

# Breathe Easy

Monday 24th March 2008

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## Sutton Coldfield

**breatheeasy**  
 BRITISH LUNG FOUNDATION SUPPORT NETWORK

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Dear Member,

Welcome to the March newsletter. Well, I thought we were well on the way to spring, but as ever we can't rely on the British weather. At the February meeting our speaker was Kay Oakley who is the Respiratory Specialist Nurse, based at Good Hope hospital. The highlights of her talk, I have included below. I make no excuse for, **again**, reproducing the details about the Lung Run in Sutton Park on April 27th as this does raise valuable sponsorship money for the BLF. Last year we had a few of our membership taking part, and I hope we can improve on the numbers this year. The speaker for the March meeting will be Philippa Campbell from Air Products. I look forward to seeing you all on the 27th. Ed.

### Last Month's Speaker



Kay Oakley

We were pleased to welcome Kay Oakley who is our local respiratory nurse working at Good Hope hospital. Kay started her talk by saying she would speak about her work at the hospital, and then go on

to discuss the many different types of inhalers that are in use today. Her first comment was how the group had grown in size since the last time she visited us, in fact there were about 30 of us at the meeting.

Kay went on to say that she took over the senior role in 2005 as the work load increased she was joined by Emma who she referred to as "her rock." Recently they have been joined by Karen, who gave the talk at our last meeting, and Kay stressed that they had separate roles in the department, as Karen was an 'Outreach' nurse and deals with inpatients, helping them to leave hospital as early as possible, and Kay and Emma deal with outpatients in terms of Psychological support, (dealing with problems at home and how the patient will manage after leaving hospital etc.) and dealing with the Specialist's recommendations after their appointment. As Kay mentioned the patient may like talk to the nurse at length about how they feel, and ask questions, as well as getting advice on how to use their inhaler for instance.

At this point I asked Kay if she was able to prescribe medication to a patient, to which the answer was that without more extensive training she was not able to carry out that function at this moment, but she stressed that she would like to take that training if the opportunity arose.

The rather sensitive subject of making a 'Living

Will' was now discussed. This, as you may know, is concerned with the patient's wishes if they were to fall seriously ill and be unable to express how their treatment should progress. Kay explained that the patient may say to her, that they are happy to carry on with their treatment but may possibly say, "I don't want to be put on a machine, if the outcome is not my recovery" or express other procedures that they do not wish to be carried out such as: "No experimental drugs to be used". This gives a patient some control over their treatment towards the end of their life.

Then came the inevitable subject of pulmonary rehabilitation and again, there were many questions, the main one being why not at Good Hope? Well, of course Kay was unable to shed any further light on when this would become available here, but she thought there was a good possibility of progress on this matter in the near future. There was a question on whether a person from this area could apply to Heartlands hospital for p/rehab. And the answer was, that providing you were assessed here and the specialist thought it would be beneficial to your treatment, then you could be referred to Heartlands.

Coming to the end of her talk on the subject of her 'day to day' role Kay said she was also involved in teaching, and holds clinics for student nurses and also advises on oxygen therapy.

At this point Kay went on to show the multitude of inhalers that are now on the market and the way they should be used. I was surprised at the number of questions on the subject and it was apparent that not everyone is familiar with what is available.

It just remains for me to thank Kay and say how much we all enjoyed her talk. Ed.

### Change of Telephone No. for Good Hope

Good Hope's main telephone number will be 'switching' over, to that of Heart of England Foundation Trust, from **March 30th**. The new No. is **0121 424 2000**.

# Breathe Easy

## If you ever get pulled over for speeding!

A police officer pulls a man over for speeding and has the following exchange:

Officer: May I see your driver's licence?

Driver: I don't have one. I had it suspended for speeding.

Officer: May I see the registration for this vehicle?

Driver: It's not my car. I stole it.

Officer: The car is stolen?

Driver: That's right. But come to think of it, I think I saw the registration in the glove box when I was putting my gun in there.

Officer: There's a gun in the glove box?

Driver: Yes mate. That's where I put it after I shot and killed the woman who owns this car and stuffed her in the boot.

Officer: There's a BODY in the BOOT?!?!?

Driver: Yes, mate.

Hearing this, the officer immediately called his back up. The car was quickly surrounded by police, and the inspector approached the driver to handle the tense situation:

Inspector: Sir, can I see your licence?

Driver: Sure. Here it is.

It was valid.

Inspector: Who's car is this?

Driver: It's mine, officer. Here's the registration papers.

Inspector: Could you slowly open your glove box so I can see if there's a gun in it?

Inspector: Yes, sir, but there's no gun in it.

Sure enough, there was nothing in the glove box.

Inspector: Would you mind opening your boot? I was

told you said, "there's a body in it."  
Driver: No problem.

Boot is opened; no body.

Inspector: I don't understand it. The officer who stopped you said you told him, "you didn't have a licence, stole the car, had a gun in the glove box, and that there was a dead body in the boot."

Driver: Yeah, I'll bet the lying devil told you I was speeding, as well.



**Sunday 27th April**

**Town Gate, Sutton Park, Sutton Coldfield**

The British Lung Foundation is looking for people to take part in the annual Midlands Lung Run.

Everyone who takes part receives a T- shirt and finishers receive a Souvenir medal. This year there are three races 10K, 5K, and 2K. Entrance fee are:

10K: £10 each ( £9 affiliated to UK Athletics member)

10K: Challenge Team - Enter a team of 6 adults and only pay for 5. Fee:£50

5K: £8 each (£7 under 17 and over 60)

5K Family Team - Enter 2adults and 2 children, one child enters for free: £23

2K: £6 each ( £5 under 17 and over 60)

2K: School Team - Enter 6 school children ( under 17 ) and only pay for 4. Fee £20

Register on line at <[www.lunguk.org/midlandslungrun](http://www.lunguk.org/midlandslungrun)>

For further information and updates about the day

log on to: <[www.lunguk.org](http://www.lunguk.org)> or contact:

01782 398 114 or email: [blf@frsystems.co.uk](mailto:blf@frsystems.co.uk)

If you are fit to run, why not ask for sponsors and support The British lung foundation in it's valuable Work.



# Breathe Easy

## My Life with my Lungs By Joyce Dyke

I was born in the West Country nearly seventy four years ago, and all was well until I had whooping cough when I was four years old. This left me with a 'weak chest.'

When swimming, this 'weak chest didn't appear to affect my ability to stay underwater for longer than my contemporaries causing consternation to my swimming instructor, and the bouts of coughing up blood which I suffered in my late teens I thought nothing of at the time.

When I was nineteen years old I was accepted for nurse training at a Birmingham hospital and left the clean air of the West Country for the more polluted air of the Midlands, and I also heard the term bronchiectasis for the first time.

Nine months into training and despite, as a non smoker refusing cigarettes offered to me, my lung condition deteriorated. I underwent surgery to remove the most affected areas of bronchiectasis from my left lung. After a period of convalescence I resumed training and qualified.

During training I met my future husband and when we married we made our home in the Midlands.

The subsequent years were uneventful for my lungs - I still have a degree of bronchiectasis but this didn't stop me having our children, resuming my nursing Career, Scottish dancing, and back stage work for local theatre companies.

As I grew older I had recurrent chest infections which made me cut back on my activities and forced me to take early retirement from nursing.

Nevertheless my initial retirement years were good. We had grand children, my husband retired and all was well until the year 2000. Joe was diagnosed with prostate cancer and two days later I was told I had a carcinoid tumour in my good lung. Joe had treatment and I had surgery ( luckily the tumour was pre- cancerous.) Six months later I had a bad asthma attack.

Now, eight years on we are still here. Joe is chairman of the Prostate Support Group at good hope hospital. I am a volunteer at the same hospital; I attend a ladies gym which helps my airways, and my inhalers keep me fairly free from infection. I am a member of the Sutton Coldfield Breathe Easy committee ,and we still **enjoy** life.

Joyce Dyke.

Thank you Joyce for giving us an insight into your medical problems. We all suffer from time to time, and it would be great to hear from anyone with health problems who has managed to overcome their disability and continue with as normal a life as possible. So, if you can contribute your thoughts to the newsletter I would be very grateful and I am sure our readers will benefit from **your** experience. Ed.

## No Smoking Day

On March 12th S/Coldfield Breathe Easy group helped in manning the table display organised by Good Hope hospital.

Together with information and advice on giving up smoking we took along pamphlets



some of which is primarily caused by smoking, such as COPD. We were able to attract several new members to the group as well as chat to people like ourselves, who suffer from lung problems. As



Ann Heaton Ward shares a joke with, Graham Dolan (left) and Stuart Thomson

you can see by the picture above the day was not 'all work and no play.'

## Forthcoming Events

As you may remember, last month I outlined a visit to 'Sutton Arts Theatre in South Parade, Sutton Coldfield, on Thursday 19th June, for a performance of Noel Cowards 'Private Lives.' The good news is the event is to be free!. The entrance fee will be paid out of group funds, but it is imperative that we know the number of members involved as the theatre is usually booked up well in advance. So, can I again appeal to you to let our Treasurer, Tom Fenoughty, have the £5 deposit (refundable on the night) **as soon as possible** if you wish to attend. Parking, by the way, is either in the road outside the theatre ( if you have a blue badge ) or there is a 'pay and display' at the bottom of the road.

The address to send your deposit to is The Treasurer,  
Mr. Tom Fenoughty, 3, Wentworth Drive, Lichfield,  
Staffs WS14 9HN

## The Fisherman's lament

I don't care what your name is  
Don't walk across the water while I'm fishing!

# Breathe Easy



## The Puffer Line

### Terminology Used In Lung Conditions, — Continued —

**Lung Volume Reduction Surgery (LVRS)** - This Surgery has been tried on people with emphysema, in which the removal of some useless air spaces in the lungs can allow the other areas of the lungs to work more efficiently. Trials are going forward in the U.K.

**Oedema** - an excess of fluid in the tissues shown by swelling, pitting and translucency. The old name for this was **Dropsy**.

**Passive smoking** - breathing in someone else's cigarette smoke.

**Pleura** - the lining of the lungs.

**Sputum or phlegm** - matter that is coughed up from the lungs.

**Trachea or Windpipe** - The main airway leading to the lungs.

More next time on **The Puffer Line**  
Joyce Dyke

## Anxiety and Panic Attacks

At our last meeting I was asked a question about Panic Attacks and how to slow the breathing down. I must admit I thought most people knew of a technique to cope with this frightening situation, but for those of you that don't, I publish this advice from the BLF; If you can slow your breathing down at the first signs of anxiety, you can very often protect yourself from the worst symptoms.

The first time you try breathing control should be in safe and relaxing environments. Don't try it for the first time when you're panicky or even anxious. Practice is the key.

Once you feel confident that you have mastered breathing control, try it in situations where you are worried about panic, or when you first notice physical symptoms (e.g. breathlessness, pressure or pain in the chest)

Slow your breathing by one beat. Breathe in and count, "One... two... three... four"; pause, and breathe out, counting, "One... two... three... four... five". As always, you breathe out one beat longer than you breathe in.

## Quiz Time

Time for  
Answers!

### The Quick Quiz

Answers for last months Quiz

The answers are all 'Body Parts'

1. Forbidden Fruit ? Adam's Apple.....
2. Taken in and out ? Breath.....
3. Cooks usually jug this ? Hair.....
4. A very thin paper ? Tissue.....
5. Children are often told to hold theirs ? Tongues

Here are this months questions

1. Snakes shed This? .....
2. A river has one? .....
3. Pessimists should learn to keep theirs up? .....
4. An army marches on its ? .....
5. Hill top on your face ? .....

## Bereavement

It is with great sadness that I have to report the recent deaths of two of our members.

Laraine Wilcox passed away in the early hours of the morning of March 18th. Loraine together with her husband Keith have been long standing members of our group. She will be greatly missed and our thoughts are with Keith and the family at this sad time.

It was at our last meeting that we received the sad news of the passing of Christine Farley who had attended our meetings with her brother Raymond. We send our condolences to Raymond and all her family. They too are very much in our thoughts.