning sputum samples are vital to determine whether bacteria are present, particularly if the patient has a cough and sputum production is increased and purulent. Understanding a patient's usual sputum production (colour, viscosity, and amount) is important in assessment of patient's symptoms, as changes from this baseline may identify infection. Ideally, antibiotics should only be considered for COPD patients if in addition to a positive sputum culture, there are symptoms of shortness of breath, cough and increased sputum volume and change in sputum colour. Nonetheless, some guidelines argued that when indicated, antibiotics should be given for 5-7 days to speed up recovery time and reduce hospital length of stay and the risk of early relapse.

Importance of sputum examination in patients with bronchiectasis:

Bronchiectasis is characterised by a persistent cough, excessive sputum production and recurrent chest infections. Patients with bronchiectasis can get an “exacerbation of bronchiectasis” which means worsening in their stable condition and symptoms. An exacerbation can be defined as a significant worsening of symptoms over several days, which may include an increase in the frequency of cough, shortness of breath, increase of sputum volume, viscosity and/or purulence. A sputum sample for culture prior to beginning antibiotic treatment and a review of previous sputum microbial analyses is crucial.

Some patients with bronchiectasis might cough up blood. The term doctors use for coughing up blood is “haemoptysis”. A person might cough up just blood, or blood mixed with mucus. When blood is mixed with mucus, it can look red or pink, or it can be almost all mucus with streaks of blood. When a person coughs up blood, it usually means the blood is coming from their airways or lungs. If a person coughs up a lot of blood, doctors call it “massive haemoptysis.” This can be a medical emergency. If a patient with bronchiectasis coughs up a very large amount of blood (about 1 cup or more), he/she needs to come to hospital for further assessment.

Pulmonary Rehabilitation Course

This is an evidence based exercise and education programme and is designed to help people with chronic respiratory conditions improve their ability to cope with their shortness of breath and their symptoms. Contact your medical professional to see if this course is suitable for you. Just ask for a Pulmonary Rehab course referral. You **MUST** have a referral to attend the Pulmonary Rehab Course, and been through a pre-assessment appointment with the respiratory nurse

The first hour is light exercise, followed by refreshments and during the second hour we have a speaker. *Please wear closed toe shoes and comfortable clothing.*

Nelson Pulmonary Rehabilitation Course:

Held at Club Waimea, 345 Queen Street, Richmond

This course is **8 weeks** long and each session will start at 11.00am and finish at 1.00pm.

Tuesday 3rd and Friday 6th August
Tuesday 10th and Friday 13th August
Tuesday 17th and Friday 20th August
Tuesday 24th and Friday 27th August
Tuesday 31st and Friday 3rd September
Tuesday 7th and Friday 10th September
Tuesday 14th and Friday 17th September
Tuesday 21st and Friday 24th September

Motueka Pulmonary Rehabilitation Course:

Held at St Thomas’ Church, 101 High Street Motueka

This course is **6 weeks** long and each session will start at 11.30am and finish at 1.30pm.

Thursday 28th October
Monday 1st and Thursday 4th November
Monday 8th and Thursday 11th November
Monday 15th and Thursday 18th November
Monday 22nd and Thursday 25th November
Monday 29th and Thursday 2nd December
Monday 6th December (Last session)

If you have any questions please don’t hesitate to contact Sue Alsop

Manager of Nelson Asthma Society on 03) 544 1562 or 027 546 7675

asthma.nelson@xtra.co.nz

The Nelson Asthma Society would like to sincerely thank all our supporters!



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY



Better Breathers Timetables



Better Breathers Circuit

\$5 per class

Held at Club Waimea, 345 Queen Street Richmond
Tuesdays and Fridays 10am to 11am
(During school terms)

July	2nd, 6th, 9th, 13th, 16th, 20th, 23rd, 27th, 30th
Aug	3rd, 6th, 10th, 13th, 17th, 20th, 24th, 27th, 31st
Sept	3rd, 7th, 10th, 14th, 17th, 21st, 24th, 28th
Oct	1st, 12th, 15th, 19th
Nov	2nd, 5th, 9th, 12th, 16th, 19th, 23rd, 26th 30th
Dec	3rd, 7th, 10th, 14th, 17th

Perfect if you have completed the Pulmonary Rehabilitation programme.

ACC Approved Classes



LIVE STRONGER FOR LONGER

PREVENT FALLS & FRACTURES

Nelson Better Breathers Class

\$3 for members or \$5 per class

Held at the Reformed Church
 15 Burrough Place Enner Glynn

Wednesdays 1pm to 2pm

(During school terms)

Stay for a free cuppa afterwards too!

July	7th, 14th, 21st, 28th
Aug	4th, 11th, 18th, 25th
Sept	1st, 8th, 15th, 22nd, 29th
Oct	20th, 27th
Nov	3rd, 10th, 17th, 24th
Dec	1st, 8th, 15th

The Respiratory Support group meets at 12pm before this class starts – everyone is welcome.

Motueka Better Breathers Class

\$3 for members or \$5 per class

Held at St Thomas' Church, 101 High Street Motueka

Mondays 11:30am to 12:30pm

(During school terms)

July	26th
Aug	2nd, 9th, 16th, 23rd, 30th
Sept	6th, 13th, 20th, 27th
Oct	18th
Nov	1st, 8th, 15th, 22nd, 29th
Dec	6th, 13th

For more information please contact Nelson Asthma Society 03) 544 1562 or 027 546 7675, asthma.nelson@xtra.co.nz

CHILDREN'S ASTHMA STUDY

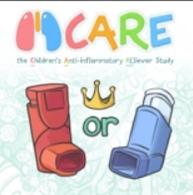
To take part in this study you must:

- ✓ Have been diagnosed with asthma by a doctor.
- ✓ Be aged between 5 and 15 years.
- ✓ Only use a blue inhaler.

For more information, contact:

Southern Clinical Trials Tasman
 469 Main Road Stoke, Nelson
sct.tasman@sctrials.co.nz
 @SCTTasman
www.sctrials.co.nz

We are running a study over one year which involves five visits in total.



Volunteers will complete short surveys about their asthma symptoms and treatment. Breathing tests and asthma education.

There is no cost to take part. We give parents a \$50 koha for each in-person visit to cover things like transport and parking.



Funded by the Health Research Council of New Zealand and Cure Kids.

www.nelsonasthma.co.nz

General flu resource 2021

**Influenza, “the flu”, can be anywhere.
It is easy to catch through
coughs and sneezes.
Influenza is much worse than a cold.**

Some people are more likely to get very sick when they have the flu. They are young children, babies, pregnant women and older people. Also, people with some illnesses like asthma or diabetes.

Some people with flu need to stay in hospital for a while. A few people die from flu.

Many people don't know they have had the flu as they do not feel ill. But they can still pass it on and make other people very sick.

The best way to protect yourself is by having a flu shot every year. The flu shot helps your body protect itself from flu. You protect yourself, your family and people around you if you have a flu shot.

- Flu shots are FREE for people 65 years old and over.
- Flu shots are FREE for women who are pregnant.
- Flu shots are FREE for anybody under 65 with diabetes, most heart or lung conditions and some other illnesses.
- A flu shot is FREE for children under 5 who have had a stay in hospital for asthma or other breathing problems.
- Ask your doctor or nurse about a flu shot today. It may be FREE for you.
- Encourage your whanau who can get a free flu shot to see their doctor or nurse.
- Being fit and healthy won't stop you getting the flu.
- You can't get flu from the vaccine.
- You need to get a flu shot every year before winter for best protection.

fightflu.co.nz
0800 466 863

 **The Immunisation
Advisory Centre**

 **MINISTRY OF
HEALTH**
MANATŪ HAUORA

**Treasure
our
Whānau**



Got asthma?

Just one puff, once a day, to help you breathe easier for a full 24 hours¹



Ask your doctor if Breo Ellipta is right for you.

breoellipta.co.nz

BREO ELLIPTA[®]
fluticasone furoate / vilanterol



100/25mcg
FULLY FUNDED

Reference 1: Breo Ellipta Data Sheet, GSK New Zealand, available at www.medsafe.govt.nz. Accessed 30/03/20 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 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. 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 may include: Headache, common cold, oral thrush, pneumonia, infection of the nose, sinuses or throat, flu (influenza), pain and irritation at the back of the mouth and throat, inflammation of the sinuses, weakening of the bones, leading to fractures. If symptoms continue or you have side effects, see your doctor, pharmacist or healthcare professional. For more information including additional side effects, see Breo Ellipta Consumer Medicine Information at www.medsafe.govt.nz. Normal doctor's office visit fees apply. Ask your doctor if Breo Ellipta is right for you. TAPS NA 11935 PM-NZ-FFV-PSTR-20MAY0001

INNOVIVA

Air treatments explained

Brought to you by Sensitive Choice®

Humidifier

Helps with issues such as:

Dry air
Airborne viruses



Air purifier

Helps with issues such as:

Hay fever
Dust
Pollens
Smoke
Mould
Dust mites
Odours

Asthma & allergies

Dehumidifier

Helps with issues such as:

Humidity
Condensation
Dampness
Mould
Dust mites
Odours



For information on asthma and allergy-aware products, visit sensitivechoice.com

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