

Whoosh

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

March 2011
Issue 14.1

IN THIS ISSUE:

Fundraising for Good Causes

Entertainment Books for Sale

Baxter Bear a hit with children

Kids Korner

Pet Allergies

Don't let the Flu get you!

University of Auckland Asthma Study

Asthma Awareness Week 2011

Energy Saving Tip

Welcome to our March newsletter!

It has been a wonderful summer, apart from the pollen, but Autumn is now upon us and with it the promise of winter in a few months. Following the earthquake and downfall or damage to many chimneys there will be a lot less fires in Christchurch this winter which will help air quality however having a warm dry home is important to keep winter ailments at bay. Please ensure you have good heating in place before the cold weather arrives. Special assistance is available if your chimney was damaged in one of the earthquakes and you need a new form of heating. For more information contact EQC or the Energy Efficiency and Conservation Authority for more information at www.eeca.govt.nz.

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Belinda, Marilyn, Mary, Moira & Teresa



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.



Asthma Awareness Week 2011

Asthma Awareness week this year commences Wednesday 27th April and finishes on Tuesday 3rd May (World Asthma Day). Balloon Day is Friday 29th April. Page 5 has details of Asthma Canterbury's planned events for the week.



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Ella Kearney giving Baxter his inhaler. great technique Ella.

Learning to accept and use an inhaler can be quite scary for young children and a challenge for parents when their child is reluctant. In 2004 Asthma Canterbury developed the Baxter Bear programme to help preschool children learn to accept and use their inhaler and make medication time less stressful for them and their parents. It was so successful it has been in use ever since and has helped dozens of parents and preschoolers over the years. Baxter comes with his own spacer, mask and placebo inhaler. Ella, aged 2 (pictured above) was coughing all night but would resist when mum or dad tried to give her the inhaler. Following a visit from the Asthma Canterbury Nurse and getting her own Baxter Bear kit she now happily takes her inhaler twice a day and gives Baxter his. She now hardly ever coughs at night and the whole family is sleeping much better.

If you are having difficulty with a preschooler who needs an inhaler but is reluctant to take it, give us a call at Asthma Canterbury, Baxter and our nurses are happy to help.

Special thanks to the Rotary Club of Christchurch for their donation towards our Baxter Bear resources.



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.

Our December prize was won by Anna Doak who received a family pass to Willowbank Wildlife Reserve. Thanks to Willowbank for donating this great prize.

Our March Prize is a Miteguard Allergen Barrier Pillow Cover kindly donated by Allergen Control Services.

To enter put the correct letters in the gaps, 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 15th April 2011 with the winner notified by Wednesday 20th April.



Some things that can tri_ger as_hma are: p_ts, ex_rcise, sm_ke, pol_en, col_s and du_t mi_es.

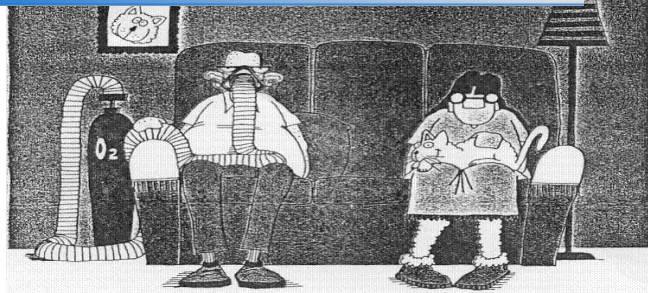
Name _____

Address _____

Phone _____ Age _____

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

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Elsie considered her husband's allergy a small price to pay for the enjoyment she got from Snuffles.

Allergies and triggers differ for each individual. While not all people with asthma will be allergic to pets some are and this sensitivity (or trigger) may cause significant issues for them in managing their asthma. Pet allergy is an allergic reaction to proteins found in an animal's skin cells, saliva or urine. Signs of pet allergy include sneezing and runny nose. Some people may also experience wheezing and difficulty breathing.

Most often, pet allergy is triggered by exposure to the dead flakes of skin (dander) a pet sheds. Any animal with fur can be a source of pet allergy, but pet allergies are most commonly associated with cats, dogs, rodents and horses.

If you (or your child) have a pet allergy, the best strategy is to avoid or reduce exposure to these animals as much as possible. If you choose to have the pet, it should preferably be kept outside and especially kept out of the bedroom of the person suffering the allergy. Medications or other treatments may be necessary to relieve symptoms and manage asthma.

Pets that are less likely to cause allergies include tropical fish and turtles



Don't let the flu get you....

With Autumn upon us it is time to start thinking about getting your annual influenza vaccine. This year the vaccination programme is beginning in March and will provide protection against three strains of influenza including the H1N1 influenza strain commonly known as swine flu.



Individuals with asthma or COPD are especially vulnerable when it comes to colds and flu. They can be a major trigger for asthmatics and the severity of the cold or flu is normally much worse for anyone with an underlying respiratory condition, often resulting in the need for hospitalisation.

If you have a chronic respiratory condition, including asthma, and are prescribed regular preventive therapy, you are eligible for free influenza vaccination. People over the age of 65 are also eligible for free flu vaccination.

Influenza virus affects the nose, throat and lungs. The illness comes on suddenly with a fever or chills, sore throat, dry cough, headaches, fatigue and body aches or pains. It is transferred through droplets of moisture from breathing, coughing or sneezing. It can also be transferred through hands touching droplets infected with the virus and then touching the mouth or nose. Washing and drying hands thoroughly is a good habit!

Remember anyone can catch the flu, it doesn't matter how fit and healthy you are. Early vaccination provides early protection. See your Doctor or Practice Nurse to discuss and arrange your influenza vaccination. For more information please refer to either of the following websites:

www.moh.govt.nz www.influenza.org.nz



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Do you have Asthma? Are you interested in knowing about your health identity?

Are you: aged 18+ years, fluent in English and being treated for asthma?

If YES then we would love you to participate in a study examining health identity among people with asthma.

Participation is EASY (only takes about 20 minutes) and VOLUNTARY

Keen to participate or want more information? Email n.consedine@auckland.ac.nz or call on (09) 373-7599 extn 85976

Approved by the University of Auckland Human Participants Ethics Committee on 17 November 2010 for (3) years reference number 2010/533.



Asthma Awareness Week 2011

Asthma Awareness Week 2011 is from Wednesday 27th April to Tuesday 2nd May which is also World Asthma Day. Balloon Day (the Asthma Foundation official collection day) is on Friday 29th April.

To mark Asthma Awareness Week Asthma Canterbury staff will be out in various parts of the community providing free advice, resources and information to help raise awareness.

We will be at Westfield Riccarton on Tuesday 26th April, Christchurch Hospital on Wednesday 27th April and Northlands on Tuesday 2nd May.

Visit us and take the free Asthma Control Test.



Warm Home and Energy Saving Tips

With Autumn here and winter on its way its an opportune time to be checking your insulation in preparation for the colder weather. Also with recent events a lot of us have been up in the roof or poked our head under the house and noticed that the insulation isn't as thick as it ought to be or in some circumstances doesn't exist at all. You can call the government subsidised ENERGYWISE™ insulation and heating providers for a free inspection.

Whilst on the subject of insulation; if you have loose fill insulation installed in the ceiling (including insulfluff left under new solid insulation), please be aware that it may have shifted in the earthquake and could be worth checking especially if you have down lights, other electrical fittings or a flue that passes through the roof space. Bats/blanket insulation are more rigid and are less likely to have shifted but if you are concerned, information on the distances required to be left around down lights/flues is available through Home Energy Advice at the number below or e-mail Canterbury@energyadvice.org.nz for a copy.



Service availability and office access following February 22nd Earthquake

Following the Christchurch Earthquake on 22nd February our premises at 275 Cashel Street are temporarily unavailable. Our service still is however and we can be reached by leaving a message on our answer phone at 3665235 or emailing us at office@asthmacanty.org.nz. If you require equipment, allergy bedding or other resources please contact us and we will either deliver or post to you. We will also be making home consult visits and providing group education. We will keep updating our website to advise when the office will reopen. If you require urgent medical advice or assistance please contact your GP or After Hours medical service.

Our thoughts and best wishes go out to all our members, clients and supporters at this difficult time. Thank you for your co-operation and support.

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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 also 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
Web 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 will available when you wish to call in.

Staff members:

Belinda O'Rourke	Respiratory Educator
Moir 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, preschools 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)