

Breathe

THE  LUNG ASSOCIATION™
Saskatchewan



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

February 2013

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



Laff Lines...

What's the best way to make a small fortune in the stock market?

Start off with a big one!

The Lung Association is pleased to present the first edition of the *Breathe* newsletter. If you have lungs, this newsletter is for you. The purpose of this newsletter is to bring the latest lung health news, events and information to Saskatchewan residents.



Within any circle of family, friends, or work colleagues, you can put a face to lung disease since one out of every three people in our province will be affected by lung disease at some point in their lives. Thank you for subscribing to our newsletter.

COPD Facts

- ✓ COPD (chronic obstructive pulmonary disease) is the new name for chronic bronchitis and emphysema.
- ✓ 772,200 Canadians aged 35 and older reported being diagnosed with COPD.
- ✓ It is estimated that 750,000 Canadians have COPD, but are not yet diagnosed.
- ✓ COPD is the 4th leading cause of death in Canada.
- ✓ More Canadians die of COPD than accidents, diabetes, suicide, Alzheimer's, flu and kidney disease.
- ✓ Lung Attacks – a flare up of COPD symptoms - are the number one cause of hospital admissions.
- ✓ The cost of COPD hospital admissions is conservatively estimated at 1.5 billion per year.
- ✓ 1 in 7 people with COPD report they have stopped working permanently.

Queen Elizabeth II Diamond Jubilee Medal Awards

At a recent luncheon ceremony held in Regina, Mrs. Marilyn Reddy, past Chairperson of the Board of Directors for the Lung Association of Saskatchewan, presented commemorative Queen Elizabeth II Diamond Jubilee medals to Dr. Brian Graham, President and CEO of the Lung Association of Saskatchewan and Mr. Jim Burnett, a long time Board Member of the Association.



For over 25 years with the Lung Association, Brian Graham has dedicated his life's work to improving lung health in Canada. He has repeatedly demonstrated extraordinary leadership provincially, nationally and internationally in his work, most notably in the areas of pulmonary function and tuberculosis. "There is no employee in the history of the Lung Association, provincially or nationally, with the corporate history, depth of knowledge regarding the activities of the Lung Association, nor the commitment to lung health as Dr. Graham," stated Reddy.

Mr. Jim Burnett has held numerous volunteer positions for both the Canadian Lung Association and the Lung Association of Saskatchewan for over 31 years. Jim Burnett has served as a Board Chair at the provincial and national levels. Currently he is the Board Chair of the Lung Foundation of Saskatchewan. "While my scope of community service extends beyond the Lung Association, I am very proud of the accomplishments of the Lung Association and I am honoured to contribute to this dynamic organization," explained Mr. Burnett.

Tuberculosis (TB) in Saskatchewan

The Lung Association originally began in 1911 as the Saskatchewan Anti-Tuberculosis League making it Saskatchewan's oldest health charity. The League was responsible for the diagnosis, treatment and prevention of TB until 1987.

There were 81 new cases of TB reported in Saskatchewan in 2009, the last year that data is available. However, TB rates in some northern Saskatchewan communities are 60 to 100 times higher than the rest of the province. The increasing HIV infection rate in Saskatchewan is resulting in people with both TB and HIV. This makes TB much more difficult to treat and often deadly. The Lung Association appeared before the House of Commons Standing Committee on Health in April 2010 with concerns about TB in First Nations, Métis and Inuit people.

Asthma Action Plans

For over 10 years written asthma action plans have been recommended for all people with asthma. A recent study published in *CHEST* found that only 48% of women with asthma had an asthma action plan. The researchers concluded that the women without a plan were less likely to take medication as prescribed, and were also less satisfied with their care.

What is an asthma action plan?

An asthma action plan is a form that is filled out by the physician. It is then discussed with the patient and given to them. The asthma action plan tells the patient:

- What symptoms to watch for
- What the symptoms mean
- How to adjust medication according to symptoms
- When to call the doctor or 911

Patients are encouraged to ask their doctor for an asthma action plan. It is also very helpful to talk to a certified asthma educator or a certified respiratory educator for advice on using the action plan. To find an educator in your area check the Lung Association of Saskatchewan web site under “Finding answers about your lung disease”.

A sample action plan can be found on the Lung Association web site at:

http://www.lung.ca/diseases-maladies/asthma-asthme/treatment-traitement/index_e.php

Zumbathon® for Asthma - January 20, 2013

ZUMBATHON® for Asthma

THE LUNG ASSOCIATION™
Saskatchewan

Featuring:
Fitness with Kelly!

All proceeds go to
The Lung Association

Sunday, January 20, 2013
Cosmo Civic Centre,
Saskatoon, SK
Registration: 1:30pm
Zumbathon®: 2:30pm

Tickets:
In advance: **\$15**
At the door: **\$20**
www.picatic.com/zumbathon4asthma
1-888-568-LUNG

Live.
Breathe
Zumba®

For more information: <http://www.picatic.com/zumbathon4asthma>

Thank you to our sponsors: Blue Cross, Fitness with Kelly!, Mister Print, Printwest, and Grainfields.

Highlights from the Sleep Apnea Support Group Meetings

On a very snowy night in November, Amanda Wenger gave an interesting talk on stroke, stroke prevention and sleep apnea. Amanda is a nurse working at the Stroke Prevention and Management Unit located at Regina General Hospital. She is very passionate about making people aware of the signs of stroke. Amanda encouraged everyone to remember to call 911 whenever someone suffers any of the warning signs of stroke.

The 5 warning signs of stroke are: sudden weakness, sudden trouble speaking, sudden vision problems, sudden headache or sudden dizziness. There are treatments available if a stroke is caught quickly. We were all encouraged to remember that 'time is brain'.

Marion Laroque spoke to the group in Saskatoon about Complex Sleep Apnea. She will be talking about the same subject at the February support group meeting in Regina.

Regina Sleep Apnea Support Group Meeting

Topic:

Complex Sleep Apnea

Guest Speaker:

Marion Laroque, RRT

Wednesday

February 20

7:00 – 9:00 p.m.

Southland Mall

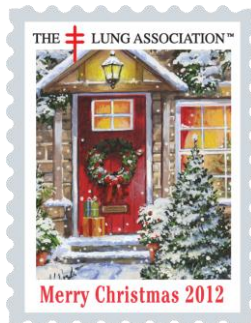
Pulmonary Rehab Room

(across from Safeway)

Regina, SK

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

Thank you for Supporting Christmas Seals



Long after we herald in the New Year, the Lung Association continues to receive donations from our annual Christmas Seals Campaign and we appreciate that! Thank you so very much for supporting the Christmas Seals Campaign which is a signature fund raiser for Lung Associations across our great nation.

In 1903 when a humble postmaster, Einar Holboell, in Copenhagen, Denmark came up with the brilliant idea to sell decorative stamps to make money in the crusade against tuberculosis, little did he realize that a little paper stamp would help save lives and impact lung disease around the world and for generations to come. Today Christmas Seals proceeds have the same far reaching impact for the residents in your community with lung diseases such as lung cancer, asthma and COPD (chronic obstructive lung disease).

The Truth about Smoking and Stress

Some people describe smoking as a way to cope with their stress. They feel as though smoking relaxes them. However, this is a common misconception about tobacco use. It is more likely that the body is experiencing withdrawal symptoms and by smoking people are alleviating the nicotine withdrawal for only a short period of time until the nicotine wears off again. This often leads to a vicious cycle of addiction and as a result leads to more stress.



What is Stress?

Stress is defined as any factor that threatens the health of the body or has an adverse effect on its functioning, such as injury, disease or worry.

Having a better understanding of what stress is, how it affects us, and healthy ways to manage stress can assist in not only quitting tobacco, but also in dealing with other stressful situations.

People are affected differently by stress and as a result have various symptoms. It is important to recognize how you react to stress while learning coping skills that work best for you.

Some symptoms of stress can include:

- Anxiety
- Insomnia
- Indigestion
- Tiredness
- Chronic depression
- Upset stomach
- Low self-image
- Increased heart rate
- Procrastination
- Body aches

In addition to recognizing symptoms of stress it is also important to know some positive and healthy ways to manage stress.

Some positive and healthy tips for you to manage stress include:

- Talk about it. Talk about how you are feeling and what you can do to manage stress.
- Do something that is healthy. (e.g., go for a walk)
- Use your imagination. (e.g., picture yourself in a place that makes you smile)
- Use humour - learn to laugh at yourself.
- Listen to music that either relaxes you, or makes you want to get up and dance.
- Practise deep breathing.
- Be physically active. (e.g., exercise)
- Eat a healthy diet. (e.g., eat plenty of fruits and vegetables and drink plenty of water)

Coast2Coast Challenge

Participation in this year's [Team COPD Coast2Coast Challenge](#) was a huge success. The energy, contribution, and enthusiasm brought to this year's activities were outstanding. Our pulmonary rehabilitation members with Chronic Obstructive Pulmonary Disease (COPD) and the support from their families was displayed through energetic activities such as Zumba®, Crossfit, Ultimate Frisbee, along with the regular rehabilitation program activities of house cleaning, stretching, weightlifting, walking, biking and cardio workouts.

When all the distances and activities were totalled, Team COPD had racked up an impressive total of 8832 kilometers. This translates into a highway distance measuring from St. John's, NL extending all the way to Victoria, BC and then back again from Victoria, BC to Calgary, AB. This year's team from Saskatchewan consisted of community members, participants from pulmonary rehabilitation programs located in Lloydminster, Meadow Lake, Moose Jaw, Prince Albert, Regina, Swift Current, and Saskatoon, as well as family members and other supporters. For more information about COPD's total distance covered, please visit <http://coast2coast.sk.lung.ca/summary.php>.

Thank you to local coordinators who took the time and logged in their participants activities. Many thanks to Vitalaire who contributed pedometers for our participants to use to track the steps they took while keeping active.

And most importantly, we gratefully acknowledge the contribution made by our people suffering from COPD. Even though they are breathless, they are not powerless!

Please visit the [website](#) to view the map and pictures taken throughout the challenge. We will be taking suggestions about this year's new website and making changes on it next year! Please also view the new [Lung Association COPD Infographic](#) that shows how deadly, costly and disruptive COPD is to those who suffer from it.

Edie & Dorothy participated in the Coast2Coast Challenge by walking on the treadmill at the Regina Pulmonary Rehab program.



Dr. Darcy Marciniuk is the first Canadian President of the American College of Chest Physicians

Dr. Darcy Marciniuk was installed in October, 2012, as the President of the American College of Chest Physicians (ACCP) at the annual CHEST Conference held in Atlanta, GA. This marks the first time in the 77-year history of this prestigious organisation that a non-American has been named as the President.



Dr. Marciniuk is the Head of the Division of Respiriology Critical Care and Sleep Medicine, Department of Medicine, University of Saskatchewan in Saskatoon. He was raised in Hafford, SK and obtained his MD from the University of Saskatchewan. He then completed internal medicine training at the University of Western Ontario and respiratory training at the University of Manitoba. He returned to Saskatchewan in 1990 to join the Respiratory Division. He became Head of the Division in 2006.

“The Lung Association is very proud of Dr. Marciniuk’s amazing achievements,” said Dr. Brian Graham, CEO, Lung Association of Saskatchewan. “In 1990, he was first recruited to Saskatchewan through a Lung Association Professorship. In 2003, the Lung Association initiated a COPD Professorship and research grant that was a key factor in retaining Dr. Marciniuk in Saskatchewan since he is in high demand by other universities,” added Dr. Graham.

New Research - The ‘Elbow Sign’

Saskatchewan Researcher Dr. Mark Fenton, along with eight fellow researchers from the University of Saskatchewan recently presented a poster at the annual CHEST conference in Atlanta. Their research was focussed on finding a simple questionnaire to predict the diagnosis of obstructive sleep apnea.

The questionnaire had two questions:

1. Does your bed-partner ever poke or elbow you because you are snoring?
2. Does your bed-partner ever poke or elbow you because you have stopped breathing?

A total of 124 patients completed the questionnaire. Each patient then had an overnight sleep test at the Sleep Disorders Centre at City Hospital in Saskatoon. Answering ‘yes’ to the questions predicted obstructive sleep apnea 90% of the time.

Dr. Fenton concluded that a simple ‘elbow sign’ questionnaire is enough to help physicians predict obstructive sleep apnea in their patients. This presentation was voted one of the top five at the conference.

Classified Ads

- ResMed H2i humidifier for S7 CPAP machine for sale. Call Fred in Saskatoon at 242-2103.
- Two Phillips Respironics True Blue masks and headgear medium size-*never used!* Call Lucy in Saskatoon at 382-3207. She is asking \$110.00.
- Comfort Gel full face mask and Humidaire 2i humidifier for sale. Interested? Call Richard in Pierceland at 839-2210.
- Resmed 5i humidifier for sale – this will fit the Resmed S9 CPAP machine. Brand new only used 2 weeks. Call Don in Lloydminster at 780-872-6885.
- ResMed 3i humidifier – this fits the S8 CPAP machine, 2 Mirage Micro II nasal masks and various other CPAP supplies. Contact Carol in Assiniboia at 642-3262.
- Mirage Full face mask size medium, a Mirage Nasal mask size medium and a Mirage Swift II nasal pillow, all in good shape. Please call Ken in Moosomin at 435-3039.
- AirSep Visionaire oxygen concentrator, used only a few months, for sale. This concentrator will provide continuous oxygen, and the machine runs very quietly. If you have a need for an oxygen concentrator, call Jim in Rosetown at 882-3163. He is willing to deliver to Saskatoon.
- ResMed Sullivan Humidaire heated humidifier in great condition for sale. Asking \$150.00 or best offer. Please contact Robert in Regina at 565-2579. He can also be reached by email at viking7_2008@yahoo.ca.

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

Saskatoon Sleep Apnea Support Group Meeting

Topic:

Nutrition and Healthy Eating

Guest Speaker:

Denise Henry
Certified Nutritionist

Wednesday

February 13

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

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.

**National Non-Smoking Week
January 20-26, 2013**

*Live, work, play...even better
smoke-free!*