

# Breath of LIFE

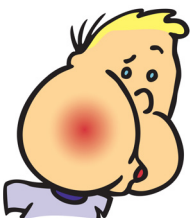
Lung Information & Friendship for Everyone

**Inside...**

**Looking after your mental health**

**6 tips to better breathing**

**Best foods for lung health**



Lung Information &  
Friendship for Everyone



*institute for*  
**RESPIRATORY HEALTH**

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The Breath of LIFE magazine is published twice a year and is distributed to all community members of the Institute. Contributions are always welcome. Please email Sal Hyder.

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*The LIFE Group is grateful for the support of the Department of Respiratory Medicine at Sir Charles Gairdner Hospital.*

# About LIFE

A support group for people living with chronic lung conditions.



**L**ung Information & Friendship for Everyone (LIFE) is a lung health support group that has been connecting people living with a chronic lung condition across Perth for 30 years.

Run by, and for people, with chronic lung disease, their families, carers and supporters, members share their experiences and learn better ways to cope with lung conditions such as asthma, alpha 1-antitrypsin, bronchiectasis, chronic obstructive pulmonary disease, idiopathic pulmonary fibrosis and lung cancer.

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 balance.

LIFE is the community support group of the Institute for Respiratory Health. It is also a member of the Lung Foundation Australia's network of respiratory self help groups.

# LIFE Meetings

**Meetings are held on the first Wednesday of the month from February to November and start at 12 noon often with an invited speaker arriving at 1.00 pm.**

Meetings are held at the Institute for Respiratory Health, QEII Medical Campus, 6 Verdun Street, Nedlands (within the Harry Perkins Building, near the Lions Eye Institute and Sir Charles Gairdner Hospital). The venue is wheelchair accessible, ACROD parking is nearby, a Charlie's courtesy buggy is available by calling 0481 438 731 and public transport options are available.

## Calendar of Events

**6 July**

**Social gathering**

**From 10.30 am**

The LIFE Group are meeting at the Botanical Cafe, Kings Park (next to Fraser's Restaurant) for a cuppa from 10.30am.

**6 September**

**Visiting speaker**

**From 12 noon**

Physiotherapist from Sir Charles Gairdner Hospital – more information to follow.

**3 August**

**Focused discussion**

**From 12 noon**

Join the LIFE Group for a focused discussion on 'Where we're at with COVID now'.

**5 October**

**Social gathering**

**From 12 noon**

More information to follow.

For information on upcoming events join our mailing list by contacting:  
[life@resphealth.uwa.edu.au](mailto:life@resphealth.uwa.edu.au)



# Looking After Your Mental Health

The COVID-19 pandemic has been stressful and continues to impact our mental health and wellbeing.



**F**eelings of anxiety, distress and concern are normal. However, there are several steps you can take to look after your mental health.

## **Maintain a healthy lifestyle**

**Form a daily routine** — plan activities that you enjoy, such as watching movies and engaging in your interests and hobbies.

**Stay active** — set up an exercise routine to keep you physically fit and decrease stress.

**Eat well** — a healthy diet will benefit your mind as well as your body.

**Stay connected with your family and friends** — if you can't meet in person, you can remain in contact using phone, chat, email or video calls.

## **Stay positive**

**Look forward** — while the pandemic is difficult, it will pass.

Be mindful about the way you 'talk' to yourself. Change negative self-talk to be

more constructive and helpful. You can challenge your negative thoughts by asking yourself what you would say to a friend in the same situation.

**Turn off the ‘noise’** — when people talk about their worries, it can create more stress. Turn off the ‘noise’ by taking time out from the news and social media and by keeping your distance from people who create stress

### **How do I look after my mental wellbeing when self-isolating?**

Some ways to take care of your mental health while you’re isolating include:

- Keeping in touch with your family and friends via phone, video calls or social media
- Forming and keeping a daily routine such as showering and getting dressed each day, maintaining regular mealtimes and exercising at home.
- Learning more about COVID-19 from credible sources, since this might help alleviate any anxiety
- Doing or trying new activities such as drawing or learning a language online
- Being outdoors such as in your backyard, a private courtyard or balcony, as it helps to get fresh air

### **How can my GP help support my mental health?**

Your GP isn’t just a good place to start if you need mental health advice and information; they can also help you access free or low-cost support.

### **What online and telephone mental health support services are available?**

**Beyond Blue** has launched the Coronavirus Mental Wellbeing Support Service — a dedicated service for people who need counselling during the COVID-19 pandemic. Call 1800 512 348.

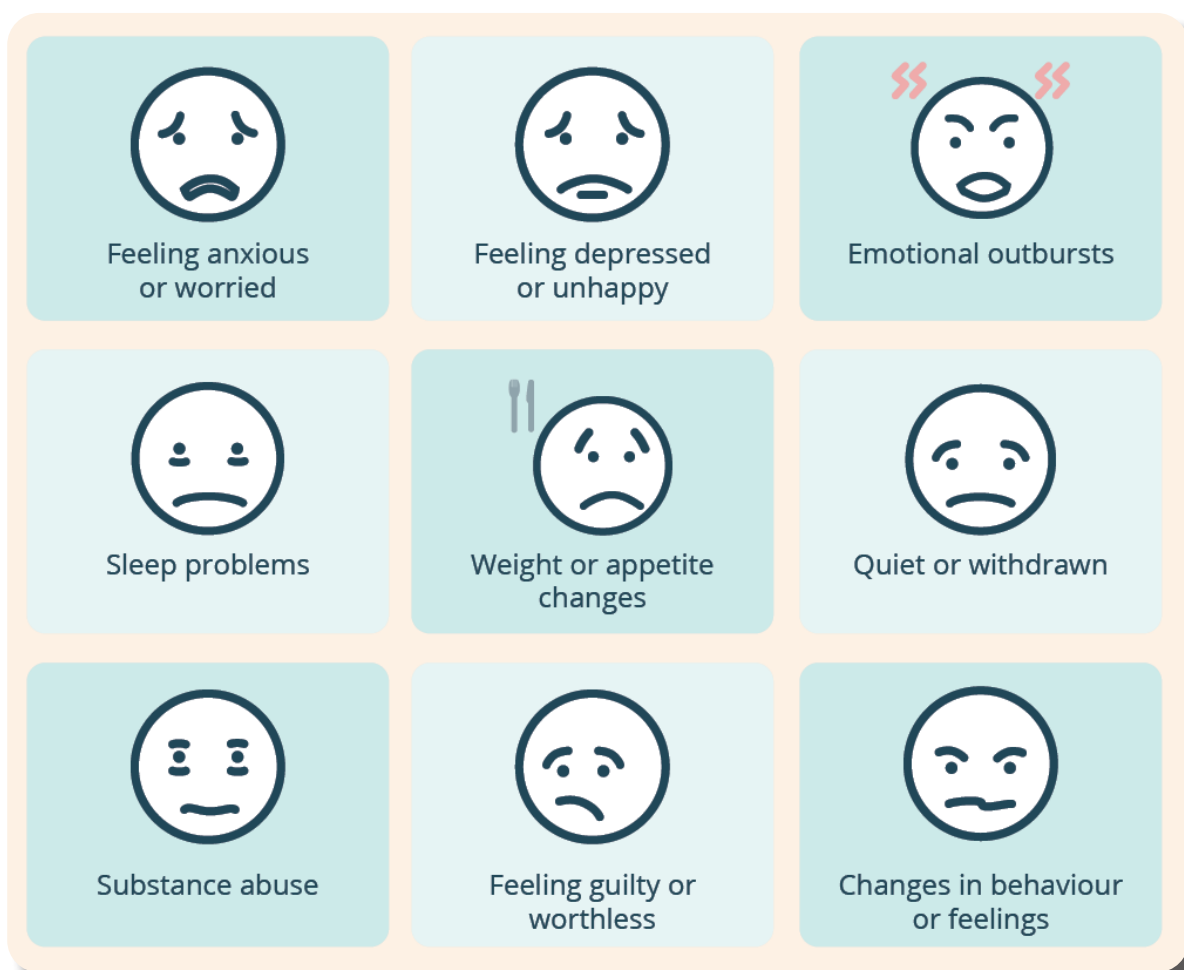
**Lifeline** provides support to people experiencing emotional distress. You can speak with a trained crisis supporter on telephone 13 11 14, available 24 hours 7 days a week.



# Nine Signs of Mental Well-being

What are the symptoms of a mental illness?

If a friend or loved one doesn't seem themselves, how do you spot the difference between a bad mood and something more serious?



If you're concerned about a friend or loved one, ask them how you can help. The first step for them should be to see a doctor or other healthcare professional. If you think there is an immediate risk of suicide or self harm, dial 000.

Source: Healthdirect

# Lung Laughs



## Politicians – An old one and a timely one!

A busload of politicians were driving down a country road in a remote part of Australia when, suddenly the driver has a heart attack, the bus runs off the road and crashes down an embankment on an old farmer's property.

Fortunately the old farmer was on his tractor nearby. He hears the crash and rushes over to the site. When he gets there he sees the carnage, bodies everywhere. Thinking like the old cow cocky he is, he realises that it will be days before anyone can evacuate the remains so he proceeds to bury

them. The next day the police arrive and the old farmer takes them to the crash site. The policeman can see the bus - but no politicians, so he asks the farmer, "Where are all the politicians?" The old farmer replies slowly, "I buried 'em." The policeman is shocked, "What, they were ALL dead?" The farmer took longer this time with his answer, then slowly said, "Well, a few said they weren't, but you know how them bl\*\*dy politicians can lie."



# Jenny's Breast Cancer Journey

LIFE Member, Jenny shares her family's story



*Jenny's daughter Mary*

**W**e are a family of four, myself, my two daughters and my son, with no history of breast cancer (BC) in the family. Three of us got BC over a period of roughly four years. Mary was first, Katie second, and I was third.

When I was diagnosed it was suggested by my breast surgeon, to be tested for the BRCA gene mutation as all three females in the family had BC. The youngest person with BC is tested, and so Katie was tested at the Peter Mac Centre in Melbourne, involving a blood test and counselling.

We didn't have the BRCA gene mutation, so don't know why we all got BC. It could be other genes that haven't been researched yet (there are lots of them), or it could be environmental - but what?

## **Mary, my eldest daughter**

Mary was diagnosed in April, 2013, aged 46 and living in South Australia. She thought her new lump was another cyst, but the ultrasound showed breast cancer.

Her cancer had spread to her bones, liver and lungs, a terminal diagnosis.

She was referred to a medical oncologist who said at the beginning he couldn't cure her, but he would try to make her life as comfortable as he could.

So began 3 years of systemic treatment to treat the cancer everywhere, with blood tests, chemo, scans, more blood tests, monthly injections to strengthen her bones, and medication to slow the progression and control pain.

Mary sadly died 15 April, 2016, aged 49, and donated her body to science. She thought it would help medical students to see the effects of cancer throughout the body.

### **Katie, my second daughter**

Katie was diagnosed in September, 2016, aged 46, five months after Mary's death. Her cancer hadn't spread, and she elected to have both breasts removed.

Then a lump developed on the scar tissue which was unusual. It was removed, and followed by five weeks of radiation. This was followed by three monthly checks and medication for five years.

### **My Journey**

My diagnosis was April 2017 aged 72, and 7 months after Katie was diagnosed. This happened a week before I was due to go overseas, so it was very unexpected.

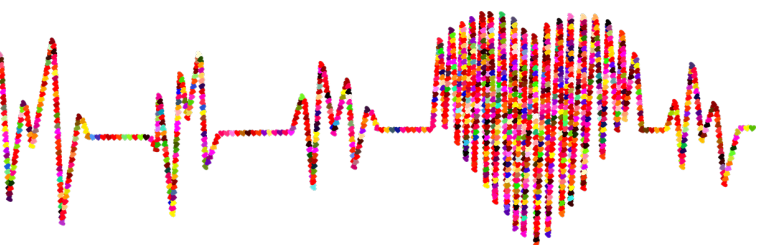
The cancer was only in one breast and hadn't spread, but after Katie's experience, I elected to have a double mastectomy, I didn't want the threat of cancer hanging over me.

Choosing not to have a reconstruction, as it's a long operation and with a lung condition, I didn't want the possibility of another operation in my 80s.

Having both breasts off is no guarantee that cancer will not return. Despite having annual checks, the cancer was quite big – 4cms. The treatment was 16 days of radiation, medication for 5 years, and now annual checks.



*Jenny at a LIFE Group Meeting*



# Breast Cancer Awareness

## Things you may not know about breast cancer

- There are many different kinds of breast cancer (BC).
- When BC spreads to other parts of the body it's still called BC in the new site, eg BC in the bones, in the lungs.
- BC affects men as well as women.
- It's not an old person's disease, it can happen in your 20s 30s, etc.
- 1 in 8 women will be diagnosed within their life span, 55 Australian women a day.
- Melanoma is associated with BC - keep checking your skin.
- It's very important to do monthly self-checks, check out anything that is new or different, eg a lump, thickening of tissue, "orange peel" look to the skin, discharge from the nipple - anything odd. Don't delay, get checked within two weeks.
- If you find a lump, push for a biopsy, it may not be a cyst. Mammograms don't always pick up BC.
- Younger people tend to have dense breast tissue and it makes it harder to detect BC.



"Fight each round take it on the chin.  
And never never never ever give in."

Olivia Newton-John in her song, "Why Me", a tribute to her battle with breast cancer

Source: healthline



# Vintage chocolate chip cookies



An easy chocolate chip cookie recipe for soft biscuits with a squidgy middle that will impress family and friends.

Makes 30



## Ingredients

- 150g salted butter, softened
- 80g light brown sugar
- 80g granulated sugar
- 2 tsp vanilla extract
- 1 large egg
- 225g plain flour
- ½ tsp bicarbonate of soda
- ¼ tsp salt
- 200g plain chocolate chips or chunks

## Method

1. Heat the oven to 190C/fan170C/gas 5 and line two baking sheets with non-stick baking paper.
2. Put 150g softened salted butter, 80g light brown sugar and 80g granulated sugar into a bowl and beat until creamy.
3. Beat in 2 tsp vanilla extract and 1 large egg.
4. Sift 225g plain flour, ½ tsp bicarbonate of soda and ¼ tsp salt into the bowl and mix it in with a wooden spoon.
5. Add 200g plain chocolate chips or chunks and stir well.
6. Use a teaspoon to make small scoops of the mixture, spacing them well apart on the baking trays. This mixture should make about 30 cookies.
7. Bake for 8–10 mins until they are light brown on the edges and still slightly soft in the centre if you press them.
8. Leave on the tray for a couple of mins to set and then lift onto a cooling rack.

Source: BBC Good Foods



# Membership

## Become a member of the LIFE Group and the Institute for Respiratory Health

By becoming a member of the Institute for Respiratory Health you will:

- Connect with the LIFE Group
- Be sent information about LIFE meetings and events
- Receive the Breath of LIFE magazine
- Be sent regular communications about the Institute's research, community engagement, events and clinical trials for new respiratory treatments
- Be invited to tour our facilities and have the opportunity to meet our researchers
- Get access to a free Will Service

**Community membership costs \$20. Join or Renew by:**

Calling Alison Harvie on 08 6151 0813

Emailing [alison.harvie@resphealth.uwa.edu.au](mailto:alison.harvie@resphealth.uwa.edu.au)

Visit [www.resphealth.org.au/get-involved/become-a-member](http://www.resphealth.org.au/get-involved/become-a-member)

## Free Will and Power of Enduring Attorney

The Institute and law firm, Kitto & Kitto, have partnered to offer members a legally prepared simple Will and a Power of Enduring Attorney absolutely free.

Creating a Will is one of the most important things you can do for yourself and your loved ones. And putting your wishes on paper ensures your assets and belongings go to the people you want.

The free Will and Power of Attorney is a way of saying thank you for being a member, as well as helping you feel prepared for what tomorrow brings. You are under no obligation to leave anything to the Institute for Respiratory Health or anyone else. It is entirely your choice.

To find out more, please call Alison Harvie on 08 6151 0813 or email [alison.harvie@resphealth.uwa.edu.au](mailto:alison.harvie@resphealth.uwa.edu.au).

## 6 tips to better breathing

There are several things you can do to improve your breathing, so you can breathe more easily and efficiently



### **Adjust your sleeping position**

Your sleeping position may affect your breathing. You could try sleeping on your side with your head elevated by pillows and a pillow between your legs. This helps keep your spine aligned, which in turn helps to keep your airways open and may prevent snoring. Or sleep on your back with bent knees. Place a pillow under your head and your knees. However, sleeping on your back may cause your tongue to block your breathing tube. It's not recommended if you have sleep apnea or you snore.

### **Consider lifestyle changes**

Keep your lungs healthy by making positive lifestyle changes. Maintain a healthy weight and eat nutritious foods, including foods rich in oxidants. Get the flu vaccine and pneumonia vaccine to prevent lung infections and to encourage lung health. Avoid smoking, inhaling second hand smoke, and environmental irritants. Improve indoor air quality by using air filters and reducing irritants such as artificial fragrances, mould, and dust.

## **Meditate**

Practice meditation regularly. This can be as simple as taking the time to focus on your breath without trying to control it. Added benefits may include mental clarity, peace of mind, and less stress.

## **Practice good posture**

Practicing good posture helps to ensure that your chest and the thoracic region of your spine are able to fully expand. Your rib cage and diaphragm will also be able to fully expand and increase the range of motion on the front side of your body. Overall, by practicing good posture, you'll be able to breathe more effectively and efficiently, allowing for more ease in both your daily and physical activities.

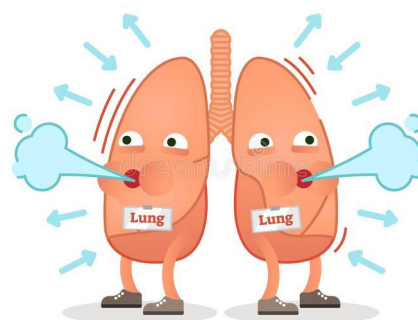
## **Sing it out**

You may consider taking up singing to improve your breathing and improve lung function. People with chronic obstructive pulmonary disease (COPD) who sing regularly reduce their shortness of breath and are able to better manage their symptoms. They also feel more in control of their breathing. Singing helps people with lung conditions by teaching them to breathe more slowly and deeply as well as strengthening the breathing muscles.

## **Stretch and flex**

Take steps to relieve any tightness in your shoulders, chest, and back. You can do exercises that focus on flexibility, resistance, and stretching to improve posture. This can help you to be able to fully expand your ribcage in all directions when you breathe. You can do stretches or go for massages to help loosen up any areas of tightness. It's also a good idea to engage in activities that keep you active. These can include swimming, walking, or any activity that gets you moving.

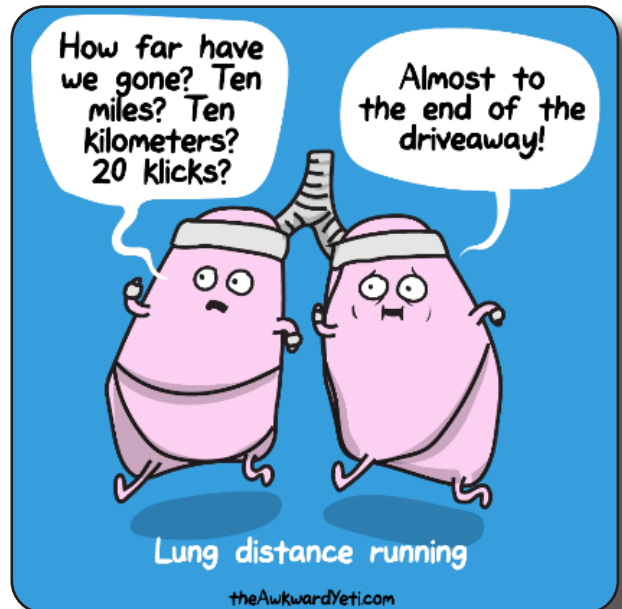
**There are lots of different breathing techniques you can practice. Doing these exercises on a regular basis may help you to gain more awareness and control of your breath. You may experience other benefits such as deep feelings of relaxation, better sleep, and more energy.**



# More Lung Lungs

## One for the ladies!

A woman's husband had been slipping in and out of a coma for several months, yet she had stayed by his bedside every single day. One day, when he came to, he motioned for her to come nearer. As she sat by him, he whispered, eyes full of tears, 'You know what? You have been with me all through the bad times. When I got fired, you were there to support me. When my business failed, you were there. When I got shot, you were by my side. When we lost the house, you stayed right here. When my health started failing, you were still by my side... You know what Martha?' 'What dear?' she gently asked, smiling as her heart began to fill with warmth. 'I'm beginning to think you're bad luck...'





# Best Foods for Lung Health

Keeping your lungs healthy is essential to feeling your best!



Research has shown that lifestyle modifications, including following a nutrient-rich diet, can help protect your lungs and even reduce lung damage and symptoms of disease. What's more, specific nutrients and foods have been identified to be particularly beneficial for lung function.

Consuming a diet high in nutritious foods and beverages is a smart way to support and protect lung health. Coffee, dark leafy greens, fatty fish, capsicum, tomatoes, olive oil, oysters, blueberries, and pumpkin are just some examples of foods and drinks that have been shown to benefit lung function.

Here are important foods that may help boost lung function.

## **Beets and beet greens**

The vibrantly coloured root and greens of beetroot contain compounds that optimize lung function. Beetroot and beet greens are rich in nitrates, which have been shown to benefit lung function. Nitrates help relax blood vessels, reduce blood pressure, and optimize oxygen uptake. Additionally, beet greens are packed with magnesium, potassium, vitamin C, and carotenoid antioxidants — all of which are essential to lung health.

## **Apples**

Research has shown that regularly eating apples may help promote lung function. Consuming five or more apples per week is associated with greater lung function and a reduced risk of developing COPD. Apple intake has also been linked to a lower risk of asthma and lung cancer. This may be due to the high concentration of antioxidants in apples, including flavonoids and vitamin C.

## **Pumpkin**

The brightly coloured flesh of pumpkins contains a variety of lung-health-promoting plant compounds. They're especially rich in carotenoids, including beta carotene, lutein, and zeaxanthin — all of which have powerful antioxidant and anti-inflammatory properties. Studies show that having higher blood levels of carotenoids is associated with better lung function in both older and younger populations.

## **Turmeric**

Turmeric is often used to promote overall health due to its potent antioxidant and anti-inflammatory effects. Curcumin, the main active component in turmeric, may be especially beneficial for supporting lung function.

## **Tomato and tomato products**

Tomatoes and tomato products are among the richest dietary sources of

lycopene, a carotenoid antioxidant that has been associated with improved lung health. Consuming tomato products has been shown to reduce airway inflammation in people with asthma and improve lung function in people with COPD.

## **Blueberries**

Blueberries are loaded with nutrients, and their consumption has been associated with a number of health benefits, including protecting and preserving lung function. Blueberries are a rich source of anthocyanins, powerful pigments that have been shown to protect lung tissue from oxidative damage.

## **Green tea**

Green tea is a beverage that has impressive effects on health. Epigallocatechin gallate (EGCG) is a catechin concentrated in green tea. It boasts antioxidant and anti-inflammatory properties and has been shown to inhibit fibrosis or scarring of tissues. Some research shows that EGCG may help treat IPF.

## **Red cabbage**

Red cabbage is an affordable and rich source of anthocyanins. These plant pigments give red cabbage its vivid colour. Anthocyanin intake has been linked to a reduced decline in lung function. What's more, cabbage is packed with fibre. Studies show that

people who consume more fibre have better lung function than those who consume low amounts.

### **Olive oil**

Consuming olive oil may help protect against respiratory conditions like asthma. Olive oil is a concentrated source of anti-inflammatory antioxidants, including polyphenols and vitamin E, which are responsible for its powerful health benefits. What's more, the Mediterranean diet, which is rich in olive oil, has been shown to benefit lung function in people with COPD and asthma.

### **Yogurt**

Yogurt is rich in calcium, potassium, phosphorus, and selenium. According to research, these nutrients may help boost lung function and protect against COPD risk.

### **Coffee**

In addition to boosting your energy levels, your morning cup of coffee may help protect your lungs. Coffee is packed with caffeine and antioxidants, which may be beneficial for lung health.

### **Swiss chard**

Swiss chard is a dark leafy green that's high in magnesium. Magnesium helps protect against inflammation, and it helps bronchioles — tiny airways inside your lungs — stay relaxed, preventing airway restriction. What's more, low

magnesium levels are associated with worsening symptoms in people with COPD.

### **Anchovies**

Anchovies are tiny fish that are packed with anti-inflammatory omega-3 fats, as well as other lung-health-promoting nutrients like selenium, calcium, and iron. Eating omega-3-rich fish like anchovies may be particularly beneficial for people with inflammatory lung diseases like COPD. What's more, consuming an omega-3-rich diet may help reduce symptoms in people with asthma.

### **Lentils**

Lentils are high in many nutrients that help support lung function, including magnesium, iron, copper, and potassium.

### **Cocoa**

Cocoa and cacao products like dark chocolate are high in flavonoid antioxidants and contain a compound called theobromine, which helps relax the airways in the lungs. Cocoa intake has been associated with a lower risk of allergic respiratory symptoms and may help protect against lung cancer.

*Source: Healthline.com*

# Helpful Tips

## Seniors Housing

A very interesting speaker from Seniors Housing presented at a LIFE meeting a few months ago. Anne Valenti discussed different housing situations such as village community living, granny flats, renting, strata and government housing. There were a whole range of varying housing situations among the group.

A village community was discussed as not being suited to everyone, and serious consideration should be given to moving to that type of housing. There can be confusion about the difference between retirement villages, residential parks or over 55 strata complexes, although they appear to be very similar. Advantages are the opportunity to socialize if that's the style of living that suits you, and the communal facilities. However, it is communal living at close quarters, and there are ongoing expenses associated with retirement village living, with other people making decisions about the village including financial matters. If you are considering changing your accommodation, there is some really good information on the Seniors Housing website, including staying in your own home, specialised accommodation and renting (see [www.commerce.wa.gov.au/consumer-protection/seniors-housing](http://www.commerce.wa.gov.au/consumer-protection/seniors-housing)).

If you have any questions you can contact the Seniors Housing Centre by calling 1300 367 057, via email at [seniors.housing@dmirs.wa.gov.au](mailto:seniors.housing@dmirs.wa.gov.au) or visiting their office in the CBD.

## \$400 Rebate

If you are a WA Seniors Card member, you can apply to receive the Safety and Security Rebate which allows a claim up to \$400 per household towards the purchase of eligible home security or safety item.

There are a lot of security items that can be claimed including:

- Home alarm and/or CCTV
- Security door screens
- Deadlocks and security window screens
- Sensor Lights
- Wifi or wired video doorbell
- Mains powered smoke alarm
- Fire extinguishers and fire blankets
- Repairs to security items

To apply, log into your WA Seniors Card account or call 1800 671 233 or email [info@seniorcard.wa.gov.au](mailto:info@seniorcard.wa.gov.au) if you'd like an application posted to you.



# Useful Contacts



Please let us know of any others you have found helpful. Click on the blue underlined links to go to the organisation's website.

## COVID-19

- Health Direct Helpline: 1800 022 222
- Coronavirus Health Information Line: 1800 020 080
- WA Department of Health: [ww2.health.wa.gov.au/Articles/A\\_E/Coronavirus](http://ww2.health.wa.gov.au/Articles/A_E/Coronavirus)
- Australian Government: [www.health.gov.au](http://www.health.gov.au)
- Health Direct COVID-19 symptom checker tool: [www.healthdirect.gov.au/symptom-checker/tool](http://www.healthdirect.gov.au/symptom-checker/tool)

## Respiratory

- LIFE's practical guide endorsed by Prof P J Thompson, Respiratory Physician, Lung Health Clinic: [www.resphealth.org.au/publications](http://www.resphealth.org.au/publications)
- Lung Foundation Australia: 1800 654 301 or [www.lungfoundation.com.au](http://www.lungfoundation.com.au)
- Pulmonary Rehabilitation programs: [www.pulmonaryrehab.com.au](http://www.pulmonaryrehab.com.au) or 1800 654 301. Need a referral from a respiratory specialist
- Alpha-1 Association of Australia - for people with Alpha-1 Anti-Trypsin Deficiency: [www.alpha1.org.au](http://www.alpha1.org.au), 0410 108 104 or (07) 3103 3363 (Qld timezone). Has an online forum, and on Twitter, Facebook

- Lung condition information from the Victorian Health Department: [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)
- Asthma Foundation WA: [www.asthmawa.org.au](http://www.asthmawa.org.au) or 1800 278 462
- Bronchiectasis toolbox for health professionals: [www.bronchiectasis.com.au](http://www.bronchiectasis.com.au)
- Active Cycle of Breathing Technique - helps you clear your airways of phlegm: [www.bronchiectasis.com.au/physiotherapy/techniques/the-active-cycle-of-breathing-technique](http://www.bronchiectasis.com.au/physiotherapy/techniques/the-active-cycle-of-breathing-technique)
- Asbestos Diseases Society of Australia: [www.asbestosdiseases.org.au](http://www.asbestosdiseases.org.au), 1800 646 690 or (08) 9344 4077
- National Quit line - help to quit smoking: [www.quitnow.gov.au](http://www.quitnow.gov.au) or 13 78 48

## Exercise

- Strength for Life programs, endorsed by COTA: [www.cotawa.org.au/seniors-resources/strength-for-life](http://www.cotawa.org.au/seniors-resources/strength-for-life) or 08 9472 0104. Need GP referral.
- Stay On Your Feet - information and resources to prevent falls and keep people active: [www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au), 1300 30 35 40

- Pulmonary Rehabilitation programs: [www.pulmonaryrehab.com.au](http://www.pulmonaryrehab.com.au) or 1800 654 301. Need a referral from a respiratory specialist

## Mental Health

- Connect Groups - peak body for support groups in WA: [www.connectgroups.org.au](http://www.connectgroups.org.au) or (08) 9364 6909
- Act Belong Commit - activities to promote mental health: [www.actbelongcommit.org.au](http://www.actbelongcommit.org.au) or (08) 9266 3788
- Beyond Blue - mental health support service: [www.beyondblue.org.au](http://www.beyondblue.org.au) or 1300 22 4636
- Australian Men's Shed Association: [www.mensshed.org](http://www.mensshed.org) or 1300 550 009
- Lifeline 24 hour personal crisis support and suicide prevention association: [www.lifeline.org.au](http://www.lifeline.org.au) or 13 11 14
- PORTS (Practitioner Online Referral Treatment Service): 1800 176 787, [www.ports.org.au](http://www.ports.org.au), [contact@ports.org.au](mailto:contact@ports.org.au). 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.
- Mental Health Care Plan - for those with a diagnosed mental health problem: [www.healthdirect.gov.au/mental-health-treatment-plan](http://www.healthdirect.gov.au/mental-health-treatment-plan). 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 or [www.healthdirect.gov.au](http://www.healthdirect.gov.au)
- Better Health Channel - Victorian Government's health information website: [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)
- Cancer Council WA: [www.cancerwa.asn.au](http://www.cancerwa.asn.au) or 13 11 20
- Health Report with Norman Swan ABC Radio National (810 AM) - listen to past programs on your computer or smartphone: [www.abc.net.au/radionational/programs/healthreport](http://www.abc.net.au/radionational/programs/healthreport)
- ABC Health Online - find reliable health news and information: [www.abc.net.au/radionational/programs/healthreport/past-programs](http://www.abc.net.au/radionational/programs/healthreport/past-programs)
- Independent Living Assessment: [www.ilaustralia.org.au](http://www.ilaustralia.org.au) or (08) 6202 4700

## Seniors

- Council on the Aging (COTA) - voice of older Australians: (08) 9472 0104 or [www.cota.org.au](http://www.cota.org.au)
- My Aged Care - aged care services you may be eligible for: [www.myagedcare.gov.au](http://www.myagedcare.gov.au). Speak to your GP

- National Seniors - voice of older Australians: [www.nationalseniors.com.au](http://www.nationalseniors.com.au) or 1300 76 50 50
- Seniors Services guide database of services and activities for older Australians: [www.seniorservicesguide.com.au](http://www.seniorservicesguide.com.au)
- Seniors Recreation Council WA: (08) 9492 9773 or [www.srcwa.asn.au](http://www.srcwa.asn.au)
- Advocare - advocating for Western Australians receiving aged care services at home or in an aged care facility: (08) 9479 7566, 1800 655 566 or [www.advocare.org.au](http://www.advocare.org.au)
- Seniors and Elder Abuse:
- [www.police.wa.gov.au/Our-Community/Community-diversity-and-substantive-equality/Seniors-and-elder-abuse](http://www.police.wa.gov.au/Our-Community/Community-diversity-and-substantive-equality/Seniors-and-elder-abuse) or 1300 724 679. Operated by Advocare
- Centrelink - 13 24 68 or [www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au)
- Have A Go News - read seniors' news online: [www.haveagonews.com.au](http://www.haveagonews.com.au)
- Computer Basics for Seniors: [www.twinsburglibrary.org](http://www.twinsburglibrary.org)
- Aged Care Navigator trials across Australia: [www.cota.org.au/information/aged-care-navigators](http://www.cota.org.au/information/aged-care-navigators) or 1300 025 298
- Seniors Housing Advisory Centre: 1300 367 057 or [www.commerce.wa.gov.au/consumer-protection/seniors-housing-advisory-centre](http://www.commerce.wa.gov.au/consumer-protection/seniors-housing-advisory-centre)

## Health Consumer and Carer Rights

- Carers WA - supporting friends and family who care for others: 1300 227 377 or [www.carerswa.asn.au](http://www.carerswa.asn.au)
- Health Consumers Council - an independent voice advocating for patients: (08) 9221 3422, 1800 620 780 or [www.hconc.org.au](http://www.hconc.org.au)
- Voluntary Assisted Dying - new WA laws explained by WA Health: [ww2.health.wa.gov.au/voluntaryassisteddying](http://ww2.health.wa.gov.au/voluntaryassisteddying). Ask your GP for more information

## Other

- TED Talks - watch free videos of great speakers on a topic that interests you: [www.tedxperth.org](http://www.tedxperth.org)
- Recycling in WA: 9329 2700 or [www.recycleright.wa.gov.au](http://www.recycleright.wa.gov.au)
- 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: 1300 792 958 or [www.donotcall.gov.au](http://www.donotcall.gov.au)
- The Australian Bereavement Register - stop unwanted mail to a family member who has passed away: [www.tabr.com.au](http://www.tabr.com.au) or 1300 887 914

# Lung Information & Friendship for Everyone

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

Like to meet others in a similar situation?

Contact LIFE today!

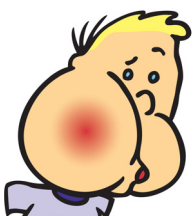
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Lung Information &  
Friendship for Everyone

