

Breathe Easy

Monday 27th July 2009

Sutton Coldfield



Dear Member,

Welcome to the July newsletter. Our speaker at the last meeting was Pat Court who enlightened us to the dangers of Osteoporosis, and gave good advice on how to avoid this crippling disease. Thank you Pat for your splendid talk. Our speakers at the June meeting were a group of Respiratory Specialist Nurses from NHS B'ham East & North. These are the same nurses who did such a great job at the Mall on Friday 19th, when they carried out lung function tests on members of the public. Their talk is outlined below. At our next meeting we welcome the return of the Clinical Quality Team of East and North PCT, to update us on the progress made about a number of queries raised at follow up meetings we attended after their last visit. I look forward to seeing you all on the 30th.



Pictured left: Jayne Youdan, nurses service manager. Centre: Sandra, and Right: Marina. We welcomed them at the meeting, to hear what their role is in the NHS.

Before getting down to the discussion we were given the results of people tested when we were at the 'Mall' on June 19th. The total for the day was over a 100 and Sandra stated that 10 people had problems and were referred to their G.P. for further investigation. Being specialist nurses in lung disease they follow up the treatment, by keeping in touch with the G.P. and will pay visits to the patient if necessary. They also work with the G.P. in their practise.

Jayne pointed out that they are based at Heartlands Hospital and the full team consists of 5 nurses. They are keen to raise the profile of lung disease and would welcome working with us to achieve that end. Now that Good Hope hospital is part of the Heartlands group these nurses also cover the north area as well.

The subject of pulmonary rehab came up and Marina said how it is important that patients continued with the exercise after finishing the course otherwise all the good work had been for nothing. We were then asked if we knew of continuation courses that were being run nearby, to which a number of hands went up, as I think quite a number of us attend classes on a regular basis.

Some of the vital work carried out by these nurses is at the Taylor Memorial Hospice and there was some discussion about the options patients have when they near the end of life, such as requests about treatment which can be stated in an end of life document. This might be the fact that they do not want to be resuscitated if they suffer a heart attack, when there is no hope of recovery in their illness, or such things as being force fed under those circumstances.

Unfortunately there is not enough space here to review all the discussions between the group and the

nurses, but there were a number exchanges about experiences at hospital and it seems that at the forefront of this team is better co-operation between the services offered by the NHS and a continuity of staff and treatment. In other words making sure we get the right person for the job, and getting health care professionals and G.P.'s to talk to each other.

We thank Jayne, Sandra and Marina for a very informative talk and we look forward to working with them in the future.

Ed.

Aspergillosis

Aspergillosis is the most common fungal respiratory disorder in Britain.

When it infects the lungs, the aspergillus fungus causes many conditions. Allergic bronchopulmonary aspergillosis (ABA) is the most common fungal respiratory disorder in Britain.

It is a common fungus that grows on soil, plant debris and rotting vegetation in the autumn and winter. Occasionally, the fungus is found inside buildings, especially in air conditioning systems and hospitals.

ABA occurs when aspergillus fungi colonise the bronchi. A local immune reaction causes the bronchi to constrict and the condition to develop.

Symptoms are much like asthma, with sputum that can be very thick, difficult to cough up and can even produce large plugs of mucus. Rarely, bronchoscopy is needed to remove thick secretions. Cough and wheeze will often persist between attacks. Many people with the condition also have a positive skin test for the aspergillus fungus.

Treatment includes bronchodilators and physiotherapy. In this form of asthma, the allergic reaction spreads outside the airways, showing up as a shadow on an chest X-ray. This means that steroid tablets are usually necessary rather than inhaled steroids alone

Breathe Easy

Raising money for the British Lung Foundation

On August 22nd Sutton Coldfield Breathe Easy will be holding their annual garden party to raise funds for BLF. I hope you will all pray for fine weather, as we had last year. As mentioned at our last meeting we do require (good quality) donations to the 'bring and buy table' and other items for 'tombola.' We will have a stall for garden plants and would be grateful for any contributions you would be willing to make. So, if you have anything you would like to give, please contact Joyce or Joe Dyke on 0121 353 686 6491. Tickets for this event are also available from Joyce or Joe.

Breathe Easy Sutton Coldfield Invite You to a Fund Raising

Garden Party
at
7 Vesey Road Sutton Coldfield
Saturday 22nd August 2009

Entrance £1.00
Includes Raffle Ticket

Open 2pm till 5pm

In aid of
The British Lung Foundation Nurses Fund

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

Donations to British Lung Foundation Gratefully received

Tombola

Putting

Bring & Buy Table

Books & Jigsaws For sale

Plants for sale

Cream Tea's



The entrance fee is £1 which includes a raffle ticket, this will be issued when you arrive. The party starts at 2pm and continues until 5pm. We will be there come rain or shine, incidentally we have a covered area should the weather turn out to be a typical English summers day! I hope to see you there.

Ed.

Call for an end to the 'blatant discrimination' of oxygen users

I have long thought that the high charges for having oxygen on an aircraft were excessive, and this was confirmed recently when I receive an e-mail from Emma in the Leicester office of the British Lung Foundation, so I have set out here the content of the mail.

Many people with a lung condition require supplementary oxygen due to the low levels of oxygen in their blood. However, due to the policies set by airline companies, it can be both expensive and difficult for people who need supplementary oxygen to plan and use air travel. Very few airlines allow people to bring their own concentrator on board or an oxygen cylinder. Instead, they insist that passengers should buy oxygen directly from the airlines, sometimes at huge cost.



Political support for this campaign

An incredible 223 MPs have signed an [early day motion](#) in Parliament in support of this campaign. The Transport Minister has also confirmed that some 130 MPs have written to him about this issue, many of which wrote to the Minister on behalf of a Breathe Easy support group member within their constituency.

A number of MPs have also raised this issue through tabling parliamentary questions and yesterday there was a 30 minute debate in Parliament about this issue.

Nick Ainger MP, who led the debate, stated that these additional charges and restrictions are a "blatant discrimination" against disabled passengers and he called on the Transport Minister to end this practice.

"Oxygen is as indispensable to sufferers as the wheelchair is to those with walking difficulties", said Mr Ainger. "To refuse patients the right to carry medical equipment that has been certified as safe, and then to charge large sums for alternative provision, is outrageous".

Concluding the debate, the Transport Minister Paul Clark MP said "I congratulate the British Lung Foundation, the Pulmonary Hypertension Association UK and the Muscular Dystrophy Campaign on their work to raise the profile of this issue".

The BLF will be continuing to work with the Government in an attempt to bring about positive change. The amount of support we have secured in Parliament would not have been possible without so many of you e-mailing your MP and we are very grateful for your support. **Watch this debate online** by pasting this address into your browser. < <http://www.parliamentlive.tv/Main/Player.aspx?meetingId=4368> > then moving the slider to 3min 30sec in.

Breathe Easy

Shifting Sand

Jose approaches the Mexican border on his bicycle. Hanging from his shoulders he has two large, bulky bags.

The border patrol guard stops him and says, “Hey mister what you got in those bags?”
“Just sand,” replied Jose.

The guard says, “OK get off the bike and we’ll take a look. Who carries all that sand around?”

The guard takes the bags and empties them on the ground and sure enough there’s nothing but sand.

However he is suspicious and so he detains Jose overnight while he gets the sand analysed. The next morning he receives the report that states that there is nothing but pure sand in the bags.

The guard has no choice but to release Jose and puts the sand into new bags, slings them onto the man’s shoulders, and waves him across the border.

A week later exactly the same thing happens. The guard asks, “What have you got in those bags?”
Jose replies “Sand.”

The guard performs the same examinations on the bags and discovers nothing but sand. Once again he gives the sand back to Jose who crosses the border on his bicycle.

This sequence of events is repeated every week for over a year until finally Jose stops showing up.

A few weeks later the guard bumps into Jose in a Cantina in a local village.

The guard approaches Jose and says , “What’s happened to you lately I haven’t seen you”.

Jose replies “That’s right ,I have finished the job I was doing.” “So what sort of job involves taking bags of sand over the border” asks the guard.

Jose sips at his beer and replies, “Smuggling bicycles!”

Hello from my new home in Lincolnshire!

The country village where I am living is so lovely In many ways. I can now be more independent as all the amenities are within a short stroll away from my cottage door. The air is clean and the land virtually flat, already my health is improving.

The past six months have been particularly difficult with many more things for me to deal with on a daily basis. All diagnosed and monitored regularly ,as always. Well being routines are hard work and time consuming, though well worth the effort.

A word of encouragement for those of you with 'Pseudomonas....'

Five years ago I had chronic colonisation in my lungs. After two weeks of intravenous colamycin, followed by two and a half years using it twice daily via a nebuliser, I have been free of the virus for one year now.

It was hard work with complete dedication to the full regime of medicines and of course frequent exercising that helped me win the battle.

We must of course be ever mindful that it may re-occur, therefore sending regular sputum samples to hospital must be continued .

I am sad to leave you all behind, but those special people that you meet from time to time, will remain in your thoughts and heart for ever more.

I was happy to join you at last meting and made sure I spent a little time with those I hold dear.

My departure was quiet. If I said farewell, then I would have cried.

I am happy to join you via email and electronic Newsletter.

Warm Smiles
Pauline Macavoy.



Thank you Pauline. Our best wishes in your new home. We will miss you. Ed.

Breathe Easy

CHOICE.

Dictionary definition -choice- choosing - the right of choosing- variety from which to choose.

In days gone by most people had no choice, they were told what to do, where and when to work, the rules were rigid, stick by them or be cast out.

The pendulum has now swung the other way, most of us are given the right to choose in our working or personal lives, and also in our medical treatments.

We can decide on which hospital to be treated at, in some cases which country. There is a choice of treatments, which one do we prefer? Advertisements and the media play a great part in our lives, I am sure you remember the time when eggs were considered bad for us, followed by orange squash, and now things too numerous to mention- all choices! I have made my choice about one thing however, I am not foregoing my pleasure in drinking my cups of coffee,



I HAVE MADE MY CHOICE.

Joyce Dyke

Those look like?...They Can't be!

The other day I Had a phone call from a member, who told me about her visit to the local hospital. I will tell it in the first person as it is easier to write.

It was Monday morning and I was up about 8am. I am not an early riser so it felt like the middle of the night. The reason for this early start was a visit to the hospital. Then, it was what shall I wear? Clean kickers, the trousers I wore yesterday and a new top, that will do. After a hurried breakfast it was off for the appointment at 9.30.

I finally emerged from the hospital at 10.15 and made my way to the car park. It was whilst walking towards my car I noticed something on the floor and went to investigate. Of all things, it was a pair of knickers. Who on earth would lose such an article in a car park I thought? They are similar to my knickers, I thought and then the realisation, that they **were** my knickers. There were lots of people about and I didn't want to be seen picking them up in the road, so It was some time before it was 'safe' to retrieve them.

For awhile I couldn't think how my underwear came to be in the middle of the car park. Then it came to me! I had taken off the trousers the night before and my knickers had got caught in the trouser leg ,so they must have fallen out as I was walking. Embarrassed of

No names no pack drill! Answers on a postcard..... Ed

Quiz Time

Time for Answers!

The Quick Quiz

Answers for last months Quiz

1. 1215 S of the M C?.....1215 Signing of the Magna Carter
2. 4 S by V?.....4 Seasons by Vivaldi
3. 666 M of the D?.....666 Mark of the Devil
4. 18 M V A?.....18 Minimum Voting Age

This Month's Questions

1. 7 W of the W?
2. 4 H of the A?
3. 13 L in a B D?
4. 4 J M?

Hypertension Drugs

We all vary in the way our bodies deal

with drugs, and side effects can occur. In most instances they will be minor, but if you are having problems, you do not simply need to put up with them your doctor can choose from a wide range of alternatives. Many people are reluctant to keep going back to the surgery. However, doctors are aware that many blood pressure drugs have drawbacks, and that some patients will need to try several different medications before the right treatment can be found. Some patients suffer symptoms such as loss of libido or impotence without realising they are caused by their blood pressure treatment. Equally, they may wrongly blame the drug for symptoms which have an entirely different cause. If your treatment seems to be turning you from a well person into an unhealthy one, discuss this with your doctor.



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.