November 19, 2008, marked our first “event” initiative; the “Lungevity Walk”. Our objective was to raise awareness for COPD, set personal goals and raise money for ongoing support and education for all those living with the 4th leading cause of death in the world.

To the right, our President Jackie Whitaker, hubby Dave and son Ben who flew from Georgia to Nova Scotia to walk with his Mom on her Lungevity Walk. Jackie’s goal was 5 miles and this picture [Jackie’s the one with the Mickey Mouse ears, one of her many hats!!] shows the “high fives”.

Quote from Jackie on our message board [see our website where we threw her a “virtual” 5 mile Party!!]

“I want to tell you all something......as soon as we got home I had Dave look up exactly what was happening to me on this day last year. I was still in ICU though they had removed the vent the day before. On Nov 19th I went into resp failure again, had another AECOPD and the vent was put back in. Another infection followed. When I think about how far I’ve come since getting out on Christmas Eve and how grateful I am for all of you and how you helped DRay through; some even well beyond .... I well up with tears. Now this party! I also have every card, every post, every letter/e/well wish you ever sent through that dark time. I’ll never be able to express what it meant and means to me........”

In a nutshell folks this is a big part of what COPD Canada Patient Network is all about. A big, extended caring “family” who supports one another through the bad times and celebrates the good ones.

Way to go Jackie!!

On the West Coast, Chris Wigley’s team of ladies walked 10K through the downtown streets of Lake Cowichan with their trusty canine pets setting the pace. Chris set his own pace and walked 5.6 K [his own personal best this year.]

“One of the side benefits for the walk was the number of people who stopped us and wanted to know what COPD is and what our organization is all about. A great way to get the message out and for others to learn. Our local “Curves” club was most supportive and had made a lovely poster for us outside their businness.” said Gwen who “spearheaded” the walk in Lake Cowichan. See poster next page!

Jackie, Dave and Ben

Gillian, Brianne, Gwen, Sherry & furry friends

Photo Courtesy of the Lake Cowichan Gazette
Arlene aka “Muffin”

“On World COPD day I walked 5.94 miles in just over 2hrs [a personal best for me]. Two years ago I was sent home with the thought that I was dying. I showed them I was too stubborn to accept that! At the time I couldn't even walk to the bathroom alone.

After going to rehab in March 2007, having LVRS in December, I started walking a little more each day and using weights. I can now do a lot more than I could before!

I am a 64 year old mother of 2, grandmother of 5 and great grandmother of 3, was in foster care for nearly 25 years. My only foster daughter now is in college. I love life and live life to the fullest of my capabilities.

Would I like to save the world from this dreaded disease? Absolutely, however I know that is not going to happen. Therefore, anything I can do to help raise awareness of this disease or funds for curing or advancing treatment etc. in any way, I am willing to give it a try.

Keep up the good work Arlene. Attitude and determination are half the battle with this disease!

Bobbi aka “Bobbioh”

“I'm 47 and have advanced COPD. I am married; husband is Don and I have three daughters and 3 grandchildren.

I was diagnosed two years ago and have been on disability for one year. I am also “smoke free” for three years.

I exercise to try to maintain lung volume and to build strength and endurance. At times I do wear O2 when exercising, it just depends on my sats for the day and I use O2 at night when I sleep.”

Bobbi also looks after grandson “Poo” which is probably more exercise than most of us need!!

Virginia

“I walked in our oldest park, just beautiful. I went in the morning to walk for Jackie and my hubby walked with me, about a half mile. Sometimes I can walk further and longer ... but forgot to take the camera so we went back (about 5 minutes ride) I was going to walk again but that time forgot my oxygen!! Anyway, I just walked a few minutes more for Doug to take a picture...I know that is not much but I can't always walk a long way...”

Well done Virginia ... it’s not how far that matters but you did it!! Keep on doing it.

Our Local “Curves”

in Lake Cowichan.

They were cheering us on each of the four times we walked by!

Check Out Member Shelley Mycan’s “Awesome” World COPD Day Radio Interview

Bottom Right of the Front Page  www.copdcanada.ca
George P Burnham said: "The words “I can't", never accomplished anything. But on the other hand, “I'll try", has accomplished wonders!" I see that every day in the struggle my rehab patients contend with. What delights me is to see them realize that they CAN do it. ("It" being just about anything they set their minds to do.) I have seen this in thousands of patients for twenty years now and even many more before that (I started my program almost 20 years ago.)

COPD is a disease where YOU have to 'take charge' and pay attention. You can do amazing things when you do. If you try to avoid the negative stuff thinking it will spare your feelings or anxiety, you find out after a while that not only does that not work, as it all catches up to you and hits you like a brick wall, but it doesn't help in the meantime because so much of what makes you anxious is due to lack of knowledge and understanding.

So consider learning more, rather than ignoring more, please. You'll be all the better for it.

Question:
Am I crazy or what? I prefer not to know the FEV-1 and other test results. Seems like they would just make me more anxious ( already on meds for that) and more self engrossed with my disease. Any feed back will be appreciated.

Answer:
You can tell a lot about your lung disease to a knowledgeable health care professional by telling them what your FEV-1 is. Refusing to at least know what your number(s) is(are) is like playing Ostrich. (You know what I mean.) I can understand your concern about worrying over what your numbers are. The fact is that no matter what your FEV-1 is, you should NOT let it upset you (as many do, ) as it reflects ONLY how well - - - or badly - - - you "move air" into and out from your lungs.

What your FEV-1 tells you is NOT "what" you can do. It tells you how much difficulty you have doing what you do. Understanding that simple fact can go a long way in helping you to realize that; YES, life is a struggle when you have to breathe while you are moving about. BUT,
Laughter the Very Best Medicine!

MAN, I HATE LAST MINUTE GIFT SHOPPING! I'LL JUST GRAB THIS FOR JUNIOR AND BE DONE...

THE DAY THE ENERGIZER BUNNY'S DAD WOULD LIVE TO REGRET...

GUYS! DID YOU GET YOUR GAL A LAST-MINUTE GIFT? FORGET TO WRAP IT?

HERE'S THE WRAPPING PAPER YOU NEED! (Cut Out And... Copy As Needed)
Visits with the doctor and certain treatments are essential to maintaining overall health. Encourage your loved one to take the lead in his or her health care. Then be there to provide support as needed. Work together with the healthcare team to make sure all appointments are kept and treatment instructions are followed.

**The Healthcare Team:**
Many healthcare professionals can be involved in treating chronic lung disease. Get to know these people. That way, you can be more comfortable asking questions and getting information.

* A **respirologist** offers specialized knowledge about lung problems. He or she may work with a primary care doctor to guide the treatment plan.

* A **respiratory therapist** evaluates breathing skills and teaches breathing techniques to improve symptoms.

* A **physical therapist** teaches energy saving techniques and oversees exercise and physical activity.

* **Nurses** assist with all types of care and can help answer questions and implement treatment plans.

* A **social worker** or **case manager** helps with paperwork, answers questions about healthcare issues, and provides referrals to needed services.

* A **pharmacist** fills prescriptions and provides information about medications and how to take them safely.

* A **representative from a home health - care company** helps with equipment needed for treatment, such as oxygen. He or she can set up and demonstrate how to use the equipment.

**Visits to the Doctor:**
Attend visits to the doctor as a team. To make the most of those visits, work together to:

* Keep a file for medical records. Include lists of medications and allergies, and medical history. Bring the file with you to the doctor’s office.

* Keep track of any changes in symptoms, diet, and physical activity. Mention any possible illnesses to the doctor.

* Prepare a list of questions and concerns. Make sure these are addressed before leaving the doctor’s office.

* Have a notepad ready to take down any instructions from the doctor.

**Common Treatments:**
As a caregiver, try to understand treatments so you can help support good care habits. Here are some common treatments:

* **Medications** help manage symptoms of chronic lung disease. Learn the names of any medications prescribed, the dosage, how they work, and when to take them. Some medications require a special device, such as an inhaler or nebulizer. Know how to use these devices safely and effectively.

* **Oxygen therapy** improves breathing and enables the patient to exercise more easily. Exercise is critical in maintaining as healthy a body as possible for those with lung problems. If oxygen is prescribed, help make sure all safety guidelines are followed.

**When to Call the Doctor:**
Prepare an action plan with your doctor and your loved one for when to call the doctor. Have emergency telephone numbers ready. Following are signs that there may be a problem:

* Increased shortness of breath, wheezing, or coughing.

* Mucus that has increased in amount, has changed colour, or is bloody.

* Tightness in the chest that won’t go away.

* A fever or chills.

* Increased fatigue.
Seasonal Hints From Ellen

Winter Tips

Be prepared for the unexpected emergency...always carry a First Aid kit, map, ice scraper, snow brush, matches, candles, flashlight, warning triangles, flares, tow and battery jumping cables, folding shovel, a bag of sand, a blanket, winter gloves, cell phone if you have one, and an emergency HELP sign that you can put in the back window if you need help.

* Make sure your windshield wipers are in good shape. Winter wipers--with the rubber coverings that keep ice from collecting on the blade--have become very popular. They're great in the winter, but make sure you take them off in the spring. Winter wipers are heavy, and if you use them all summer, you'll eventually wear out the wiper motor.

* Check windshield washer fluid level. On a snowy or messy day, you can easily go through two or three litres of fluid trying to keep your windshield clear. For that reason, it's also a good idea to keep some extra fluid in the trunk in case you run out. And make sure you get the good stuff--stay away from the half-frozen bottles outside your local gas station! Even though it may say "Good to Minus 30!" some of these cheap blue fluids freeze around zero degrees. If you live in a very cold area, you also may need to supplement your windshield washer fluid with some concentrate.

* Check engine oil, especially before long trips. Note that cars use more oil in the winter and as such check the oil level more often than you do in the summer. Use winter weight oil (5W-30).

* Keep battery terminals clean, tight, free of corrosion and dry.

* Add gas line anti-freeze to the fuel-tank when refueling in extremely cold weather.

* Install snow tires. In fact if you are in Quebec you must have snow tires on all four wheels if you are a resident. Never mix radial tires with other tire types.

* Load roof rack according to manufacturer's specifications.

Get ready for harsh winter driving weather:

* Keep gas tank over half full. In the winter, if you do get stuck or stranded, the engine or your candles will be your only source of heat. And you don't want to have to worry about conserving fuel and saving the planet right at that moment...you want to stay warm. [And make sure you keep a window open a crack if you're sitting there with the engine running.]

* Keep all your car's windows, mirrors and lights clear of snow and ice.

* Always keep the air intake grill free of snow and ice.

* A blanket is a good idea--just in case. If you have any winter clothes you don't wear anymore, especially an old pair of boots, throw them in the trunk, too.

* Clear off the entire car, not just a little peephole in the windshield. First of all, you need just as much, if not more, visibility in poor conditions, because you have to keep your eye peeled for every other "knucklehead" on the road. Make sure every glass surface is clear and transparent by using a snow brush and/or ice scraper. Your side view mirrors and all lights should be brushed and cleared as well.

* The other reason for a full tank is that warm daytime temperatures will fill the empty space in the tank with moisture, which will condense during the cold night. This water will sink to the bottom and, sooner or later, rust out your tank.

* Keep battery terminals clean, tight, free of corrosion and dry.

* Check tire pressure, tire condition, and spare tire pressure regularly. Tires lose on the average 1 pound per month through normal leakage. If you are driving on all weather tires... reduce the tire pressure by 2 psi during the winter months... this will provide a little extra traction and reduce stopping distance.... but it will also lower your miles per gal on your car's performance.

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Seasonal Hints From Ellen Ctd.

*Have a mechanic check the battery, charging system and belts. If you find that you need a new battery, get the biggest, meanest, ugliest battery that will fit in your car. Two things to remember about batteries: First, the battery that started your car easily in the summer may not have enough [oomph] to do it in winter, when the oil isn't as "fluid" as it was last July. Secondly, batteries lose power as the temperature drops.

Not only do you need MORE power to start the car in winter, you also get LESS power from the same battery.

* Check coolant level. Make certain the antifreeze will protect your car from the winter temperatures you'll experience in your area. In the Ottawa region it can get down to as low as -45 degrees F.

Healthy Eating Even At Christmas!!

Turkey Roast With Cranberry Rhubarb Sauce

*Enough white meat for everyone. Less roasting time than a whole bird.*

Stir in Cointreau.

Place Turkey in ungreased 3 quart casserole dish. Spread 1/2 cup of sauce over top. Roast covered, for 40 to 50 minutes, basting with pan juices at half time. Insert meat thermometer. It should register 170 F [75 C]. Scrape off and discard rhubarb and cranberry coating from roast. Discard basting juices. Slice turkey and serve with remaining 2 cups of sauce. Serves 8.

1 serving: 295 calories; 47 g. Protien; 1.4 g Total Fat 0.4g Sat, 93 mg Sodium, 3 g Dietary Fibre.

Cranberry Rhubarb Sauce

Chopped Rhubarb, fresh or frozen 2 cups
Cranberries, fresh or frozen 2 cups
Granulated sugar 1/2 cup
Cinnamon stick, 4 inches long 1
Juice and grated peel of 1 orange
Cointreau or other orange liquor 2 tbsp.

Turkey Breast Roast, boned and tied. 3 1/2 lbs.

Cranberry Rhubarb Sause: Combine rhubarb and cranberries with sugar, cinnamon, orange juice and peel in medium saucepan. Bring to a boil. Reduce heat immediately. Cover and simmer for 6 minutes until cranberries start to burst. Remove from heat. Cool slightly. Remove cinnamon stick.
On Monday November 17th I attended the last meeting of the interim steering committee of the Canadian Lung Health Framework representing COPD Canada Patient Network. Not that the Lung Health Framework is complete, it is simply that the process now moves forward to the next phase. The work to date is now available on the Lung Association website at

http://www.lung.ca/about-propos/framework-cadre_e.php. There are a lot of wordy documents there that have taken a lot of hammering out, but the most descriptive of the results to date show in an "overview" document at:

http://www.lung.ca/_resources/NLHF_Interventions_Activities_Set_E_V5.pdf 

As we move forward, now as a Steering Committee (no longer interim!) with working groups to populate and prioritize the four main areas (I will summarize as "health promotion and disease prevention", "disease detection and management", "policy, partnerships and community/systems support" and "research and implementation of new knowledge") with specific implementations either already happening or now identified as necessary. I have volunteered to work on working groups in the second and third of these areas.

Prime Minister Harper announced in the Conservative Election Platform an initial funding investment of $10 million over two years to begin implementing the National Lung Health Framework.

The Steering Committee is working to develop a process for reviewing and recommending grant applications for the areas specifically outlined as priorities for this seed funding. Obviously, eventually, much more than this will be needed to implement the Framework but we hope that we will still be able to start down that road in spite of the "worldwide financial meltdown".

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Current Discounts For Our Members

Special Pricing for COPD Canada Patient Network Members from:

Jameson Medical, Inc.
Oxygen Concentrators, Summit Stairlift, Quick Test Liter Meters.....Excellent Prices!

www.jamesonmedical.com/COPD-CA.htm

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Substantial Discount
gelFAST hand hygiene from Medonyx

www.medonyx.com

10% OFF
Oxyview Frames

www.oxyview.com

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Rose’s Home

Medical Specialty’s
Rose’s offers our members 10% off such items as Acapella Vibratory PEP Therapy System.

Check her store on the link from our website and then contact her at rosem@rmosmedspec.com.

On larger ticket items ask for a quote.
"Join MedEffect e-Notice," a free service to stay on top of advisories, warnings and recalls for health products that Canadians use every day, such as pain relievers, cold medicines, prescription drugs and natural health products.

Consumers, patients and caregivers, as well as health professionals, can subscribe to MedEffect e-Notice. You will receive the latest health product alerts right in your e-mail inbox as they are issued by Health Canada. These alerts are an important source of information regarding the post-market safety and effectiveness of health products. We encourage you to share this address with your colleagues.

As part of your MedEffect e-Notice subscription, you will also receive the Canadian Adverse Reaction Newsletter (CARN), Health Canada's quarterly publication with articles about specific products, reported side effects and annual adverse reaction statistics.


How to Keep Your New Year’s Resolutions

By Bob Strauss

It’s a stark irony of the Western calendar that the odometer turns over smack dab in the middle of winter—the one time of the year when most people can’t rouse themselves to clean their bathrooms, much less make an ambitious, life-changing, behavioral U-turn. If you’re the type who likes to ring in the New Year with an engraved list of resolutions, read on for hints about how best to keep them.

Step 1
Aim low. It goes without saying that most New Year’s resolutions are easier announced (or written) than done—but if you set the bar too high, you’re doomed from the start. Instead of a sweeping declaration like “I will lose 30 pounds by April and finally fit into that dress,” target a goal that’s more attainable, like losing 10 or 15 pounds.

Step 2
Don’t overload yourself. It’s difficult enough for the average person to follow through on one ambitious New Year’s resolution; why on earth would you saddle yourself with three or four? Choose the most pressing issue at hand—losing weight, finding a girlfriend, improving your relationship with your parents—and concentrate on that. Trying to do everything simultaneously practically guarantees failure across the board.

Step 3
Tell everyone you know. One school of thought says that New Year’s resolutions are best kept to oneself, but look at it this way: the more people to whom you announce your resolution (say, to get out of your dead-end job by spring), the more people there’ll be to prod you along if you fall behind. There’s no shame in seeking help if you can’t accomplish your resolution on your own.

Step 4
Reward yourself. Following through on a New Year’s resolution is rarely easy, so a little Pavlovian conditioning goes a long way. If you’ve resolved to shop less, stroke yourself for not buying those shoes by springing for a steaming hot cappuccino at the mall. If you’ve resolved to be nicer to people, buy yourself a nice jacket after enduring that tedious cocktail party without delivering any insults.

Step 5
Wait until spring. Sometimes the best way to accomplish a New Year’s resolution is to make it at a time of year of your choosing, rather than the one dictated by the calendar. May 1 is a good alternate date, since the change of season will neatly coincide with the change you’re hoping to accomplish in yourself.
Well folks, Tis the Season and we wish you and your families all the very best for Christmas and the New Year.

This is our 4th edition of the Newsletter and we hope that you have found some articles and tips of help and interest. As always we welcome your comments and suggestions. This has been a busy year for COPD Canada Patient Network, with many “firsts” for our organization. We have been able to produce and circulate self-help DVD’s to most of the Regional Libraries across Canada. Distributed lots of pamphlets to Doctor’s offices, pharmacies, and hospitals and seen some support groups started up. We have also successfully launched our first Annual Lungevity Walk. We owe a huge vote of thanks to our President Jackie Whitaker who works tirelessly on everyones behalf all year.

This is YOUR newsletter.

email all suggestions or comments to: gwen@copdcanada.ca

Sincerely,

Gwen