



141-143 King Street, Whakatane
PO Box 528
Whakatane
Telephone: 07 307 1447
Facsimile: 07 307 0229

EBOP Asthma/COPD Support Group
Newsletter September 2011

We have all noticed the pine pollen on our door steps, garden furniture or washing. Yes, it is pollen season again and for many there is an additional hazard for the lungs and increased risk of an exacerbation of COPD. If you have allergies I have included a New Zealand Pollen calendar to help you manage. (<http://www.allergy.org.nz/site/allergynz/files/Annual%20Pollen%20Calendar.pdf>)

At the last meeting Elsabe van Wyk, Kate Reid and their colleagues from Community Mental Health held a presentation about stress. If you are affected by stress and need help you can contact them on ph 306 0154 or 0800 774545. They have free clinics in Whakatane, Opotiki and Kawerau.

September Support Group Meetings

We have had a list of guest speakers over the last months, so we think it is time to unwind and have a meeting without one. Instead we will have a relaxed question time. Please think about any questions you want to ask. You can either write them down then hand them in at the beginning of the meeting, or you can participate during the meeting. You could think about: Where do you get help if coping at home gets too difficult? Do you know about all exercise options available? Do you have transport issues? Or your medication – are you confident how to take them? Do you want to know how they work? Do you know how to use and clean your spacer? We also will have questions for answering.

Kawerau: Monday, 19th September at 10.00am, Senior Citizen Hall, Porritt Drive

Opotiki: Tuesday, 20th September at 10.00am, 17 Kelly Street

Whakatane: Wednesday, 21st September at 1.00pm, Disabilities Resource Centre Trust, 141 King Street, Kopeopeo

How much do you know about your medication?

It is important that you understand how your medication work, and then take them as prescribed. Medications that are commonly used in COPD are:

- Preventers
- Relievers
- Antibiotics
- Oxygen

Not everyone who has COPD needs all of these medicines, and your doctor may have to try different ones to see what works best for you. If you are using a 'puffer' it is important that you learn to use it correctly, and many people find that using a device called a 'spacer' is helpful.

We are looking forward to seeing you at the next meeting.

Gisela Sonntag
COPD Field Officer