

Breathe

THE  LUNG ASSOCIATION™
Saskatchewan



Our mission: **To improve lung health one breath at a time.**

April 2013

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We can be reached at 1-888-566-LUNG or www.sk.lung.ca.



Laff Lines...

Whenever I fill out an application, in the part that says "If an emergency, notify:"- I put "DOCTOR".

What's my mother going to do?

Spirometry

What is it?

Spirometry is a breathing test that measures **how much** air you can blow out and **how fast** you can blow air out.



Why is spirometry done?

Spirometry can help your doctor to:

- ✓ Diagnose lung conditions such as asthma and chronic obstructive pulmonary disease (COPD)
- ✓ Check the current condition of your lungs. It is possible that your lung condition has changed.
- ✓ Help discover the cause of shortness of breath
- ✓ Check the effectiveness of medication, and to make a change in prescription if that is necessary.

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Did You Know?

- Your left lung is smaller than your right one, because the heart takes up some room on the left side of the chest.
- The surface area of the lungs can be spread out to fill an entire tennis court.
- Every 15 minutes in Canada, someone dies from lung disease.
- Asthma is the leading cause of hospital admissions among children and one of the leading causes of school absence.
- Over two million Canadians suffer from asthma.
- 25 per cent of Canada's youth between the ages of 15 and 19 smoke.

Spirometry (cont'd)

How is the test performed?

You will be asked to breathe through a mouthpiece while wearing a nose clip. The tester will coach you to take in as big a breath as possible. You will then blast the air out as fast as you can until your lungs feel completely empty. You may then be asked to take another deep breath in again. You will do this three times or more. You may also be given a medication to breathe in. The test will then be repeated to show if your lungs have responded to the medication.

How to prepare for the test:

- ✓ Do not smoke for 1 hour before test
- ✓ Do not drink alcohol within 4 hours of test
- ✓ Do not eat a large meal within 2 hours of test
- ✓ Please wear loose clothing
- ✓ Do not perform vigorous exercise within 30 minutes of test

To see a YouTube video of spirometry testing go to: <http://www.youtube.com/watch?v=--7ORNHWVrY&list=UUo2i4iUca7JpewgD9xY5GVA&index=4&feature=plcp>

New Research

Fast Food Linked to Asthma in Children

A large New Zealand study involving 51 countries and over 480,000 children looked at symptoms of asthma and the types of food eaten by children. The researchers found that children who ate fast food three or more times a week had a 39% increased risk of severe asthma. Fast food also increased the rate of severe eczema by 70%. Even eating fast food once or twice a week increased severe asthma symptoms.

On the other hand, the study also showed that eating fruit three or more times per week seemed to offer protection against severe asthma. Canada's food guide recommends 5 - 8 servings of vegetables and fruit every day for children aged 6 to 18.

Since asthma is the leading cause of school absence and hospitalization for children, information about the effect of diet can be very important and helpful in the fight to control asthma.

Zumbathon® for Asthma held January 20, 2013

The Lung Association would like to thank you for your support at the Zumbathon for Asthma. It was a great success! The crowd of about 200 participants got to Zumba, learn a bit about asthma and raise funds for asthma care in Saskatchewan! Total amount raised from corporate sponsorship, ticket sales and pledges is **\$8,535.01!**

Great work everyone!

We'd like to send out thanks to the title sponsors:

Fitness with Kelly!

Grainfields

Jeff's Crestwear

Mr.Print/Printwest

Saskatchewan Blue Cross



Another big thank you to all other committee members, volunteers and businesses who donated their time or product to the event (in alphabetical order):

Committee Members:

Dawn Dawson, Kelly Duncalfe-Baker, Jill Hubick, Jenn Larson, Alecia Nagy, Elizabeth Ochitwa, Jaimie Peters, Erin Stevenson

Volunteers:

Tanya Barsaloux, Blanda Chow, Ada Chow & all the other Masters of Public Health Students, Deb Frigon, Chantal Huber, Brooke Kleiboer (youth ambassador), La Danse, all the Lululemon volunteers, Audrey McLelland (and her student), Jan Neumann, Michelle Scott, Sephoria, Brett Young, Trevor Young, James Zheng

Businesses:

Bibbidi Bobbidi Boo, Canadian Tire-Saskatoon West, CTV Saskatoon, Epicure – Dawn Dawson, GlobalTV Saskatoon, Inline Tattoos, Kindermusik with Kari, KPMG, Lia Sophia – Marissa Baron, Long & McQuade, Mayfair Glass, Motion Fitness, Norwex – Dorothy Littau, Paramount Salon & Spa, PepsiCo, Prairie Oxygen, Safeway-Confederation, Safeway-Lawson Heights, Saskatoon Blades, Seacret – Marcy Epp, Sheraton Cavalier, shopanyway – Dimitri Dublanica.

Thank you for all the pledges raised and congratulations to the top pledgers:

1. Simeon Baker
2. Kathleen Underwood
3. Diane Ens

Highlights from the Sleep Apnea Support Group Meetings

Marion Laroque, a respiratory therapist, spoke to the Regina support group about Complex Sleep Apnea. This can be a difficult subject to understand.

Complex Sleep Apnea is a condition where a person treated for obstructive sleep apnea with CPAP then develops or has central sleep apnea. This can cause the person to be sleepy and tired even though they are using CPAP. This only happens in about 1.5% of people with sleep apnea. Sometimes treatments other than CPAP alone are needed.

Tips for CPAP Users

CPAP (continuous positive airway pressure) is the most common treatment for sleep apnea. It is also the most effective treatment. Using CPAP can involve some adjustment and there are some things to be aware of when using CPAP.

The following are some tips for CPAP users:

- ✓ If you suffer from a congested or stuffy nose, try using a CPAP humidifier specially designed for your machine.
- ✓ Use distilled water in your CPAP humidifier and replace the water every day.
- ✓ Follow the cleaning instructions for your mask carefully.
- ✓ Replace your mask when it becomes worn – this is usually every 6 months to one year.
- ✓ Do not over tighten your straps. A small leak at the bottom of the mask is OK.
- ✓ Do not use antibacterial soap or harsh chemicals on your mask. This can damage the material that the mask is made from.
- ✓ Always take your equipment with you when going to the hospital for an overnight stay.

Regina Sleep Apnea Support Group Meeting

Topic:

CPAP Equipment and You

Guest Speaker:

Cathy Shields, RRT

Wednesday

April 17

7:00 – 9:00 p.m.

**George Bothwell Library
Southland Mall
Regina, SK**

Please call Marion at the Lung Association for more information at 343-9511 or 1-888-566-LUNG.

Join us for the next support group meeting

Shawn Lawlor, a product specialist with ResMed will be speaking to our meeting in Saskatoon. He always has tips about how to get the best use from a CPAP mask, and information on new masks on the market.

Cathy Shields will be joining us in Regina. Cathy is very experienced, having worked in the sleep lab in Regina and now with a CPAP equipment provider.

As always, bring along your questions and plan to spend some time talking with others who are diagnosed with sleep apnea and their families.

2013 Share The Air Raffle

Tickets go on sale for our *2013 Share The Air Raffle* (Lottery License # LR12-0084) on March 1. The Lung Association of Saskatchewan, in conjunction with our corporate partner, SaskEnergy, invites your support by purchasing your chance to win. You could have an exciting summer if your name is drawn for the **grand prize of up to \$121,750 in tax-free cash!**



A chance to win up to \$121,750 is reason enough to purchase your tickets. But remember that your support will also change the lives of people that are affected by lung disease. Imagine having your breath taken away by simple things like dressing in the morning or carrying a bag of groceries. That is the challenge that many people with COPD face each and every day. But with exercise programs and Lung Association funded education programs, people living with this chronic condition can regain a quality of life they thought they had lost forever. In Saskatchewan, over 64,000 people live with COPD. That is just one example of how you, as a supporter of the raffle, can change lives.

As the second prize winner, think about where you would travel if you won the **\$11,000 Dream Vacation!** Or take the **\$10,000 cash pay-out** to make one of your other dreams come true. Win a **SaskEnergy Network Member gift certificate** (\$3,500, \$1,500, or \$1,000) redeemable for the purchase of natural gas equipment and/or services at any SaskEnergy Network Member location in Saskatchewan. But you can't win any of these or other fabulous prizes unless you purchase your tickets! They are still one for \$35, two for \$60, or (the best deal) four for \$100. To learn more about the raffle and for a closer look at our prize board, please visit www.sk.lung.ca.

To purchase your *2013 Share The Air Raffle* tickets, call our toll-free, 24-hour raffle hotline at 1-866-95LOTTO (1-866-955-6886) or 1-888-651-3347 during business hours. Deadline for purchasing tickets is midnight on May 31, 2013. The draw will take place on June 7, 2013.

Breath is life. We can live a long time without food, a couple of days without drinking, but life without breath is measured in minutes. Something so essential deserves our attention!

Thank you for your support.

Chronic Obstructive Pulmonary Disease (COPD)

Chronic Obstructive Pulmonary Disease (COPD), which is the new name for chronic bronchitis and emphysema, is very common among adults. This is not well known to Canadians. Here are some facts about COPD:

- ✓ One in four women, aged 35 and older, are at risk of developing COPD in their lifetime.
- ✓ One in three men, aged 35 and older, are at risk of developing COPD in their lifetime.
- ✓ The average 35 year old woman is more than three times more likely to get COPD than breast cancer.
- ✓ The average 35 year old man is more than three times as likely to be diagnosed with COPD than prostate cancer.
- ✓ For both men and women, the lifetime COPD risk is three to four times more than that of an acute heart attack.

Are you or one of your loved ones at risk of developing COPD?

Take the **Canadian Lung Health Test**:

If you are over 40 and currently smoke or have smoked in the past, you may be at risk for developing (COPD). Answer **yes** or **no** to the following questions:

	Yes	No
1. Do you cough regularly?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you cough up phlegm regularly?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do even simple chores make you short of breath?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you wheeze when you exert yourself, or at night?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you get frequent colds that persist longer than those of other people you know?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered yes to one or more of these questions you should speak to your doctor.

The Lung Association employs health care professionals, who are Certified Respiratory Educators, to provide expert consultations for COPD patients and their family members. If you have been diagnosed with COPD and have questions, or are looking for information about programs such as pulmonary rehab in your area, please call our help line at 1-888-566-LUNG or visit our website: www.sk.lung.ca.

Lung Association Volunteer Honoured

Saskatchewan residents have a rich history of volunteering and community involvement and that holds true for the Lung Association of Saskatchewan. "We have relied on the work of our volunteers since we opened our doors in 1911 and that is the same today," says Dr. Brian Graham, the Lung Association's President and CEO. "Without our volunteers it would be impossible to provide the programs and services that the residents of Saskatchewan have come to rely on from the Lung Association."



His Excellency the Right Honourable David Johnson, Dr. Frank Scott, Her Honour the Right Honourable Vaughn Solomon Schofield

Recently, Dr. Frank Scott, who is currently the Chair of our Board of Directors, was presented with the Caring Canadian Award by His Excellency, the Governor General of Canada. Dr. Frank Scott has been a member of our Board of Directors for 39 years. It is not possible to recount the number of volunteer hours, expertise and passion that Dr. Scott has provided to the Lung Association.

One in Five Saskatchewan Youth Smoke

For the 9th year in a row, Saskatchewan has the highest youth smoking rate in Canada. According to the 2012 Canadian Tobacco Use Monitoring Survey (CTUMS), 20% of youth aged 15 -19 in our province smoke. The national average is 12%.

"Our youth smoking rates stick out like a sore thumb" said Donna Pasiechnik, manager of Tobacco Control for the Canadian Cancer Society.

The Lung Association of Saskatchewan is calling for more government investment in tobacco control. "If we are serious about tackling our high smoking rates, we need to invest in all areas of tobacco control, recommends Jennifer Miller, vice president of health promotion. Provincial revenue from tobacco taxes is expected to be \$247 million dollars and yet the government spends only less than one half of one percent (less than \$500,000) on tobacco reduction.

"We're anxious to work with Dustin Duncan, our Minister of Health, to develop strategies to reduce our high smoking rates and improve the health of all Saskatchewan residents", added Miller.

A ban on all flavoured tobacco products, including smokeless tobacco is also advocated. Flavoured tobacco, which makes tobacco taste better, can act as a starter product for children.

Classified Ads

- Humidaire 2i humidifier for a ResMed S-7 CPAP machine for sale. Call Gina in Saskatoon at 242-5737 after March 30. She will also throw in a free carrying case.
- ResMed H5i humidifier for an S-9 machine, along with chin strap, true blue nasal mask size petite and 'climate line' tubing for sale. Call Cindy in Tisdale at 873-4885.
- Evergo portable concentrator, about 4 years old, with instruction manual, asking a reasonable price. Call Cory in Saskatoon at 230-0059.
- Resmed 3i heated humidifier, rarely used, for sale. Call Ed in Regina Beach at 729-2775. He will deliver to Regina.
- ResMed 4i heated humidifier that will fit an S-8 machine for sale. Used a total of 10 times. Call Janice in Regina at 591-4193.
- Evergo portable concentrator - used only 60 hours - for sale. It comes complete with accessory bag, AC charger, DC charger, Airplane adapter, 2 batteries, and pull cart. Asking \$2500 OBO. Call David at 775-0850 or email at davidoffair@hotmail.com.
- Four Wheeled Mobility Scooter: This mobility scooter is in excellent condition and was used only once. Manual and charger is included and it is ready to roll. Asking \$1500 OBO. Call David in Regina at 775-0850 or email davidoffair@hotmail.com.

Saskatoon Sleep Apnea Support Group Meeting

Topic:

CPAP Mask Fitting

Guest Speaker:

Shawn Lawlor, RRT
ResMed

Wednesday

April 10

7:00 – 9:00 p.m.

Rependa Centre Auditorium
Saskatoon City Hospital
701 Queen Street
Saskatoon, SK

Please call Marion at the Lung Association for more information at 343-9511 or 1-888-566-LUNG

The Lung Association of Saskatchewan is not responsible for any product purchased through ads in the Breathe Newsletter.

If you would like an electronic version of this newsletter, please contact us at info@sk.lung.ca.

If you wish to make a donation to support our services, please call 1-888-566-LUNG (5864) or you can donate online at www.sk.lung.ca.

World Asthma Day is May 7, 2013.

Watch our website: www.sk.lung.ca for news and announcements.