

# BREATH OF LIFE

Lung Information & Friendship for Everyone

People with long term lung conditions, their family & carers



## WINTER

### Cough, Colds and Flu

Winter has well and truly arrived! Pack up the shorts, t-shirt and thongs and bring out the beanies, trackies and boots to keep warm, cozy and safe!

Don't spend too much time with your feet up in front of the fire watching the old goggle-box - read a good book instead while wearing your winter woolies; visit a friend (COVID restrictions permitting); take a brisk walk (remember your puffers)! Just a short walk of 15-30 minutes outside in the fresh cool air is all it takes to keep your heart rate healthy and your lungs working nicely.

Listen to your favourite music or just simply listen to the sounds of nature as you take in the fresh air and enjoy the scenery.

More winter tips can be found on page 13.

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### Lung Information & Friendship for Everyone (L I F E)

Seeking information about your lung condition and how to cope with it?

Like to meet others in a similar situation?

Join L I F E!

### Contact us

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0409 336 639  
[salhyder1@gmail.com](mailto:salhyder1@gmail.com)

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0417 908 647  
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Contributions to Breath of L I F E are always welcome. Please email [life@resphealth.uwa.edu.au](mailto:life@resphealth.uwa.edu.au)



*institute for*  
RESPIRATORY HEALTH

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### FROM THE EDITOR—ELAINE WELLS

This is my first attempt at pretending to be an Ita Buttrose protégé, so please bear with me and let me know of any improvements that you may wish to make. All suggestions are appreciated!

Firstly, I would like to acknowledge the fantastic job that Sal Hyder , Gaye Cruickshank and David Payne have been doing, pulling everyone and everything together at such short notice. We cannot forget our Respiratory girls Sarah Cermak and Alison Harvie who have given us much needed, appreciated help and guidance to keep our group running smoothly since the sad death of Jenni Ibrahim. Thanks so much not just from me, but our entire group.

Elaine



## ABOUT L I F E

L I F E (Lung Information & Friendship for Everyone) is a lung health support group that has been connecting people living with a chronic lung condition across Perth for over 29 years.

Run by and for people with chronic lung disease, our members, families, carers and supporters share experiences and learn better ways to cope with lung conditions such as lung cancer, pulmonary fibrosis, chronic obstructive pulmonary disease (COPD) and asthma.

You'll make friends and connect with other people living with lung disease, who know exactly what you're going through.

There's usually something happening every month from a stimulating combination of guest speakers covering topics such as aged-care rights and responsibilities through to early medicines and improving health.

There's also social activities including trips around Perth and dining experiences at cafes and pubs. Our lung-health support group will provide you with the tools you need to stay active and healthy, living the best quality of life you can.

L I F E is the community support group of the Institute for Respiratory Health and is a member of the Lung Foundation Australia's network of respiratory self help groups. We are also extremely thankful for the support of the Department of Respiratory Medicine at Sir Charles Gairdner Hospital.



## L I F E Membership

Join L I F E by becoming a community member of the Institute for Respiratory Health. Membership is \$20 a year and can be paid at a meeting, online [www.resphealth.org.au/get-involved/become-a-member](http://www.resphealth.org.au/get-involved/become-a-member), or by contacting Sarah Cermak on 6151 0815 or email [sarah.cermak@resphealth.uwa.edu.au](mailto:sarah.cermak@resphealth.uwa.edu.au).

Members' help and ideas are always welcome - magazine, speakers, social events. Please be sure to tell us if you change address.

## L I F E MEETINGS

L I F E meet the 1st Wednesday of the month from February to November from 12 - 2.30pm. Speaker from 1.00pm with light refreshments from 12.00pm. Due to COVID restrictions, please bring your own food and mug. Meetings are held at the Harry Perkins Institute of Western Australia, 6 Verdun Street, Nedlands, situated within the Queen Elizabeth II Medical Campus (QEIIIMC). The building is wheelchair and gopher accessible. A free buggy service is available to help you get around the QEIIIMC, and operates between 9:00am and 4:00pm. Please call 0481 438 731 for collection.

## Up-coming Events

### Winter Lunch

Many thanks to Jan Maiorana for organizing a lovely get together lunch at the Norfolk Hotel in Fremantle on the 21<sup>st</sup> July [wish I could join you].

They have a really tempting menu at a reasonable cost with seating inside or outside. The hotel is situated at 47 South Terrace, Fremantle, transport to the hotel is good from all areas, either train to

the station and then a Blue Cat bus to the markets, the Norfolk Hotel is opposite. Train to Murdoch then 998 bus, and Blue Cat to the markets. Bus 999 to bus port then Blue Cat.

Can all who would like to have a good day enjoying good company and good food please let Jan know by the 14<sup>th</sup> July either by phone on 0407 448 985 or email at [janjohn1968@bigpond.com](mailto:janjohn1968@bigpond.com).



## Recent Events

### March Recap: Alpha-1 the Forgotten Genetic Condition

What a great presentation was given by David Payne in our March meeting about this condition which David has suffered with for many years. We all learnt something from the informative way David approached his presentation, which I think made us more aware of the many unknown conditions that we live with as medical research advances. There are so many lung conditions now coming to light that people have suffered with, sometimes for all of their lives without proper diagnoses.



The April meeting was also good, we had a great time socializing, catching up on all the latest news, it seems such a long time since we have been able to socialize without easily.

## May Recap

A big thank you to Felicite Kelsall for a very informative talk about the work of the Clinical Trials Unit. If you, or anyone you know, would be interested in participating in a clinical trial, contact Alison Harvie on [alison.harvie@resphealth.uwa.edu.au](mailto:alison.harvie@resphealth.uwa.edu.au) or 6151 0813.

*Thanks to Jenny Andrew for these following snippets taken from the meeting.*

1. Drug companies initiate the trials and supply the equipment.
2. Participants are given gold standard medical attention when on a trial and every outcome is noted eg. a sore finger when you are trialling a drug for lung disease!
3. Single blinded trials are rarely done.
4. Cystic Fibrosis trials are doing very well. Participants are not hospitalised as frequently and tend to live longer.
5. Participants usually have written work to do eg. completing questionnaires on paper or on a tablet.
6. No placebos are given in cancer trials.
7. Being on a trial is a worthwhile but big commitment. Make sure you understand what the trial entails.
8. Clinical trials are done in many countries and then the results are collated. Not all trials have a successful ending.
9. There are different criteria for each trial and sometimes it is difficult to find enough participants who comply with all the criteria. Please volunteer!
10. Some trials look at slowing progression, and not a cure.
11. Medicine you are already taking can be continued during the trial.



## Social Get-togethers

Unfortunately, in the past we have had outings organized and the end result has been dismal with a very low show of people.

There has been a lot of time and prep gone into making these outings fun and enjoyable, so if you have indicated that you will attend, please do so or let the organiser know that you can't.

Is the solution to this that we have a booking form so that people can put their names in and pay a deposit which will be taken off the cost of the event?

Any ideas would be greatly appreciated for our quarterly social outings, it would be good if everyone could suggest where/what their interests are, and what they would be interested in going to.

Movies, music, lunches, afternoon teas etc. Maybe even the occasional theatre trip to see a show. Lots of shows have matinee performances, please put your ideas to Sal, Gaye or David to make our outings fun and enjoyable for all.



# L I F E UPDATES

## COVID safety at L I F E Meetings

- All meetings are subject to change if the COVID-19 situation changes. Please confirm with a committee member.
- If you are feeling unwell, please stay home and get well soon.
- Please bring your own mug and your own food. No shared food.
- Please bring your own hand sanitiser. Use it every time you leave a bus or train and in the meeting room.
- If your mobile phone has the capacity please download, and turn on the COVID-Safe app.
- When entering the Perkins building scan the SafeWA app or sign in manually. Sanitise your hands before entering the lift and the meeting room 612A.
- Please observe 1.5 metre physical distancing at all times.
- Wearing a mask is optional (unless in lockdown) but encouraged, especially when on public transport where distancing is often difficult. L I F E member Tom says sitting up the front of the train often allows better distancing. Avoid public transport if you can, and if not, take all precautions.



## Breath of L I F E Magazine

Our magazine is published four times a year - March, June, September and December. It is distributed to all community members of the Institute, including L I F E members. Up to 65% of annual membership fees that you pay get absorbed by printing and postage costs. An e-copy gives you a fully colourized and hyperlinked version, while simultaneously saving trees and letting more of your membership fees support LIFE and the Institute for Respiratory Health. A digital copy of each issue is lodged with the State Library of WA and the National Library of Australia. Our digital record number (ISSN) appears on the front page.

## LIFE card club

L I F E member Jan Mairorana looks after our card club. We send a card for birthdays - or if we know someone is going through a tough time with a bereavement or illness. Let Jan know about yourself or other members. Contact Jan - T 9339 3617 or E [janjohn1968@bigpond.com](mailto:janjohn1968@bigpond.com).



## Telephone Tree

In March last year we established the L I F E Telephone Tree to keep members in touch and to help combat the aloneness of enforced isolation, especially for those who live alone. Everyone who wanted to join gets a phone call from another member, currently about once a fortnight or so.

Many who receive calls also call one or two others. Currently there are almost 30 people on our phone tree. Although we are now meeting face to face we will still keep the telephone tree active for future requirements should they arise.

In addition to supporting members over the time when we could not meet, the L I F E Telephone Tree ensured that when we finally get to the end of the pandemic, we'd still have a group. After all, our group is built on the relationships we share.

If you are not part of our phone tree and would like to have an occasional or regular chat with a phone buddy, contact us on [life@resphealth.uwa.edu.au](mailto:life@resphealth.uwa.edu.au)

## How can I give back?

Doing something that helps make the world a better place, feels good. There's always something you can do - no matter how advanced your condition.

Though face to face volunteering has been a problem early in the pandemic, things are less restricted now in WA. You can always find something you can do from home, like telephoning.

1. **Volunteer for L I F E** – by helping our L I F E group or another community organisation near you. Help in the Breath of L I F E mail out or the Phone Tree or join the L I F E working bee which helps the Institute for Respiratory Health's Clinical Trials Unit. Just speak to Sal at the next L I F E meeting or call her on 0409 336 639 or email [salhyder1@gmail.com](mailto:salhyder1@gmail.com).
2. **Spread the word** with family and friends. Tell them about L I F E, the Institute for Respiratory Health and respiratory conditions. We have brochures, old issues of Breath of L I F E and business cards which have a space for your name and phone number. Contact us for some.
3. **Volunteer in a medical research project** described in Breath of L I F E, seen promoted online or in your local paper.
4. **Donate** to the work of the Institute for Respiratory Health. Call 6151 0815 or donate online. Mention the Institute's important research into lung disease to friends and relatives who also might be interested in making a donation. You can also make a bequest in your will.



## STORIES FROM OUR MEMBERS

### Elaine's Outback Adventure

As most of you would be aware I am now in Darwin; we left Perth on the 5<sup>th</sup> May and arrived here in Darwin on the 15<sup>th</sup> May.

Just 10 days on the road to cover more than 4,000 kms, a good journey, no mishaps thank goodness.

We meet some of the most amazing people on the road, all have a story to tell and of course there are many more people travelling with caravans now that the borders are open and International travel isn't back on yet. Many new friendships have been formed.

There was a lot of devastation along the way after Cyclone Seroja passed through in April. First sign of the destruction was driving between Geraldton and Northampton, so sad to see. Road signs flattened or left standing all twisted and bent, trees up rooted, lots of bushland flattened, buildings partially destroyed, houses still with tarps on the roof and walls down. Even with all the devastation people are still welcoming and friendly.

The further North we travelled the better it was, Carnarvon had also been hit but not to the extent of towns south of there. There had been a lot of rain, a bit of flooding of the Gascoyne



River, some market gardens had lost some produce and fences, but nobody had been wiped out.

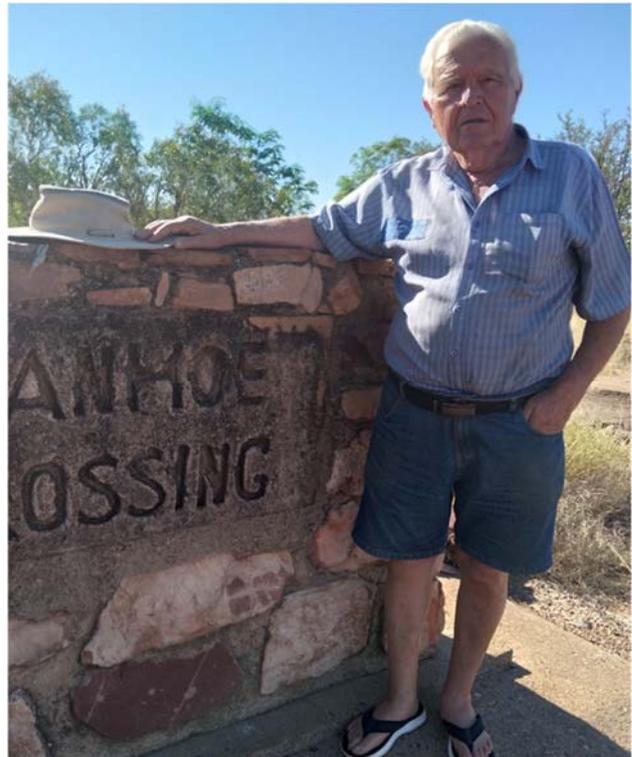
As we approached Karratha there was no sign of the Cyclone and everything looked healthy and green. One night in Karratha and then on to Broome, we stayed at the Roebuck Bay caravan park for two nights, warmer weather, plenty of sunshine and good company.

Halls Creek was our next stop, not a nice town to stay in, just one night and we left early the next morning.

On to Kununarra, the scenery is absolutely spectacular, it makes no difference how many times we travel this road I am always awe struck by the rugged rocky outcrops, all different colours depending on where the sun is at the time. Two nights here, took a trip to Ivanhoe crossing which was running fiercely after all the rain they have had, but people were still driving across.

Katherine was next, lovely little town, went and had a good soak in the hot springs, a welcome relief after spending so much time sitting down. Again, scenery is amazing.

From Katherine to Darwin, arrived in time for lunch, a friend had been in and cleaned the house for us as it has been 18 months since we have been here. Unpack the caravan and we are settled for the next few months.



## RESPIRATORY RECIPES

### Quick Beef Stew

A tried and tested recipe from Elaine Wells. If you have a favourite recipe please let us know and we will including it in an upcoming issue.

#### Ingredients

500g lean ground beef, preferably 92% lean  
2 cloves garlic, minced  
1 onion, diced  
2 teaspoons paprika  
1 ¼ teaspoon salt  
½ teaspoon dry thyme  
Pinch red chili flakes, optional  
½ cup dry red wine  
4 cups of beef stock  
2 medium red potatoes, peeled and diced  
2 carrots diced,  
2 stalks celery diced  
1 cup peeled and diced parsnips  
1 ½ teaspoons Worcestershire sauce  
1 tablespoon corn starch  
Chopped parsley for garnish



#### Method

Heat 1 tablespoon oil in the bottom of a large heavy bottom soup pot over high heat. Add beef, and cook, stirring occasionally and crumbling the meat with a wooden spoon until it is no longer pink, 7 to 9 minutes. Remove the meat to a bowl, along with any juices from the pot, and cover with foil.

Return the pot to the stove and reduce heat to medium. Add 1 tablespoon oil to the pot. Add garlic and onion, and cook stirring until the onion starts to brown in spots, 3 to 5 minutes. Sprinkle with paprika, salt, thyme and red chilli flake if using, and cook, stirring until the spices are fragrant, about 30 seconds. Add wine, increase heat to high and cook, stirring until the wine has almost evaporated, 2 to 3 minutes.

Add 3 ½ cups stock, potatoes, carrots, celery, parsnips and Worcestershire and stir well. Bring to a simmer, stirring occasionally.

Reduce heat to medium to maintain a simmer, and cook, stirring occasionally, until the vegetables are just tender, 15 to 18 minutes. Stir the remaining ½ cup broth with corn flour, and stir into the simmering stew. Increase heat to high and bring to a simmer, stirring. Stir in the beef and return to a simmer. Remove stew from the heat and ladle into bowls. Top with parsley.

## COVID CRACK UPS



### Vaccine Alert!

A friend had his 2nd dose of the vaccine at the vaccination centre, after which he began to have blurred vision on the way home. When he got home, he called the vaccination centre for advice and asked if he should go see a doctor, or be hospitalised. He was told NOT to go to a doctor or a hospital, but just return to the vaccination centre immediately and pick up his glasses.

Whose idea was it to sing “Happy Birthday” while washing your hands? Now every time I go to the bathroom, my kids expect me to walk out with a cake.

Two grandmothers were bragging about their precious darlings. One of them says to the other, “Mine are so good at social distancing, they don’t even call me.”

This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog—we laughed a lot.

My husband purchased a world map and then gave me a dart and said, “Throw this and wherever it lands—that’s where I’m taking you when this pandemic ends.” Turns out, we’re spending two weeks behind the fridge.

## SHORTS

### Umbrella or Raincoat?

Do you take a raincoat or an umbrella? Many like the convenience of popping an umbrella into the car or a bag just in case it rains.

People with chronic lung disease often find that holding an umbrella up while they are walking, interferes with breathing, making them feel more breathless. This is because the shoulder and neck muscles are used in both holding something up over your head and in breathing. A hooded rain coat keeps you dry and keeps out the wind as well. Try swapping to a hooded raincoat and see if you feel better when you're out walking.

### Making new habits

Have you ever found it a real challenge to add a new healthy habit to your daily routine? You already have a lot of established personal and health routines and you want to add in a new one but keep forgetting. Here are two top tips:

1. Link the habit to something you already do regularly, like brushing your teeth. Choose something neutral or positive, not something you don't like doing or don't do regularly. For example, you might want to start doing a calf stretch regularly before going to bed, to prevent night time leg cramps. Use one of your night time routines as a trigger to remind you to do the stretch, such as getting into your pyjamas or brushing your teeth.
2. Don't let yourself do something you really enjoy until after you've done the new activity. For example, reward yourself for doing your daily exercises with watching your favourite TV program, ringing a friend or having a cup of coffee. My own version is not allowing myself to check my email or get on the computer, until after I've completed my daily 30 minute walk.



## YOUR HEALTH

### Tips to stay healthy this winter

The winter months can trigger flare-ups and make you more vulnerable to illnesses. But there are things you can do to look after yourself this winter.

- Get your flu jab and COVID vaccine (see page 14 for more).
- If you catch a cold, watch out if symptoms get worse. Follow your self-management plan or seek medical advice.
- If you can, avoid contact with anyone who has a cold or flu. It's important to look after your own health.
- Look after your mental health - stay in touch with family, friends, the L I F E Group as much as you can.
- Eat a well-balanced diet with foods that contain plenty of nutrients during the winter months.
- Keep your home warm. The recommended temperature is around 18° to 21° Celsius
- Wear warm layers of clothing. Thermal wear and thick socks help. Have a blanket handy.
- Keep your energy levels up by eating regularly and drinking hot drinks.
- Don't forget to drink lots of water.
- Try to stay in a good routine and keep as active as possible. Some ideas are:
  - Find an indoor pool
  - Walk around a park or shopping centre
  - Attend group classes or activities
  - Try an online exercise video or home fitness equipment



## Vaccines

### Flu vaccine

Flu vaccinations are now available, so come on be brave get the jab.

For best protection against the flu, the WA Government advise to get the influenza vaccine every year. This year, due to the COVID-19 pandemic it is advised to get the influenza vaccine as soon as possible. After

vaccination it can take up to 2 weeks to develop protection. It is never too late to get the vaccine.



### COVID vaccine

HealthyWA advises the following people are eligible for vaccination:

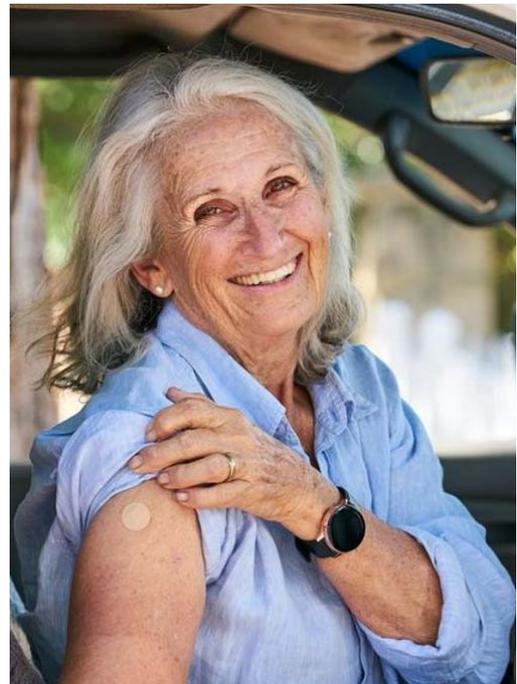
- Adults aged 30-39 years who had appointments prior to 17 June should proceed with their booking. People who do not have a booking are encouraged to register on VaccinateWA.
- Adults aged 40 years and over.
- Aboriginal and Torres Strait Islander people aged 16 years and over.
- Adults with underlying medical conditions.
- Carers of adults and children with underlying medical conditions .
- Critical and high-risk workers.
- Health care, aged care, disability care workers and volunteers.

The Pfizer COVID-19 vaccine will be made available to all eligible people under 60 years of age and the AstraZeneca vaccine will continue to be provided to adults over 60.

For adults 60 years and over who have specific underlying medical conditions visit:

[https://ww2.health.wa.gov.au/Articles/A\\_E/Coronavirus/COVID19-vaccination-program/Requests-for-alternative-COVID19-vaccine](https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus/COVID19-vaccination-program/Requests-for-alternative-COVID19-vaccine) on how to apply for an alternative vaccine.

To book a COVID vaccine appointment visit [www.rollup.wa.gov.au](http://www.rollup.wa.gov.au) or call 13 26843.



## Just how do we stay sane in this COVID pandemic?

Now the bubble is opening and travel to NZ has been approved it opens up a whole new set of worries and woes. It's clear that this rate of uncertainty and change is here to stay and we all have to get comfortable with it, but all this unpredictable disruption to our lives can have a negative effect on our nervous systems, brain and body, as well as our social and financial foundations.

For those of us already suffering with anxiety, depression and in some cases other hardships it is increasingly difficult to live with so much disruption to our everyday lives.

Maybe it's a good time to give the home a good clean out, do the Marie Condo thing and discard old things that aren't of any use, learn a new skill, do some gardening, try some painting or just relax and read a good book.

While we are waiting for the world to straighten up again, we can relish the thought of freedom that awaits and reflect on all that is good in our lives.

## Asthma

Asthma is a common, long-term respiratory disease. It affects about 2.5 million people in Australia according to the Australian Bureau of statistics.

People with asthma have very sensitive airways that become inflamed and tighten when they breathe in anything that irritates them. This can cause chest tightness and wheezing and make it harder to breathe.

Sometimes mucus also builds up which can make the airways narrower, making it harder to breathe.

### Asthma Symptoms

Asthma is a life-threatening disease, but it can be managed to minimise symptoms so people living with asthma can be active and healthy. Symptoms include:

- Shortness of breath
- Wheezing – making a noise like a whistle when you breathe out
- Tightness in the chest and
- coughing.



Sometimes the airways only narrow a little, resulting in mild symptoms. But some people's

## Asthma Causes

We still don't know what the exact cause of asthma is. Usually it's related to someone's predisposition to the condition because of genetic family history. But there are various triggers that can increase the risk of asthma. Some of these are:

- Viral infections – colds and flu
- Climate and temperature changes (cold air in particular)
- Acute stress and emotional factors
- Exercise and strenuous activity
- Allergens (like dust mites, cats and other animal dander, grass and tree pollens, moulds, cockroaches)
- Gastroesophageal reflux disease (heartburn)
- Certain medications such as aspirin and anti-inflammatory medications and beta-blockers
- Certain foods and food preservatives, although this is uncommon
- Various chemicals in the workplace
- Wood smoke and bush fires
- Air pollution



## What to do if you have an asthma attack

- Sit upright
- Take long, deep breaths
- Stay calm
- Get away from a trigger – dust, cigarette smoke or chemicals for example
- Take a hot caffeinated beverage
- Seek emergency medical help – refer to the asthma attack severity guide.

Talk to your general practitioner if you are experiencing any of the above symptoms. The sooner you begin treating your asthma, the less damage you will cause to your lungs in the long run.

## Controlling your asthma

If your asthma is under control, you are more likely to have a better quality of life and be more able to do the things you want to. In this section you will find information about how to spot when your asthma is not well controlled, practical help to get your symptoms back under control and advice on the questions you should be asking when you visit your doctor or asthma nurse.

By thinking about the following list, you should be able to gauge whether or not your asthma is under control:

- Waking at night with coughing, wheezing, shortness of breath or a tightness in the chest
- Having to take time off work or school because of your asthma
- Finding it difficult to breathe, and breathing short shallow breaths
- Needing more and more reliever treatment
- Finding that your reliever does not seem to be working
- Having to take your reliever more frequently than every four hours
- Feeling that you cannot keep up with your usual level of activity or exercise.

If you have these symptoms then it may be that your asthma is not controlled as well as it could be. See your doctor or asthma nurse to discuss ways that you may be able to improve your asthma control.

If you notice any of these symptoms you should follow your personal asthma action plan, as this should help you to get your symptoms back under control. If this does not work, you should see your doctor or asthma nurse. This may involve looking at your medicines, triggers and lifestyle to see if anything can be changed.

### **Help for you to take control of your symptoms**

You can take control of your asthma by knowing what medicines to take, how much and when to take them. It is also important to avoid things that trigger your asthma and know what to do if your symptoms get worse. If you are in any doubt or are worried about your asthma you should consult your Doctor or Asthma Nurse.

Remember – by avoiding your triggers you can help manage your asthma.

### **Keeping your lungs healthier**

There is a great little gadget on the market called Aerobika, maybe a little pricey but enquire with your private health fund, perhaps they may cover some of the cost. I have it on good authority that this product does help clear the lungs of mucus. Check out the website [www.airliquidehealthcare.com.au](http://www.airliquidehealthcare.com.au).

The Aerobika therapy systems help improve your quality of life by addressing your need for mucus clearance. The device has been clinically proven to:

- Open up your airways
- Improve your mucus clearance
- Decrease your cough frequency
- Reduce breathlessness
- Improve your exercise tolerance
- Not position dependent. You can use the device standing up, seated or even lying down



## Becoming an organ and tissue donor

Australia's transplant rates are some of the best in the world, although this cannot happen without donors and their families.

When families find out their relative was on the organ donor register, 90% of families consent to organ and tissue donation.

In 2020, 1,270 Australian lives were saved through an organ transplant due to the generosity of 463 deceased organ donors and their families.

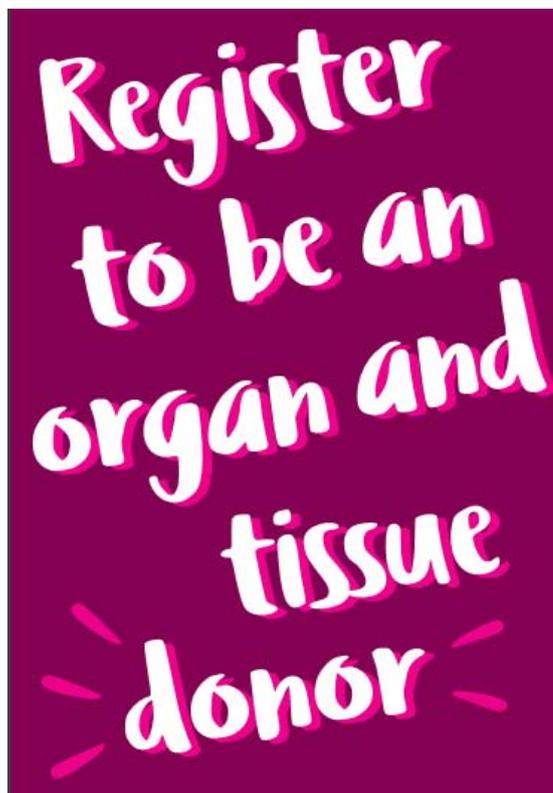
There currently are around 1,800 Australians currently on transplant waiting lists, and a further 12,000 people on dialysis.

Now more than ever, we need more Australians to say “yes” to organ donation . You can take two simple steps:

If you want to be a donor, make sure you tell your family.

Register to be a donor at [www.donatelife.gov.au/join-register](http://www.donatelife.gov.au/join-register). Registering is easy and only takes a minute.

If you have any questions you can call 9222 0222 or visit [www.donatelife.gov.au/about-donation/frequently-asked-questions](http://www.donatelife.gov.au/about-donation/frequently-asked-questions).



## USEFUL CONTACTS

Click on the [blue underlined](#) links to go to the organisation's website. Phone numbers are included where available. Please let us know of any others you have found helpful.

### Respiratory

[Flying with Oxygen](#) - L I F E's own practical guide endorsed by Prof P J Thompson, Respiratory Physician, Lung Health Clinic

[Lung Foundation Australia](#) 1800 654 301 (Queensland time zone)

[Inhaler Use](#) videos at Lung Foundation Australia

[Pulmonary Rehabilitation](#) programs (scroll down to WA) or T 1800 654 301 Need a referral from a respiratory specialist who has admitting rights to a WA public hospital (even if you see them privately)

[Chronically Inspired](#) – a sister support group to L I F E. Contact Melissa at E [chronicallyinspiredau@gmail.com](mailto:chronicallyinspiredau@gmail.com) or 0418 930 291. Formerly Pulmonary Hypertension Network Australia

[Alpha-1 Association of Australia](#) for people with Alpha-1 Anti-Trypsin Deficiency – has an online forum, and on Twitter, Facebook, 0410 108 104 or (07) 3103 3363 (Qld time zone)

[HealthyWA](#) - lung condition information from the WA Health Department

[BetterHealth](#) – lung condition information from the Victorian Health Department

[Asthma Foundation](#) WA 1800 278 462

[Bronchiectasis Toolbox](#) for health professionals

[Active Cycle of Breathing Technique](#) (video) a breathing technique that helps you clear your airways of phlegm

[Asbestos Diseases Society of Australia](#) (WA) 1800 646 690 or 08 9344 4077

[National Quit line](#) – help to quit smoking 13 78 48

### COVID-19

Health Direct Helpline 1800 022 222

Coronavirus Health Information Line 1800 020 080

[Healthy WA](#)

[Australian Government](#)

[Health Direct COVID-19 symptom checker tool](#)

## **Exercise**

[Mall Walking](#) groups COTA 08 9472 0104

[Pulmonary Rehabilitation](#) programs (scroll down to WA) or 1800 654 301. Need referral from a respiratory specialist who has admitting rights to a WA public hospital (even if you see them privately)

Living Longer Living Stronger programs in many areas conducted by physiotherapists, evidence based. Contact your local council or physiotherapist

[Strength for Life](#) programs in many areas, endorsed by COTA. Need GP referral. 08 9472 0104

[Stay On Your Feet](#) information and resources to prevent falls and keep Western Australians active, because falls are preventable no matter what age 6166 7688 or Country callers 1300 30 35 40. Level 2, 297 Vincent Street, Leederville, WA

## **Mental Health**

[Connect Groups](#) peak body for support groups in WA 08 9364 6909

[Act Belong Commit](#) activities to promote mental health 08 9266 3788

[Beyond Blue](#) mental health support service T 1300 22 4636

[Australian Men's Shed Association](#) find a men's shed near you 1300 550 009

[Lifeline](#) 24 hour personal crisis support and suicide prevention association 13 11 14

[PORTS](#) (Practitioner Online Referral Treatment Service) referral by GP or other health practitioner, phone or online assessment, start 4-6 week face to face therapy, 2-4 week phone counselling or 8 week online course Referral is free. 1800 176 787 or [contact@ports.org.au](mailto:contact@ports.org.au)

[Mental Health Care Plan](#) for those with a diagnosed mental health problem. Referral by GP, Medicare rebates, gap payment needed, by allied mental health care providers. Covers up to 10 individual and 10 group sessions per year

## **General Health**

[Health Direct](#) look up reliable health information or speak to a registered nurse 1800 022 222

[Better Health Channel](#) Victorian Government's health information website [Cancer Council WA](#)  
13 11 20

[Health Report](#) with Norman Swan ABC Radio National (810 AM), listen to past programs on your computer or smartphone

[ABC Health Online](#) find reliable health news and information

[Indigo \(formerly Independent Living Centre\)](#) 08 9382 0600 Country callers 1300 885 886 choose and access equipment, technology and services for independence and wellbeing for people with disability and older people throughout WA. Centres at Nedlands and Westminster.

## Medicines

Video on [Getting the most out of your pharmacist](#)

Video on [Learning about medication information](#)

## My Health Record

My Health Record [Your shared health summary](#)

My Health Record Video on [Where to find documents in your My Health Record](#)

Video on [How to manage information in your My Health Record](#)

Help signing into and managing your [MyGov](#) account

## Seniors

[Council on the Aging](#) (COTA) voice of older Australians 08 9472 0104

[MyAgedCare](#) aged care services you may be eligible for. Speak to your GP

[National Seniors](#) voice of older Australians 1300 76 50 50

[Seniors Services](#) guide database of services and activities for older Australians

[Seniors Recreation Council](#) WA 08 9492 9773. Runs Have A Go Day each year

[The Move Into Aged Care](#) tools and resources supporting you and your family.

Advocare is the WA contact.

[Advocare](#) advocating for Western Australians receiving aged care services at home or in an aged care facility 08 9479 7566 Country callers 1800 655 566

[WA Elder Abuse Helpline](#) (operated by Advocare) 1300 724 679

[CentreLink](#) 13 24 68

[HaveAGoNews](#) read seniors' news online

[Computer basics guide](#) for seniors (free)

[Aged Care Navigator](#) trials across Australia, incl. WA 1300 025 298

[Seniors Housing Advisory Centre](#) free Government service 1300 367 057

## **Health Consumer and Carer Rights**

[Carers WA](#) supporting friends and family who care for others 1300 227 377

[Health Consumers Council](#) an independent voice advocating for patients in WA 08 9221 3422 and 1800 620 780

[Patient Opinion Australia](#) share your experience as a patient and ensure the message gets passed on to the right people 1300 662 996

[Voluntary Assisted Dying](#) new WA laws explained by WA Health. Proposed to come into effect from mid 2021. Ask your GP for more information

## **Other**

[TED Talks](#) watch videos of great speakers on a topic that interests you. Free!

[Recycling](#) in WA tips from South Metro Regional Council 9329 2700

[Do Not Call Register](#) stop unwanted marketing calls to your home phone or mobile, renew every 2 years, market research, charitable organisations and political organisations excepted T 1300 792 958

[The Australian Bereavement Register](#) stop unwanted mail to a family member who has passed away 1300 887 914

## INSTITUTE FOR RESPIRATORY HEALTH

The Institute for Respiratory Health is a leading research organisation dedicated to fighting chronic lung conditions such as; asthma, chronic bronchitis & emphysema (COPD), bronchiectasis, lung cancer, cystic fibrosis and rare lung disease.

Its internationally recognised scientists and clinicians conduct research to better understand and treat lung conditions.

For more than seven million Australians who struggle to take a breath, the Institute for Respiratory Health offers support and hope for a healthier future.

The Institute includes a Clinical Trials Unit and the community support group – L I F E for people living with chronic respiratory conditions.

Membership is open to community members, researchers, health professionals and research students and subscriptions fall due each 1<sup>st</sup> July. A tax deductible donation to the Institute or leaving a gift in your will supports respiratory research.

For more information visit [www.resphealth.org.au](http://www.resphealth.org.au), call 6151 0888 or email [admin@resphealth.uwa.edu.au](mailto:admin@resphealth.uwa.edu.au).

### Clinical Trials

A clinical trial is a way of testing new treatments, interventions or a means to prevent, detect, treat or manage various diseases or medical conditions. The Institute's Clinical Trials Unit conducts trials for the following conditions:

- Asthma
- Chronic obstructive pulmonary disease (COPD – emphysema and chronic bronchitis)
- Bronchiectasis
- Alpha-1 antitrypsin deficiency
- Idiopathic pulmonary fibrosis (IPF)
- Cystic fibrosis
- Pulmonary hypertension

The Clinical Trials Unit is made up of a team of specialists, doctors, registered nurses and health science professionals. People who take part in a clinical trial are often the first to access and benefit from new and emerging treatments. Most volunteers report an improvement in the management of their condition and wellbeing and gain a stronger understanding of their condition and how to manage it.

To find out more information please call Alison Harvie on 6151 0838 or email [alison.harvie@resphealth.uwa.edu.au](mailto:alison.harvie@resphealth.uwa.edu.au).



Seeking information about your lung condition and how to cope with it?

Like to meet others in a similar situation?

**JOIN LIFE**

## L I F E CONTACT DETAILS

**Email:** [life@resphealth.uwa.edu.au](mailto:life@resphealth.uwa.edu.au)

**Address:** L I F E c/- Institute for Respiratory Health, Level 2, 6 Verdun Street, Nedlands WA 6009

**Website:** [www.resphealth.org.au/support-for-you/l-i-f-e/](http://www.resphealth.org.au/support-for-you/l-i-f-e/)

**Facebook:** [www.facebook.com/LungInformationFriendshipForEveryone](https://www.facebook.com/LungInformationFriendshipForEveryone)

## Volunteer Coordinators

Sal Hyder T 0409 336 639 [salhyder1@gmail.com](mailto:salhyder1@gmail.com)

Gaye Cruickshank T 0417 908 647 [gmcrucik@bigpond.net.au](mailto:gmcrucik@bigpond.net.au)

David Payne T 0439 048 897 [perthmillwall@yahoo.com.au](mailto:perthmillwall@yahoo.com.au)

## UPCOMING EVENTS

<b>Wed 7th July</b>	Meeting	Social gathering
<b>Wed 4th August</b>	Meeting	Discuss ongoing business and plan for remainder of 2021
<b>Wed 1st September</b>	Meeting with speaker	TBC—Seniors Housing Options
<b>Wed 6th October</b>	Meeting with speaker	L I F E Member, Jenny Andrews—How I dealt with a breast cancer diagnosis