

## **EBOP Asthma/COPD Support Group** **Newsletter November 2009**

18<sup>th</sup> November is the eighth annual World COPD Day; an event organised by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) and held each November to raise awareness of chronic obstructive pulmonary disease (COPD) worldwide. In New Zealand COPD affects hundreds of thousands of Kiwis, yet most people have never even heard the term COPD. Although often undiagnosed, it affects an estimated 15% of the adult population over the age of 45 years (at least 200,000 New Zealanders.) The World COPD Day theme, "Breathless Not Helpless!" emphasizes that effective treatments are available for people who have been diagnosed with COPD, and raises awareness that—for people who have not been diagnosed—breathlessness is a signal that they should see their doctor or respiratory nurse for a lung function test. The early stages of COPD often go unrecognized, and many COPD patients do not receive a diagnosis until their disease is relatively advanced. The earlier COPD is detected, the more effective treatment can be. To get the most out of life with COPD educating yourself as much as possible about your condition, quitting smoking, eating well and exercising are all important. It is also important to know what support and help is available to you. Support group meetings are a great place to learn about your condition and what help is available in your community. World COPD Day was first held in 2002, and has grown each year to become one of the most important COPD events globally. On World COPD Day, dozens of awareness-raising activities for health care professionals, COPD patients, the general public, and the media will take place in countries all over the world.

To celebrate World COPD Day we will open up our support group meetings to the public with presentations (see attached flyer).

### **Kawerau Support Group**

Monday, 16<sup>th</sup> November at 10.00 am at the Bert Hamilton Hall, Porritt Drive.

### **Opotiki Support Group**

Tuesday, 17<sup>th</sup> November at 10.00 am, 17 Kelly Street

### **Whakatane Support Group**

Wednesday, 18<sup>th</sup> November at 1.00 pm, Disabilities Resource Centre Trust, 141 King Street.

For our Christmas functions please see overleaf.

Please join us for our Christmas/End of Year functions

### **Kawerau Support Group**

We will celebrate on Monday 7<sup>th</sup> December (please not the earlier date) at 12.30pm at the Kawerau Kosmopolitan Club, 107 Onslow Street. Costs are \$15 per person and we need a minimum of 20 people. Please RSVP to Trish Wawatai phone 323 6922 by 2<sup>nd</sup> December or at the support group meeting on 16<sup>th</sup> November.

### **Opotiki Support Group**

We will have a Christmas morning tea on Tuesday 17<sup>th</sup> December at 10.00am at our usual venue at St Josephs Church Hall in Kelly Street. Any items welcome or just come along.

### **Whakatane Support Group**

We have booked a table at the RSA in Boon Street on 16<sup>th</sup> December at 12.30. Costs vary from about \$5.50 to \$15.00. RSVP by Monday 14<sup>th</sup> December to Gisela, the COPD Field Officer at the Disabilities Resource Centre Trust phone 307 1447 would be appreciated.

### **Summer Tips**

- If you are going away on a trip, pacing and planning is important if you don't want to arrive completely exhausted.
- Make sure you have enough medication with you and have an emergency plan.
- Store your medicine in a cool place – if you travel by car keep it out of the glove box and not on the dash board.
- You might want to travel in the early hours when the air is still cool and fresh.
- Keep hydrated and drink plenty of fluids – water is still the best option
- If you suffer from allergies – I have a pollen calendar I can give you
- Relax and enjoy – sometimes the best holidays are at home
- If you have family and friends visiting – let them know about your needs like rest and pacing and you will enjoy the time together more.

### **Disabilities Resource Center Trust Christmas Holiday Closure**

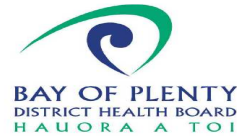
The Disabilities Resource Centre Trust and COPD Field Officer Service are closed from 24<sup>th</sup> December 2009 to 4<sup>th</sup> January 2010.

I am looking forward to see you at the meetings but you can also contact me at the Disabilities Resource Centre and we can make an appointment to see you here or at your home.

***Gisela Sonntag***

**COPD Liaison Officer**

**(Phone 07 307 1447 or 0800 227 363)**



# Short of Breath?

**Do you get Breathless easily, are a Smoker or Ex-Smoker and are over 40?**  
– You could be one of 200,000 New Zealanders that has COPD

You are invited to come to

## **World COPD Day 2009** *Chronic Obstructive Pulmonary Disease*

### **‘Breathless not Helpless’**

**Kawerau:** Monday 16<sup>th</sup> November 10.00 am at the Bert Hamilton Hall, Porritt Drive

**Opotiki:** Tuesday 17<sup>th</sup> November 10.00 am at the St. Josephs Church Hall, Kelly Street

**Whakatane:** Wednesday 18<sup>th</sup> November 1pm at the Disabilities Resource Centre, 141 King Street

#### PRESENTATIONS:

**“What is COPD? How does it affect our lungs and our lives?  
What can you do about it?”**

Rowena Speed - Physiotherapist  
Wendy O’Connell, Trish Wawatai, Jeanette Edwards, Judith Quinlan Logan  
- Respiratory Nurse Educators

*For further information contact:*

Gisela Sonntag  
COPD Field Officer  
227363

Disabilities Resource Center Trust  
Phone 07 307 1447 or 0800