

EBOP Asthma/COPD Support Group
Newsletter January/February 2011

Welcome to a New Year!

I hope everyone had a good summer break– the weather certainly has been wonderful.

The beginning of the year is always a good time to review your **COPD Management Plan**. You might be on a different medication or your lung condition has changed – so your management plan needs adapting to these changes.

Everyone with COPD should have a management plan. A management plan helps you to identify early symptoms of an exacerbation and gives you guidelines to follow what to do. If you don't have one, please come to the next COPD support group meeting or ask your Respiratory Nurse or Doctor about one. If you already have a management plan, please bring it to the next COPD support group meeting in February.

Support group meetings:

We will discuss COPD management plans. I also would appreciate any suggestions regarding speakers or topics you would like to have covered at the meetings and/or in newsletters. Have you done anything exciting over the summer break and would like to share? Bring your story or pictures.

Opotiki: Tuesday, 15th February at 10.00am, 17 Kelly Street

Whakatane: Wednesday, 16th February at 1.00pm, Disabilities Resource Centre Trust, 141 King Street, Kopeopeo

Kawerau: Monday, 21st February at 10.00am, Senior Citizen Hall, Porritt Drive

Are you using Combivent ?

Combivent will soon no longer be available. There are other replacement inhalers your doctor can prescribe. Please contact your GP or respiratory nurse if you are currently using Combivent.

Nebulisers

If you have a nebuliser, now is a good time to have it checked before the winter months. If your nebuliser takes longer than 10 minutes to deliver a 2.5ml dose, a service is advised. Here at the Disabilities Resource Centre Trust we can check if the compressor is producing the correct flow and pressure (a \$10.00 fee applies). Also remember to replace your nebuliser bowl regular. As the bowl gets worn the medication is less effective since larger particles of medicine are produced that cannot enter the small breathing tubes

Smoking cessation

Are you still smoking? Quitting smoking is one of the most important things you can do to improve your health and that of your family and whanau. We are providing free smoking cessation support and nicotine replacement therapy cards.

You have tried to stop smoking and it didn't work? Try again – it takes most people several attempts before they finally quit. There are also several new prescription-only treatments available, some of them now fully funded.

The good news about Quitting Smoking

After

- **2 Hours:** The nicotine is out of your system.
- **6 Hours:** Your heartbeat slows down to normal and your blood pressure goes down.
- **24 Hours:** The carbon monoxide is out of your system and your lungs work better.
- **2 Days:** Your senses of taste and smell improve
- **4 Weeks:** The phlegm in your lung loosens and begins to flow.
- **2 Months:** Blood flow to your hands and feet improve.
- **1 Year:** You have almost halved your risk of sudden death from heart attack
- **5 Years:** You are almost as risk free of sudden death from heart attack as a non-smoker

(Source: The Quit Group)

We are looking forward seeing you at our next meeting.

Gisela Sonntag

COPD Field Officer

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