

BREATHWORKS

COPD NEWSLETTER

Fall 2012

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COPD is the 4th
leading cause of
death in Canada.

Get ready for the 2012 Coast-2-Coast COPD Challenge! You can help raise COPD Awareness in Saskatchewan

Again this year, the Lung Association will be hosting the Team COPD Coast2Coast Challenge, a “virtual walk” held across Saskatchewan encouraging participants to collectively walk the highway kilometres from Gander, NF to Victoria, BC. Last year due to staffing issues we were unable to run this event, but we are back with a new website and online map. Along the way we will celebrate World COPD Day on November 14.

All Saskatchewan residents are invited to participate in the Coast2Coast Challenge for COPD and track their activities for three weeks from November 1-21.

Anyone can join this **free** event and any physical activity such as walking, jogging, swimming or biking can count towards the total distance tabulated on a virtual map that extends from coast to coast.

T-Shirts are available for \$15 and are part of the event to promote COPD awareness. If you are interested in participating in this event, would like some brochures or want to buy a T-shirt, please visit our website or give us a call.



www.coast2coast.sk.lung.ca
1-888-566-5864



*Most people don't take their
inhalers properly;
call our Helpline to learn if you are.*

1-888-566-5864

Does Vitamin D Help COPD?

Jaimie Peters – Saskatoon

Registered Nurse & Certified Respiratory Educator

Vitamin D helps the body use calcium and phosphorus to build and maintain bones and teeth. When our skin is exposed to the ultraviolet rays of sunshine, the cholesterol in the skin is converted to vitamin D. About 90% of our vitamin D comes from sunshine. Unfortunately, Canadian winter sunlight is too weak to make enough vitamin D. Very few common foods naturally have large amounts of vitamin D. In Canada, milk and other dairy products have vitamin D added. Fish such as salmon, tuna and sardines are natural sources of vitamin D.

Several studies have been done to understand if vitamin D has any impact on COPD. One study reported that COPD patients had an increased risk for vitamin D deficiency. Some of the risk factors for low vitamin D levels were obesity, current smoking, severe COPD and depression. Another recent small study reported that high-dose vitamin D supplements did not reduce the incidence of flare-ups. Only the participants in this study who had a severe vitamin D deficiency did have fewer flare-ups with Vitamin D supplements. Further research needs to be done to make specific recommendations.

What does this mean for you?

You may want to ask your doctor to have your vitamin D levels checked and how often this should be completed. Health Canada recently increased the daily recommended amount of vitamin D to 600 IU for adults up to the age of 70. Adults older than age 70 should receive 800 IU. They also recommend that daily vitamin D intake should not exceed 4000 IU, this includes your food intake and supplements.

For more information, please visit the Health Canada Website:

<http://www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php>

Lehouck A, Mathieu C, Carremans C, et al. High doses of vitamin D to reduce exacerbations in chronic obstructive pulmonary disease: a randomized trial. *Ann Intern Med.* 2012 Jan 17; 156(2):105-14.
Persson LJ, Aanerud M, Hiemstra PS, et al. Chronic obstructive pulmonary disease is associated with low levels of vitamin D. *PLoS One.* 2012;7(6).

Upcoming Support Group Meetings

Saskatoon Respirators

Every 1st & 3rd Wednesday of the month – 1:30 pm

Mayfair United Church – 902 33rd St. W.

Call Debbie @ 664-4992 for more information.



**COPD? Asthma? Sleep Apnea?
Quitting Smoking?
1-888-566-LUNG (5864)**

The Helpline is a free, confidential COPD information service provided by
The Lung Association.

The helpline is staffed by Saskatchewan health care professionals with special COPD training.

The Lung Association Welcomes Respirologist Dr. Shahbaz Sheikh to Regina!

"It is with great pleasure that the Lung Association family and our volunteer Board of Directors welcome respirologist, Dr. Shahbaz Sheikh to the Regina Qu'Appelle Health Region," says Dr. Brian Graham who is the Association's President and CEO. "In order for Saskatchewan residents to have the best lung health care possible it is necessary to have adequate numbers of health care professionals who are well trained in respiratory care. We are fortunate that Dr. Sheikh and his family are making their home in Regina," adds Dr. Graham.

Dr. Shahbaz Sheikh, educated in Pakistan and Ireland, will be the first new respirologist in Regina in over ten years. He is one of the few respirologists to be trained in a new procedure for improved staging of lung cancer. "I am passionate about lung health and the opportunity to work in the Regina Qu'Appelle Health Region," says Dr. Sheikh. "I look forward to meeting my colleagues from across Saskatchewan at the Respiratory Summit that is being hosted by the Lung Association in Saskatoon," he adds.



Dr. Brian Graham - Lung Association CEO; Dr. Darcy Marciniuk - Head of Respiratory Medicine, U of Sask; Dr. Shahbaz Sheikh; Dr. Ram Abdulla - Head of Medicine, Regina Qu'Appelle Health Region

More Respirologists needed in Southern Saskatchewan

There are currently more than 4 times as many respirologists in Saskatoon as there are in Regina, mainly because of the academic respiratory division at the province's medical school. The Lung Association has been active in promoting the need for more lung specialists in Regina and, in collaboration with RQHR, commissioned an external report on respiratory care in the health region. The report emphasized recruitment. Another new respirologist is expected to join the Regina team early next year.

Including Dr. Sheikh, there are 21 respirologists in the province and the majority of them were either recruited with a Lung Association Professorship, trained with Lung Association funding or trained by the University of Saskatchewan Respirology Division which receives Lung Association support. The Lung Association convenes meetings of the Saskatchewan Respirology Summit which provides a forum for all respirologists in the province to meet and establish provincial best practices and plans for respiratory care.

Saskatchewan Pulmonary Rehabilitation Programs by Health Region

Cypress

*Swift Current, Leader, Maple Creek,
Shaunavon*
778-9402

Five Hills

Moose Jaw
694-0201

Kelsey Trail

Melfort, Nipawin, Porcupine Plain
862-7248

Prairie North

North Battleford
446-6613

Meadow Lake
236-1579

Lloydminster
820-6262

Prince Albert-Parkland

Prince Albert
765-6590

Regina Qu'Appelle

Regina
Southland Mall
766-5125

Dr. Paul Schwann Centre
585-4004

Saskatoon

Humboldt
682-2603

Saskatoon
655-2480

Sun Country

Radville, Weyburn
455-2628

Sunrise

Yorkton
786-0768

Ask an Educator

Jaimie Peters – Saskatoon

Registered Nurse & Certified Respiratory Educator



I'm still confused about the difference between the cold and the flu? Can you explain this to me?

Influenza, or the flu is a common and highly contagious, respiratory disease that affects the nose, throat and lungs. Influenza viruses can change rapidly. That's why there is a new flu shot made every year to protect against the circulating virus strains.

A cold is a mild infection of the nose and throat caused by a variety of viruses. Although a cold might linger, the symptoms remain mild.

People with COPD are more likely to have complications or hospitalizations if they get the flu. This is why it is important to get the flu vaccine each season and to stay away from others who are sick. Remember, keep washing those hands!

Retrieved from: Your Seasonal Flu Guide. www.fightflu.ca August 30, 2012

Symptoms	Cold	Flu
Onset	Gradually gets worse over a few days	Comes on quickly and severely
Cough	Common but mild	Almost always & severe
Fever	Rare	Almost always
Runny nose, sore throat, no appetite	Common	Common
Aches and pains	Slight	Common
Headache, fatigue	Rare	Common
Nausea, vomiting, diarrhea	Rare	Sometimes

Attention Sask COPD Patients!

Free Learning Series

The Lung Association is proud to present COPD Telehealth video presentations for patients & families across the province:

Date: Tuesday, October 16 at 2:30 pm

Speakers: Trent Litzenberger, PT & Marion Laroque, RT
Certified Respiratory Educators

Topic: Oxygen & Breathing Technique

Date: Tuesday, November 20 at 2:30 pm

Speaker: Karen Davis, Dietician &
Certified Respiratory Educator

Topic: COPD & Nutrition

Please contact the Lung Association for more information about a broadcast site near you.

1-888-566-5864



Starting 2013, the Lung Association will be combining all of our newsletters to one main Lung Newsletter. Please watch for our new newsletter sometime in January.

Lung Association of Saskatchewan, 1231 8th Street East, Saskatoon, SK S7H 0S5

1-888-566-5864 www.sk.lung.ca