

Breath of LIFE

Lung Information & Friendship for Everyone

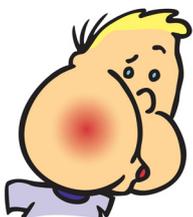


Inside...

Keeping active with lung disease

Protecting your lungs during bushfire season

Tips to save on grocery shopping



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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.



Lung 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.

The group can provide you with the tools you need to stay active and healthy, living the best quality of life you can.

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

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.

Meetings are held on the first Wednesday of the month from February to November and start at 12 noon.

There's also an array of social gatherings during the year, including trips around Perth and lunch experiences at cafes and pubs.

Group 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.

For the latest event information visit www.resphealth.org.au or email life@resphealth.uwa.edu.au.



Keeping active with lung disease

Regular exercise can reduce breathlessness, improve quality of life and help you stay at home and out of hospital.



The LIFE group had a very informative talk given by Nola Cecins, a physiotherapist from Charlies who kindly came out of recent retirement to present to the group. Nola had a career in pulmonary rehabilitation for 25 years, and had lots of interesting things to share.

Exercise vs physical activity

Physical activity is any body movement, whereas exercise is purposeful activity. Exercise can help reduce health issues eg lower high blood pressure, improve bone health, maintain a healthy weight, reduce the risk of falls, boost the

immune system and improve mood. Regular exercise may reduce the need for some medications.

How much exercise is enough?

Any exercise is better than none. Recommendations for people over 65 are:

- 30 minutes daily eg walking, cycling, gardening
- Include strength and balance exercises
- Reduce sedentary time
- Have breaks every 30 minutes. Increased sitting time is related to heart disease and diabetes

Some of us may find it hard to exercise because of becoming breathless and experiencing fatigue. People with lung disease use more energy just to breathe.

Breathlessness can be caused by less elastic lungs and narrow airways; air trapped in the lungs; weak, out of condition leg muscles; anxiety and panic. It is distressing but not harmful.

Benefits of exercise

Exercise improves fitness and reduces breathlessness. It improves quality of life, energy, and strength and joint mobility. The best breathing exercise is to exercise your legs. Some people find exercise moves secretions from the lungs.

Types of exercise

Depends on lung disease severity. Exercises can include walking/cycling, arm and leg strengthening exercises eg 20-30 minutes of walking, using hand weights, sit/stand exercises and going to the gym.

Pulmonary rehabilitation

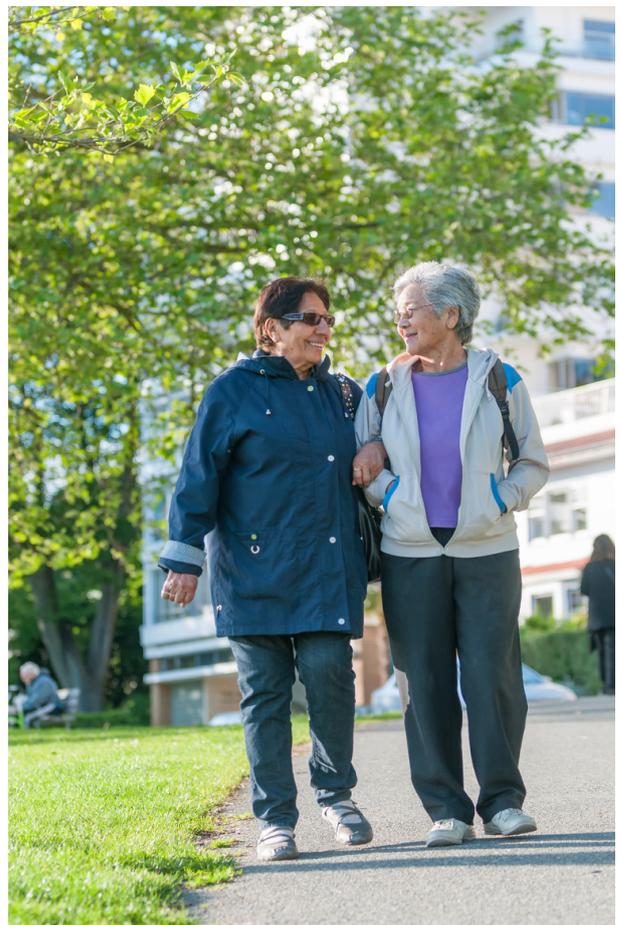
This is a supervised exercise and education program for people who are breathless on activity. An assessment is made by a specialist physiotherapist. It is an 8 week program, twice a week, with a program to be done also at

home. You need a specialist to refer you to the program, although some GPs can refer you, depending on where you live.

Precautions to exercise

See your GP or specialist if you have excessive shortness of breath or fatigue. If you have a new upper body pain, stop immediately.

Your health can be improved or maintained by being active and exercising regularly.



Singing for lung health

We all love to hear carol singers performing during the festive season but did you know that singing is good for your lung health?



Professor Yuben Moodley from the Institute for Respiratory Health said, “There’s increasing research evidence that singing is good for your general health and wellbeing – especially if you join a community singing group or choir.

“And it’s particularly good at improving your quality of life if you have a lung condition.

“Because singing involves deep breathing and the controlled use of

muscles in the respiratory system, it can be beneficial for lung and breathing conditions.

“Research shows that it increases the amount of oxygen in your blood. The other health benefits include improved mood and a greater sense of connection.”

Studies have shown that singing benefits people with chronic obstructive pulmonary disorder (COPD), asthma and cystic fibrosis.



“People who join singing groups say that singing regularly reduces their feelings of being short of breath,” Professor Moodley said.

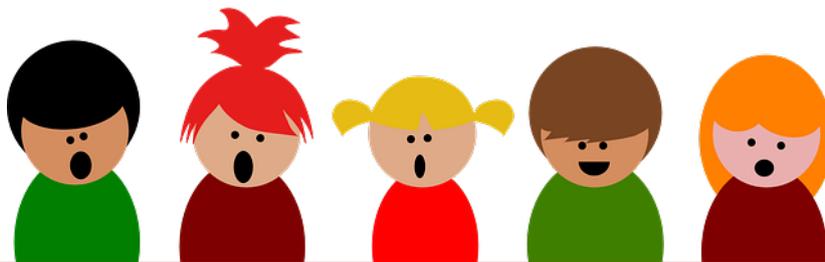
“It also helps them to feel more in control of their breathing and improves posture - there are many benefits.”

LIFE member, Rosemary Hawkins, says singing has given her more endurance, “I joined the Choir of Hard Knocks a while ago, at first it was a bit of a

struggle singing but now I’m less out of breath and it’s increased the strength of my voice.”

Whether you have a lung condition or not, singing is uplifting and joyful particularly during the festive season if you are part of a group of carol singers.

You don’t need to be able to sing to join a singing group. You will probably find you can sing a lot better than you think.



There are several choirs you can join all over Perth including:

The Choir of Hard Knocks

www.choirofhardknocks.org.au

Born to Sing

www.borntosing.com.au

Voiceworks

www.voiceworks.org.au

www.voiceworks.org.au/voiceworksplus - a musical theatre choir for people with disabilities

Phoenix Contemporary Choir

facebook.com/phoenixcontemporarychoir

Lung Laughs



At a party, a young wife admonished her husband,

"That's the fourth time you've gone back for ice cream and cake. Doesn't it embarrass you?"

"Why should it?" answered her husband. "I keep telling them it's for you!"



"Nothing looks good on me anymore" wailed a customer modelling an outfit in front of the department store's mirror.

"Nonsense, ma'am," soothed the salesclerk, "That dress says it all".

"That's the problem," the woman replied. "I need a dress that keeps its mouth shut".

Remembering Evelyn Enders

Evelyn's husband, Peter Enders, shares Evelyn's story

In 1957, at the age of 18, Evelyn was diagnosed with bronchiectasis. She was told that she may live to 40 if she did Postural Drainage 3 times a day, every day for 1 hour before meals for the rest of her life! She did that and lived contentedly to 82!

As her husband for 56 of those years, I noticed certain forces at play that contributed to that longevity. This is a summary of the influences that I observed, which made her condition more bearable, gave her comfort and increased the efficacy of her clinical treatments.

We met in 1964 and were married the following year. We had no trouble living by our marriage vows, but suffered from the common lack of knowhow of life. In hindsight, this made it harder for us to cope. Still, our two daughters and three grandchildren live happy lives now and are very successful in their endeavours.

Evelyn had an older sister who died quite early from cancer. Her father was a veteran of WW1, her mother a “country” woman with an inclination for teaching.



Evelyn Enders

15 June 1939 to 5 August 2021

By the age of 21 she was working in Sydney’s CBD as a secretary, a career in nursing having had to be discontinued because of her lung condition. The new job involved a 20-minute bus journey from home to work. However, this was too stressful, making it an unsustainable situation, considering that it had to incorporate postural drainage. It took a big toll. So, she found a position at the New England University in Armidale, NSW where

in-house accommodation enabled her to do her regular tipping much more easily.

“Tipping” was her lifelong colloquialism for the hour it took to get into comfortable casual clothing, lay down on an inclined board head down, and practice deep breathing that would assist in periodically coughing up the mucus, which had accumulated since the last tipping. Then getting dressed again, tidy up the room and dispose of the collected sputum. Every day for the rest of her life!

Quite an unbelievable story, one that is now part of medical history. When Evelyn died in August 2021, she was probably the last person left in the world who did postural drainage. I understand that it is no longer practiced or necessary. Medical advances have eliminated it.

We both grew up during the first half of last century. Our parents and grandparents were all damaged by the horrors of the two World Wars. In Evelyn’s case, it is believed that, one of the consequences of this, contributed to her being born with bronchiectasis.

It curtailed physical hobbies and pleasures such as her fondness for dancing. It influenced and restricted choices for vocations. Secretarial jobs

were ideal and, having finished her secondary education and qualifying from Secretarial College, she reached a high point in that profession, finishing up as secretary to the Chairman of C.S.I.R.O in Canberra. Sir Frederick, her understanding and caring boss, encouraged and helped her to remain in her position. Her need for postural drainage was recognised and was accommodated in her work schedule and environment. But of course, this could not last. Thankfully, providence provided a solution to that ever-shattering impasse.

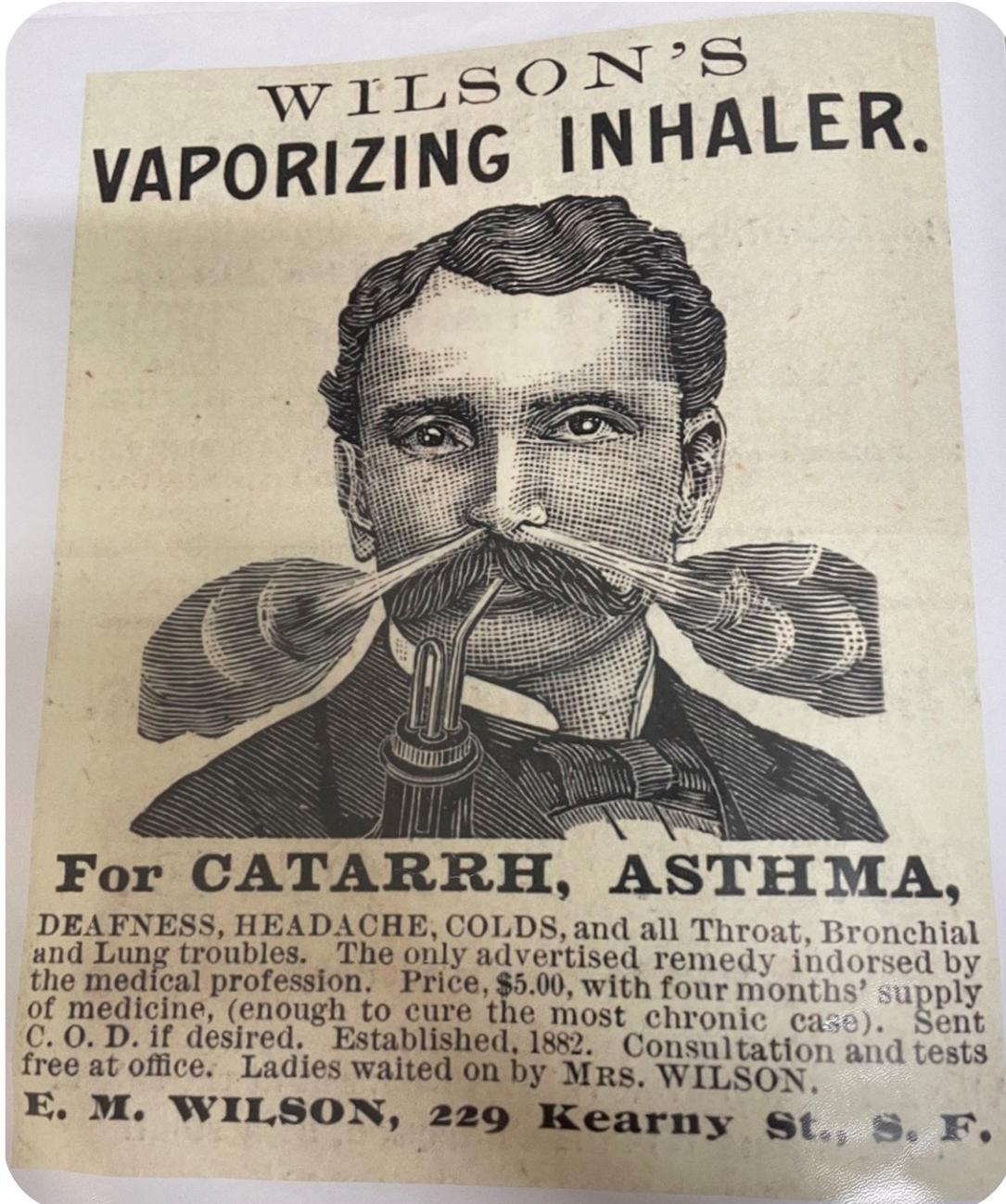
Evelyn and I were soulmates, very fortunate to have found each other. Her chronic disease provided a challenge, but we found ways of attaining a positive outlook on life.

We found that the secret of stepping out of adversity lies in changing one’s outlook on things.

Evelyn died peacefully with a radiant smile of contentment on her face.

Remedy for 'lung troubles' from the past

This advert was found in a large bound book in the Coolgardie museum, which just happened to be open on a page relating to a remedy for asthma. Established in 1882, and consultation and tests were free.



**WILSON'S
VAPORIZING INHALER.**

**For CATARRH, ASTHMA,
DEAFNESS, HEADACHE, COLDS, and all Throat, Bronchial
and Lung troubles. The only advertised remedy indorsed by
the medical profession. Price, \$5.00, with four months' supply
of medicine, (enough to cure the most chronic case). Sent
C. O. D. if desired. Established, 1882. Consultation and tests
free at office. Ladies waited on by MRS. WILSON.
E. M. WILSON, 229 Kearny St., S. F.**

Chocolate walnut brownies



A lovely tried and trusted recipe from a friend to make at Christmas – using vegetable oil instead of butter, which makes them less rich. You can also make them gluten free substituting GF flour, and they are just as good!

Ingredients

- Melted butter for greasing
- 150gms walnut halves
- 200gms good quality dark cooking chocolate, (like Plaistowe), chopped
- 1 cup firmly packed brown sugar
- 1/2 cup vegetable oil
- 3 eggs at room temperature
- 1 tsp vanilla essence
- 1/2 cup plain flour
- 1/4 cup cocoa powder
- ½ tsp baking powder

Method

1. Preheat oven to 170C. Brush a shallow 23cm square cake pan with the melted butter to lightly grease. Line the base with non-stick baking paper.
2. Spread walnuts on a baking tray and toast in preheated oven for 5-7 minutes or until lightly browned. Cool and chop coarsely.
3. Meanwhile, place the chocolate in a medium heat-resistant bowl over a saucepan of simmering water and stir until melted and smooth. Remove the bowl from the heat and set aside.
4. Combine the sugar, oil, eggs and vanilla essence in a medium mixing bowl. Use electric beaters to beat until well combined and paler in colour. Add the melted chocolate and beat until well combined.
5. Sift together flour, cocoa powder and baking powder over chocolate mixture and use a large metal spoon to fold in until combined. Fold in the walnuts.
6. Spoon mixture into prepared pan and smooth the surface. Bake in preheated oven for 35 minutes or until moist crumbs cling to a skewer inserted into the centre. Remove from oven and cool completely in pan. Turn onto a board, remove paper and cut into pieces. Makes 16 slices.

Recipe courtesy of Liz Riley

Grocery shopping money saving tips

With the recent rise in the cost of living, it's getting harder to make your money go further. Here are some tips which you may not have thought of to ease the pain of grocery shopping.



Try Meat Free Monday - or on Tuesday or Wednesday!

Not only is eating less meat said to be better for your health, but it can also help you save money. Meat is often the most expensive part of your grocery shop, so by cutting it out one or two nights a week, you can save a bit of money on your grocery bill.

Take a shopping list when you do your weekly shop

Make sure you always have a shopping list before going to the supermarket. Having a list will prevent you from buying things you don't necessarily

need or being persuaded by items on special.

Get creative with your leftovers

The next step is to get creative with your leftovers. Australians waste about \$9 billion worth of food each year. Turning your leftovers into a new meal for lunch the next day or dinner the following night will save money and avoid food waste, which is great for the wallet and for the planet.

Buy in bulk

It may seem more expensive upfront, but it's usually cheaper to buy larger

quantities of items like olive oil, cheese, coffee beans and dishwashing powder. A great way to check this is by looking at the cost per unit on the price tag: e.g. the cost per 100ml or per 100 grams.

Get your kitchen staples at Aldi

Not everyone loves Aldi. Regardless of how you feel about it, there's no doubt it's cheaper than other major grocery stores. Stock up on household essentials like toilet paper, tissues, toothpaste and pantry staples like salt, pepper and olive oil and you'll notice the savings straight away.

Buy generic grocery brands

Usually the supermarket's own brand, they are significantly cheaper than the

premium or branded products. To save even more money, go one step further and seek out the value brands, which are the supermarket's own brand, but labelled differently.

Don't buy brand-name prescriptions

Generic brand prescriptions and medicine have the exact same ingredients as the brand-named, and are a lot cheaper. They are often offered by the pharmacist, but if not, ask your pharmacist for the generic option instead.



More lung laughs

It seems like I have spent a lifetime of mouthing mechanically,

"Say thank you. Sit up straight. Use your napkin. Close your mouth when you chew. Don't lean back in your chair."

Just when I finally got my husband squared away, the kids came along.

Frozen vegetables, are they healthy?

With the cost of fresh vegetable and fruit going up, there's a place for frozen vegetables and they might have just as much, if not more, nutrients than you think.



The financial pain of recent increases in the cost of fresh fruit and vegetables is real and being felt by many across Australia.

Frozen vegetables are healthy but that's not the only reason they can be better than fresh. They are a freezer staple, cost much less than their equivalent in the fresh produce aisle, and they allow people access to vegetables they may not find locally.

But despite that, people have doubts about how healthy frozen vegetables are. Frozen vegetables contain just

as many nutrients as fresh. In fact, they can often contain more nutrients because they're frozen in their prime. Vitamin and mineral depletion occurs as vegetables begin to age. Freezing vegetables and fruit significantly delays that aging process, and frozen veggies are actually fresher and more nutritious than those you'd find fresh.

Most of the time, they are picked when they are freshest and then frozen right away, ensuring that their nutritional profile remains intact longer than fresh vegetables, which may have to travel weeks before they reach the shops.

Buying the healthiest frozen vegetables is easy. When you're shopping, pay attention to the ingredients. Plain frozen vegetables do not contain any additives, but watch out for added ingredients like sugar and salt if the vegetables are labelled as seasoned or flavoured, or if they come with a sauce. The fewer ingredients on the label, the better.

To maintain a healthy diet, you need to consume five servings of vegetables a day, which the Aussie population does not eat currently. If having frozen fruit and vegetables helps you to achieve

that goal because of the cost and other factors, then that's a positive.

People do tend to hesitate to use frozen vegetables rather than fresh. Fresh produce has a crunchier texture and potentially, a stronger flavour than the frozen varieties and therefore may be preferred. Also, the process of chopping vegetables and cooking them can be very therapeutic. However, frozen foods and canned foods can be the preferred option, due to usually being cheaper and reducing food waste.

Trivia about the body



It takes 17 muscles to smile, 43 muscles to frown (every 2,000 frowns is worth one wrinkle), and 72 muscles to speak one word.



The human heart creates enough pressure each pump to squirt blood nine metres.



Women blink nearly twice as much as men.

The liver is the largest internal organ, weighing an average of about 10.5 kilograms.

If 80 per cent of the human liver was removed, it could still function and would eventually restore itself to its original size.

Source: Tom's World's Best Trivia book

Protecting your lungs during bushfire season

Summer is in full swing and the dry and warm weather means there is an increased risk of bushfires.



"The Western Australian community will need to be vigilant and avoid exposure to bushfire smoke," Professor Moodley from the Institute for Respiratory Health said.

It contains hundreds of different components, however it's the fine particulate matter that is the main public health threat. Known as PM2.5, it can penetrate deep into the lungs and be absorbed into the bloodstream.

"Exposure to PM2.5 is associated with increased use of asthma medication and respiratory hospital emergency admissions.

"People with an existing lung condition, older people children, and people who work outside are particularly vulnerable.

"The long-term effects are still being researched with a recent study in China reporting long-term exposure to PM2.5 particles being linked to an increased risk of stroke.

"The World Health Organization estimates ambient air pollution contributes to 4.2 million premature deaths globally per year.

“More research is needed in this area to know the real long-term health impacts and to increase our knowledge to improve our health and wellbeing.”

Professor Moodley said it was important the community protected itself.

“Staying inside provides some protection against bushfire smoke, but the degree of protection depends on

the type of building and importantly, its ventilation,” Professor Moodley said.

“One option to improve the quality of indoor air is to use air purifiers. Look at purifiers with a HEPA filter – these are the most efficient.”

Other ways the Perth community can protect themselves:

- Close windows and doors to minimise smoke in your home or office
- Avoid physical activity
- People with lung conditions should rest as much as possible and keep away from smoke
- People with asthma should follow their asthma plan
- Switch your air conditioner (if you have one) to recycle or recirculate
- Stay up to date with local news reports
- Have your emergency plan ready in the event of an evacuation or the loss of essential services (such as power loss) during bushfires

For more details on preparing a bushfire plan visit:

- www.wa.gov.au/service/community-services/emergency-services/prepare-your-bushfire-plan
- www.mybushfireplan.wa.gov.au

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

Visit 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.

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
- Australian Government: www.health.gov.au
- Health Direct COVID-19 symptom checker tool: 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
- Lung Foundation Australia: 1800 654 301 or www.lungfoundation.com.au
- Pulmonary Rehabilitation programs: 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, 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
- Asthma Foundation WA: www.asthmawa.org.au or 1800 278 462
- Bronchiectasis toolbox for health professionals: 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
- Asbestos Diseases Society of Australia: www.asbestosdiseases.org.au, 1800 646 690 or (08) 9344 4077
- National Quit line - help to quit smoking: 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 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, 1300 30 35 40

- Pulmonary Rehabilitation programs: 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 or (08) 9364 6909
- Act Belong Commit - activities to promote mental health: www.actbelongcommit.org.au or (08) 9266 3788
- Beyond Blue - mental health support service: www.beyondblue.org.au or 1300 22 4636
- Australian Men's Shed Association: www.mensshed.org or 1300 550 009
- Lifeline 24 hour personal crisis support and suicide prevention association: www.lifeline.org.au or 13 11 14
- PORTS (Practitioner Online Referral Treatment Service): 1800 176 787, www.ports.org.au, 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. 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
- Better Health Channel - Victorian Government's health information website: www.betterhealth.vic.gov.au
- Cancer Council WA: 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
- ABC Health Online - find reliable health news and information: www.abc.net.au/radionational/programs/healthreport/past-programs
- Independent Living Assessment: 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
- My Aged Care - aged care services you may be eligible for: www.myagedcare.gov.au. Speak to your GP

- National Seniors - voice of older Australians: www.nationalseniors.com.au or 1300 76 50 50
- Seniors Services guide database of services and activities for older Australians: www.seniorservicesguide.com.au
- Seniors Recreation Council WA: (08) 9492 9773 or 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
- Seniors and Elder Abuse:
- 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
- Have A Go News - read seniors' news online: www.haveagonews.com.au
- Computer Basics for Seniors: www.twinsburglibrary.org
- Aged Care Navigator trials across Australia: 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

Health Consumer and Carer Rights

- Carers WA - supporting friends and family who care for others: 1300 227 377 or www.carerswa.asn.au
- Health Consumers Council - an independent voice advocating for patients: (08) 9221 3422, 1800 620 780 or www.hconc.org.au
- Voluntary Assisted Dying - new WA laws explained by WA Health: 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
- Recycling in WA: 9329 2700 or 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
- The Australian Bereavement Register - stop unwanted mail to a family member who has passed away: 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!

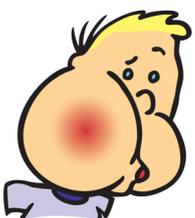
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LIFE
Lung Information &
Friendship for Everyone

