

December 2010  
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# Whoosh

Official Quarterly Newsletter of  
Canterbury Asthma Society Inc (trading as)  
**ASTHMA CANTERBURY**

*Merry*   
*Christmas* 

## Welcome to our December newsletter!

Another busy year is drawing to a close. Our thoughts and condolences go out to the families and friends of the 29 miners and contractors who were lost in Pike River Mine disaster on the West Coast. It has been a very stressful and uncertain time for people in Canterbury since the 4th of September and we hope the upcoming festive season and new year will bring a more peaceful and happy time for everyone. From the staff and Board at Asthma Canterbury we wish you all a Merry Christmas and a safe and happy New Year. A reminder if you are going away for the holidays to remember to take your medication with you, especially inhalers, and ensure you have sufficient medication to cover you over the holiday period.

Phone 03 3665235 Fax 03 3665209

Email [office@asthmacanty.org.nz](mailto:office@asthmacanty.org.nz) [www.asthmacanty.org.nz](http://www.asthmacanty.org.nz)

*Belinda, Marilyn, Mary, Moira & Teresa*

## Important Note—Christmas Office Closure

The Asthma Canterbury office will be closed from 12 midday Friday 24 December 2010 and will reopen at 8:30am on Wednesday 5 January 2011. For any urgent queries please contact your General Practitioner or After Hours Clinic.



## Thank You

The Canterbury Asthma Society wishes to thank its volunteers, members and donors for their ongoing support . without which we could not provide our range of services. Your assistance is very much appreciated. Special thanks to **Pub Charity** for their support in funding the printing of our newsletter in colour.



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## Medication Reminder

Although Summer is now upon us and warmer weather prevails asthma flare ups can still happen so please remember to keep taking your preventer inhaler. Even if your asthma appears under control it is important to keep taking preventers every day as they make sure it stays that way. Also if you are going away on holiday be aware of the potential for exposure to environmental triggers so its important to have your reliever on hand as well. For those with dust mite allergies, remember to take your allergy bedding covers with you.



## New Asthma Website - Space to Breathe

Pharmac and the Asthma Foundation have joined forces to launch a website designed to help people better manage children's asthma.

Space to Breathe is a campaign developed to promote appropriate use of asthma medicines and provide self management education in order to improve health outcomes for children with asthma.

The campaign provides resources and tools to the health practitioners and families of children with asthma. For health practitioners, tools and resources have been developed to help support and educate families of children with asthma. For families, there are a range of resources to help understand and manage asthma more easily. All resources and tools can be found on the website [www.spacetobreathe.co.nz](http://www.spacetobreathe.co.nz)



## Health Professionals Please Note

### South Island Respiratory Educators Forum (SIREF) February 2011 "The Next Breath" - Looking forward, the next 10 Years

Registrations are now open for this very popular conference being held in Christchurch on Thursday 17th and Friday 18th February 2011. Registration forms are now available on our website [www.asthmacanty.org.nz](http://www.asthmacanty.org.nz) or contact us by phone or email [office@asthmacanty.org.nz](mailto:office@asthmacanty.org.nz) and a registration form will be posted/emailed to you.

### Asthma Fundamentals

We will be running another Asthma Fundamentals course for nurses on Tuesday 8th and Tuesday 15th March 2011. Each course is limited to 12 participants. Details and registration forms are now available on our website or email us at [office@asthmacanty.org.nz](mailto:office@asthmacanty.org.nz) for more information or to register your interest.



### 2011/12 Entertainment Books

We will be selling Entertainment Books again next year. This is a great opportunity to support Asthma Canterbury and receive wonderful savings on dining and entertainment costs for you and your family. To ensure you don't miss out put in your order early, no payment required until April 2011. To pre order your book contact us by phoning 3665236 or email [office@asthmacanty.org.nz](mailto:office@asthmacanty.org.nz).





The Gluten Free Food and Allergy Show held in Christchurch on 20th and 21st of November was a great opportunity for us to meet individuals and families and connect with those with asthma. We were kept very busy with enquiries and people wanting information on asthma and our services. Our nurses also provided a talk on Asthma Triggers on both days.

Winners of our free tickets to the Christchurch *Gluten Free Food & Allergy Show* in November were:  
 Chris & Ian Clarke  
 Shane & Sarah Harris  
 Helen Sheehan  
 Rachel Seumanutafa  
 Katya & Todd Buchanan

Winners of the Healthy Eating Cookbook Prize Draw at the show were  
 Saturday- Jennifer Waterland  
 Sunday- Tasha Cox

Thanks to those who entered our competitions and everyone that visited our stand. We hope you found our display informative and staff helpful.

Special thanks to The Lion Foundation for sponsoring our stand at this event.



**The Canterbury Asthma Society wishes to extend its condolences to the families of members and friends who have recently lost loved ones. Our thoughts also go to any members unwell at this time.**

**KIDS KORNER**



Welcome to Kids Korner. Each issue we will have a competition for children aged 12 years and under. Each correct entry received will go into a draw for a prize, with one prize each issue.

Sadly we did not receive any entries for the September Competition. Our December prize will be the family pass to Willowbank Wildlife Reserve. Thanks to Willowbank for donating this great prize.

To enter complete the task, write your contact details below, cut out and post this section into us at Kids Korner, Asthma Canterbury, PO Box 13-091, Christchurch 8141. Entry forms are also available on the website - under news and events/whoosh newsletter. Entries close Friday 14th January 2011 with the winner notified by Wednesday 19<sup>th</sup> January.



To enter circle three of the options below that can happen when people get asthma.

- They get wheezy
- They feel very happy
- Their chest can feel really tight
- They cough a lot
- They want to sing a lot

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Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Age \_\_\_\_\_

The name of the winner of this issue's competition will be advised in the March 2011 issue of Whoosh.



Our World COPD Day Expo in November was well attended and feedback was very positive. Thank you to our speakers and exhibitors for your time, expertise and support.

Prize Draw winners were:  
 \$20 Petrol Vouchers · Trish Goulter & Kevin Brookland  
 Healthy Food Cook Books · Jean Mohi and Suzanne Winter  
 Green Acres Oven Clean · Norman Daly

Special thanks to COGS, Boehringer Ingelheim, GlaxoSmithKline and The Star for their support of our World COPD Day activities and advertising.  
 Thanks also to Canterbury TV for the excellent coverage of the event.



### Smoking bans curb asthma:

Study Chicago, Sept 15 MCT -  
 Smoking bans can lead to major improvements in childhood asthma, and they have the potential to save lives, a new study shows. The number of children hospitalised for life-threatening asthma episodes fell **18 per cent** in the first year after Scotland's smoke-free law took effect in March 2006, according to a study in Thursday's New England Journal of Medicine. That reduction is particularly impressive, given that hospital admissions for asthma had been increasing an average of five per cent a year in the six years leading up to the ban, which ended smoking in all enclosed public places, including bars and restaurants, says study author Jill Pell of the University of Glasgow in Scotland.

Beyond cleaning the air, Pell says, the law made many more people aware of the need to quit smoking or never start.

Use of nicotine-replacement products and calls to quit-smoking lines both rose just before the ban took effect, she says.

The percentage of Scottish 13-year-olds who smoke also fell, dropping from five per cent of boys in 2004 to three per cent in 2007, and from seven per cent of girls in 2004 to four per cent in 2007, the study says. Since the law took effect, doctors also have found fewer breathing problems among waiters, bartenders and other pub employees, Pell says. Studies in the US have shown that heart attacks decline immediately after cities implement smoking bans.

It's striking that the law would so greatly benefit children, who spend far more time at home or school than in public places where smoking was once allowed, says Jonathan Winickoff, a doctor and spokesman for the American Academy of Pediatrics, who wasn't involved in the new study.

Critics of the Scottish law had predicted that smokers would simply leave bars and continue smoking in their homes, exposing their families to higher levels of tobacco smoke. Instead, the law has prompted more people to voluntarily ban tobacco at home, the study says.

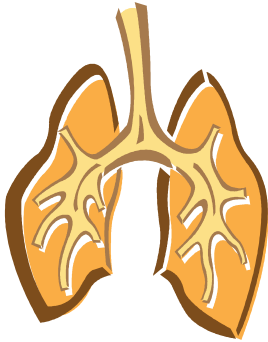
These are dramatically important observations, says Norman Edelman, chief medical officer of the American Lung Association, who wasn't involved in the research. He calls the study's conclusions strong, believable and exciting. Banning tobacco in the home can improve children's health, Winickoff says. Children are more vulnerable than adults because the air passages in their lungs are smaller and because they breathe more quickly, he says.

About 40 per cent of American children live with a smoker, and secondhand smoke causes more than 200,000 episodes of childhood asthma each year, the study says. Tobacco smoke also contributes to children's ear infections and sudden infant death syndrome.

AP reg 16/09/10 16-20NZ

We are looking for volunteers to participate in a study of a new approach to the treatment of

## Chronic Obstructive Pulmonary Disease



- ◆ Do you have **COPD, chronic bronchitis or emphysema?**
- ◆ Are you **over 40 years old?**
- ◆ Are you a **current smoker or ex smoker?**

If you would like to hear more about this study, contact:

**Fiona McCartin, Research Nurse  
Canterbury Respiratory Research Group**

Phone: (03) 364 1157

Email: [Fiona.McCartin@cdhb.govt.nz](mailto:Fiona.McCartin@cdhb.govt.nz)



**Canterbury**  
District Health Board  
Te Poari Hauora o Waitaha



## Allergy Bedding Special Offer

We have a small quantity of Miteguard allergy bedding covers in stock (orders are normally sent direct from supplier in Auckland). These are great for anyone with dust mite allergies. We are offering these stock items at 10% off the normal (member or non member) price - pick up only. Be in quick, call us on 3665235 .



## Help from the Government to install new energy efficient heating appliances.

Cantabrians whose chimneys were significantly damaged in the earthquake will be able to replace their old log burners or open fires with a new efficient heater and the cost will be covered under their claim to the Earthquake Commission. More information on the scheme can be found online at [www.eeca.govt.nz/eeca-programmes-and-funding/programmes/chimney-replacement](http://www.eeca.govt.nz/eeca-programmes-and-funding/programmes/chimney-replacement) .

The advisors at the Home Energy Advice Centre can help you decide which clean heat device will be best for you and keep you up to date with any other schemes/assistance as they come to hand.

## Cold Comfort –energy inefficiency that leaves us cold

Moisture . keeping hydrated is great for the human body but not so good for the human home. Unlike skin, excess moisture in a home encourages premature deterioration in the building structure and promotes mould and mildew. We have already mentioned some of the external things you can do to help your home stay dry but a lot of moisture problems are caused by human behaviour. Little things like keeping lids on pots whilst they boil and opening a window whilst cooking or after a shower can make a difference to the moisture levels in your home. The Home Energy Advice centre has a great fact sheet about controlling moisture in the home , j u s t e - m a i l [Canterbury@energyadvice.org.nz](mailto:Canterbury@energyadvice.org.nz) for a copy.



### Want to know more?

Do you have a question or need some assistance? . phone or email us - our services are free.

**Become a Member** - in addition to supporting our services annual membership of \$20 offers discounts on products available through Canterbury Asthma Society as well as both the Whoosh and Asthma Foundation newsletters published and posted to you four times a year. \$30 membership provides the above and the AsthmaNZ O2 magazine - published 3 times a year.

**Make a Donation** . Canterbury Asthma Society (Inc) is a registered Charity with the Charities Commission. Our services are partially funded by the Canterbury DHB but we need your help to continue to provide all our free services to the community.

For any of the above please complete the form below, cut out and post to Asthma Canterbury, PO Box 13-091, Armagh, Christchurch 8141

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Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone (day)\_\_\_\_\_

(evening) \_\_\_\_\_

Email \_\_\_\_\_

**I Wish to:** (tick one or more boxes as required)

- Become a Member - (\$20 or \$30 enclosed).
- Make a donation
- Be contacted by a Nurse
- Know more about how I can support Asthma Canterbury

### More about us...

**Contact Details:**

Canterbury Asthma Society  
 Trading as Asthma Canterbury  
 275 Cashel Street  
 PO Box 13 091  
 Christchurch 8141  
 Ph (03) 366 5235  
 Fax (03) 366 5209  
 Email [office@asthmacanty.org.nz](mailto:office@asthmacanty.org.nz)  
 Web [www.asthmacanty.org.nz](http://www.asthmacanty.org.nz)



**Office hours:**

8:30am - 4pm, Monday to Friday . As we are often in a consultation or doing home or school visits we recommend you give us a ring first to ensure we are available to assist.

**Staff members:**

Belinda O'Rourke	Respiratory Educator
Moira Green	Respiratory Educator
Mary Wells	Nebuliser Coordinator
Teresa Chalecki	Manager
Marilyn Bryce	Volunteer

**HOW WE CAN HELP:**

The Canterbury Asthma Society can help in the following ways:

**We Provide free:**

Education sessions for individuals, pre-schools and schools, community and professional groups  
 Individual consultations  
 Pre-school Baxter Bear programme  
 Smoking cessation assistance and nicotine replacement therapy.

**We Sell:**

Allergy Bedding covers  
 Nebulisers  
 Nebuliser filters & giving sets  
 Nose Pipes (for nasal irrigation)

**We Hire:**

Nebulisers (for short term hire only)