

# Breathe Easy

Monday 25th August 2008

## Sutton Coldfield

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**breatheeasy**  
BRITISH LUNG FOUNDATION SUPPORT NETWORK

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Dear Member,

Welcome to the August newsletter. Our speaker for the July meeting was Julie Lloyd (Respiratory Service Manager at Good Hope hospital) who gave an excellent talk on Sleep Apnoea. I have included a résumé of her talk below. The next meeting is the AGM at which there will be light refreshment provided. Please don't miss the rush for the newsletter editors job! The speakers for September are from Heartlands Hospital and the meeting will be in the form of a discussion, and exchange of ideas. I hope to see you on the on the 28th and at the garden party on the 30th. Ed.

### Last months speaker

I for one, had very little idea of what sleep apnoea was and how it affected a person with this ailment. However we had a very good talk given by Julie Lloyd on the subject for which I thank her, and give the highlights here. Ed.



Julie began by saying she works in the respiratory investigation department at Good Hope Hospital. The department carry out breathing tests, support the oxygen

patient clinic and part of their work is with people who suffer from Sleep Apnoea, which is a breathing problem which occurs when they are asleep. Julie then asked the question "why do we sleep?" and went on to say most people think it is to recover from the days activities, but she explained that 8 hours sleep saves about 50 calories, which is about as much as a piece of toast. Sleep actually allows the brain to recuperate, so that we are able to maintain skills such as speech and memory. If the brain does not have enough rest then the next day we feel listless and are unable to concentrate properly. Julie went on to say

that most of us think we just go to sleep and that's it, but in fact sleep is a really complicated state. Fragmented sleep can affect oxygen and carbon dioxide levels in the blood which can also affect the heart and she said that it wasn't until the 1950's that sleep patterns were really investigated. Then, it emerged that there are two types of sleep, the quiet restful period, and then a period of dreaming and rapid eye movement sleep.

Real sleep is when the breathing slows the heart rate starts to fall and we fall into a deep sleep so that sometimes when we wake we really don't know where we are or what time or day it is for quite a few seconds. Julie explained that the slowing down of the breathing rate in people who have no lung problems is alright, but people who already have a problem will suffer from a restricted oxygen level.

She then went on to list all the different stages of sleep that occur during the night, which unfortunately I am unable to list here, in the space available.

However, there was one stage that interested me personally, and that was during dreaming Julie explained that the brain switches off the muscles, because if it didn't we would be fighting the people in our dream, for real. This explains why I threw myself out of bed recently. I shall have to get my switch fixed!. I digress, the next point was that when we get older we don't get long periods of deep

Breathe Easy Sutton Coldfield Invite You to a Fund Raising

**Tombola**

**Garden Party**  
at

**Putting**

**7 Vesey Road Sutton Coldfield**

**Saturday 30th August 2008**

Open 2pm till 6pm

Entrance £1.50

Includes light refreshment

In aid of

The British Lung Foundation Nurses Fund

**Bring & Buy Table**

**Books & Jigsaws  
For sale**

**Plants for sale**

Please come along and make this a great party, come rain or shine, as well as helping those who suffer with Lung Disease.

**Cream Tea's**

Donations to British Lung Foundation  
Gratefully received



As you see we are holding a garden party at Joe and Joyce's house on the 30th August.

Please come along and support the BLF who do such good work for everyone suffering from breathing problems.

We have ordered Good Weather for the event and a cream tea on a lovely day is not to be missed! If you can bring a gift for the 'bring and buy' table it will be much appreciated, but mainly we just hope to see **You**. The party starts at 2pm until 6pm. Admission is £1.50 which includes some light refreshment. See you there. ED.



# Breathe Easy

## People don't buy cars the way they buy computers - but imagine if they did

HELPLINE: how can I help you?"

CUSTOMER: "I got in my car and closed the door, and nothing happened!"

HELPLINE: "Did you put the key in the ignition and turn it?"

CUSTOMER: "What's an ignition?"

HELPLINE: "It's a starter motor that draws current from your battery and turns over the engine."

CUSTOMER: "Ignition? Motor? Battery? Engine? How come I have to know all of these technical terms just to use my car?"

HELPLINE: "how can I help you?"

CUSTOMER: "Your cars are terrible"

HELPLINE: "What's wrong?"

CUSTOMER: "It crashed, that's what's wrong!"

HELPLINE: "What were you doing?"

CUSTOMER: "I wanted to go faster, so I pushed the accelerator pedal all the way to the floor. It worked for a while, and then it crashed and now it won't even start up!"

HELPLINE: "I'm sorry, sir, but it's your responsibility if you misuse the product."

CUSTOMER: "Misuse it? I was just following this damned manual of yours. It said to make the car go to put the transmission in 'D' and press the accelerator pedal. That's exactly what I did - now the damn thing's crashed."

HELPLINE: "Did you read the entire operator's manual before operating the car sir?"

CUSTOMER: "What? Of course I did! I told you I did EVERYTHING the manual said and it didn't work!"

HELPLINE: "Didn't you attempt to slow down so you wouldn't crash?"

CUSTOMER: "How do you do THAT?"

HELPLINE: "You said you read the entire manual, sir. It's on page 14. The pedal next to the accelerator."

CUSTOMER: "Well, I don't have all day to sit around and read a manual you know."



## The Puffer Line Snippets!



### Hugs and Cuddles!

We in Britain have been told of the advantages of eating 'five a day' portions of fruit and vegetables, and various other things that are either good, or bad for us, but now something else is coming to the fore - 'Hugs and Cuddles'.

Apparently we do not do enough of these to release the 'feel good' hormone oxytocin.

The dosage is eight hugs a day to a person or an animal, but be careful - you may get arrested or scratched! Seriously though, does it not feel good to have a hug or a cuddle or even just a smile when you are feeling down?

In the Mediterranean countries it is normal to see people greeting each other with a hug, but not so much here. Is the weather something to do with it; you do not really have *close* contact with layers of anoraks, scarves and gloves.

When we next meet lets try a *collective hug!*  
Joyce Dyke

### → Julie Lloyd Talk Continued

sleep and are likely to wake several times a night, and we are unable to 'sleep in' in the morning. Apparently we all need a different number of hours sleep some people needing 10 hrs and others only sleeping 5 hours. Sleep is so vital to the body that depriving a person of sleep is used as a torture, because they become disorientated and are unable to act rationally.

Now we moved on to Sleep Apnoea. The word Apnoea actually means 'not breathing', and patients very often suffer from restrictions in the throat and mouth such as large tongue, large tonsils, narrow throat etc. Julie explained that oxygen is very often no use in these cases as it doesn't get into the lungs anyway. Patients can wake from sleep several times an hour which puts strain on the heart. The answer in a lot of cases is to wear a mask overnight connected to a machine which is designed to help keep the airways open. People with COPD have a dip in their oxygen levels in the early hours of the morning anyway so this also causes light sleep instead of the deep sleep the brain requires. Julie went on to describe other instances of her work, and I thank her on behalf of the group for a very informative evening.

ED.

# Breathe Easy

## GOOD NEWS !

After a recent stay in Good Hope, I am happy to report that it was GOOD and to bring HOPE to those of you who may be a little nervous in the thought of entering hospital, for what ever reason.

I knew that all would be well when on one visit, prior to my operation, I met the lovely Joyce Dyke. she greets all with an encouraging smile and comforting words. Thank you Joyce!

GOOD advice too from Angela, a wonderful Community Matron who, for many months has supported me and helped me on to road to recovery. I know Angela will laugh when she reads the fact that I mention GOOD advise from her. A few days before I was to have an operation, I asked Angela how I could keep myself calm and relaxed? chamomile tea was the reply from her. Consequently I overdosed on the brew. Yes,! It worked.

I floated through the epidural and consequently enjoyed the theatre outing, was back on the ward three hours later, enjoying soup, salmon salad and finally a bowl of apricots.

GOOD recovery and words to bring HOPE to you all. Thank you Good Hope and staff for such a GOOD experience

Warm Smiles, from Pauline Macavoy.

The Following article was sent in by Andrew Fairey who is an engineer. Thank you Andrew.

### New Device to help oxygen users

Three neighbours have developed a device that could potentially improve, and in some cases save, the lives of people who suffer from breathing disorders and rely on bottled oxygen. The fluid flow sensor device, Oxymon, monitors the supply of bottled oxygen to a patient, plus their respiratory rate. It fits to a standard cannula-type mask and uses sensitive monitors to measure, display and record pressure entering and leaving it.

Cannula-type masks fit over the ears, and have two tubes that feed oxygen into the nose. Retired engineer David Jones from Hassocks, East Sussex, was inspired to produce Oxymon after his wife Heather died in 2006 after suffering from complications brought on by her treatment for Chronic Obstructive Pulmonary Disease (COPD).

Jones approached his neighbour, Noel Poncelet, an electronics engineer, to bring his idea to fruition. A third neighbour, Dr James Graham, helped arrange a clinical trial. The three have formed Oxymon to bring the device to market.

‘The prototype is about 10cm on each side and 4cm deep, but at the next phase the developers hope to bring it down to the size of a mobile phone. The →\*

## Forthcoming Events

The Sutton Coldfield Fire Station ‘open day’ has been moved to Saturday September 20th when we will be manning a table from 11am to 4pm. Unfortunately the postponement didn't come about until after the publication of the last newsletter. However, please make a date to come along to an event which was such a success last year. Ed.



### A.G.M.

Please Note!

The AGM which normally takes place in September, has been changed to August 28th, which our next meeting date. Light refreshments will be available.

## Aldridge Summer Fayre

Once a year I book a space at the Aldridge Summer Fayre at Anchor Meadow, organised by the Lions Club. Sellers usually incur a £7 fee but this is waived if the profits are going to charity. The success of the car boot is largely dependant on the weather and last year the whole event was cancelled due to our dismal June weather.

This year, on Saturday 21st June hopes were high for a successful venture. We packed up the car at 8am with great optimism and started off on our journey to Aldridge. On listening to the weather forecast on the car radio, my husband, Bryan insisted that I would be wasting my time again but with my optimistic (and maybe stubborn!) streak still intact I remained convinced that the weather would turn out fine (with gods blessing)

Unfortunately, as we arrived at the field to set up, it became very windy and cold and we required the help of 2 strong lions' to help with the erection of our gazebo. Bryan left to collect my friend who I had enlisted to help and returned with a welcome flask of hot coffee. I was certainly glad to see him!

After raising a total of £2.40 we sat in the car clutching our hot beverage discussing the merits of continuing as we watched the rain fall and the wind blow my goods off the table accompanied by Bryan's chorus of " I told you so"! The final decision to pack up and go home did not take too long to make! Bryan took my friend home as I endeavoured to retrieve my goods and pack them away.

*Continued Over* →

# Breathe Easy

## → *Summer Fayre Continued*

The Fayre had been opened at 10am by the Mayor and Mayoress of Walsall and whilst they diligently walked around, I was busy wiping mud from my toiletry items, catching books as the wind took hold of them and retrieving my lucky dip items which were now covered in soggy discoloured tissue paper! As I bent down to scoop the last of these a voice said "You look fed up, miserable and cold" I looked up to see the Mayoress in all her chains of office. She shook my hand and enquired about the charity I was supporting after spotting a wet, ink stained poster hanging to the side of the gazebo by a thread! The Mayoress told me that she had heard of the British Lung Foundation but not of Breathe Easy. I took this opportunity to explain what we were all about gave her the few leaflets I had found which had survived the mud!

I was then visited by a Breathe Easy member Catherine Fairey and her husband Andy who had come to see how I was getting on. Andy went home to fetch his car to help with the transportation of all my unsold items. Catherine kindly offered to dry and repack all my lucky dip items. Bryan and Andy returned and they set about dismantling the gazebo, rails and tables. Catherine and Andy invited Bryan and I back to theirs for coffee so off we went to feel relaxed and warm, helped largely by a coffee, a chat and a brandy -lovely!

Two days later on Monday 23rd June, I walked into a Church Hall in Great Barr for a Girl Guide AGM and straight away noticed a familiar face - The Mayoress of Walsall! I was greeted like a long lost cousin, the hand shake replaced with a great big hug!

Four days later on Thursday 26th June, my daughter Gail and I were invited to a concert in Pelsall (in aid of Air Ambulance) and low and behold who did I see sitting in the row in front? Yes, you've guessed it - The Mayor and Mayoress! In the interval we had a good chat and a laugh together. My daughter was quite impressed with the company I keep! Do you think I may be invited to the Mayor's banquet this year? Watch this space!!

Jean Fletcher.

## New Breathe Easy Websites At B.L.F.

We now have our own Website, for 'Sutton Coldfield Breathe Easy' at BLF online, together with all the groups in the country. This way we can see the events run by other groups, together with pictures. I have already supplied some information for our site. The easiest way to see the pages is to type, BLF into Google, and once on their site, type Breathe Easy into 'Search.' Ed.

## Quiz Time

Time for Answers!

### The Quick Quiz

#### Answers for last months Quiz

It's called **Digits**

and was sent in by Doris and Ken Lord and this is how it works

(1.) (Q) 16 O in a P ....(A) Sixteen Ounces in a Pound

2. 1001 AN....1001 Arabian nights
3. 9 P in the SS...9 Planets in the Solar System
4. 20,000 L U the S...20 Thousand Leagues under the Sea
5. 18 H on a G C...18 Holes on a Golf Course

#### This Month's Questions

1. 7 S on a F P P ? .....
2. 1 M and H D? .....
3. 15 M on a D M C? .....
4. 168 H in a W? .....

\* team made it using specialist sensors which are sensitive enough to measure small changes, but will not be damaged by excessive backpressure if a pipe is obstructed. 'A company produced the prototype we have now, sourced the components and revamped the design using the best available components. It also wrote the software and to date has built 40 prototypes.' 'As a GP, Graham pointed out to the team that he had difficulty telling whether patients who were prescribed oxygen were following his advice when using it at home, so on his suggestion, the device includes a recording facility.

An initial clinical trial is underway at a Brighton hospital under the supervision of Prof Mark Jackson, a consultant in respiratory medicine.

Berenice Baker

Please Note! Due to lack of space I have had to edit this copy, but you can read the full text at:-

<http://www.Theengineer.co.uk/Articles/307297/Ogymon's+breath+of+fresh+air.htm>

For submission of articles, comments or news, contact:- Peter Rubery at this address:- 18, Forest Close, Streetly, Sutton Coldfield, West Midlands B74 2JZ Telephone No. 0121 353 9623 or email <eponym@peterrubery.co.uk.>

If you **do not** wish to receive the News Letter in future, please contact me and I will delete your details. Peter Rubery, Ed.