



# News & Views

November 2012

[www.copdcanada.ca](http://www.copdcanada.ca)

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## In and Around Our World “World COPD Day”

**World COPD Day** is an annual event, organized by the [Global Initiative for Chronic Obstructive Lung Disease \(GOLD\)](http://www.goldcopd.org), to improve awareness and care of chronic obstructive pulmonary disease (COPD) around the world. **World COPD Day 2012** will take place on **November 14** around the theme “**It’s Not Too Late.**” This positive message was chosen to emphasize the meaningful actions people can take to improve their respiratory health, at any stage before or after a COPD diagnosis.



Each year **GOLD** chooses a theme and coordinates preparation and distribution of World COPD Day materials and resources. [World COPD Day activities are organized in each country](#) by health care professionals, educators, and members of the public who want to help reduce the burden of COPD.

The first World COPD Day was held in 2002. Each year organizers in more than 50 countries worldwide have carried out activities, making the day one of the world's most important COPD awareness and education events.

While GOLD’s international materials will emphasize the broad slogan “It’s Not Too Late,” we also expect that individual activity organizers will adapt the slogan in various ways to target specific messages to their audiences. For example--

**For people with symptoms who have not been diagnosed:**  
If you’re short of breath, it’s not too late to ask your doctor about spirometry.

**For patients with COPD:**  
If you have COPD, it’s not too late to live an active life.

**For doctors:**  
If you care for people with COPD, it’s not too late to help your patients breathe better.

*Editor’s Notes: Our goal for this year was, with the help of our members letter writing campaign, to try to get more Canadian Provinces to recognize World COPD Day.. We are not at full compliment yet but thanks to the efforts of many of our Members and the Letter Writing Campaign we have been able to add **British Columbia** and the **Yukon** to our list. Many thanks to the special efforts of **Ann in BC** and **Deborah in the Yukon**, above and beyond ladies!! Just goes to show the difference each “one” person can make.*

**Provinces who have recognized World COPD Day:**  
**Quebec, Manitoba, Nova Scotia, Prince Edward Island, Saskatchewan, Yukon, British Columbia**

**Together We Can !!**

## *“SING THE PRAISES OF YOUR CAREGIVER”*

*And The Winner's Are!!!! It's a Tie!!!!*



### **“Sue Baran”**

My main caregiver happens to be my husband, Mert, and I will never be able to express how much he means to me, or how much I truly appreciate him.

He's always thinking ahead for me. He watches and sees what would make my life easier and surprises me with solutions to problems I had never even recognized as problems. I have learned to respect this man for his great heart. He doesn't give up and he for sure doesn't let me give up.

Since I was diagnosed in 1986 with a serious disability, Mert hasn't let me just sit back and cry about it. He has always been encouraging and even helped me go back to work for a short time. He showed me it was better to try than to never give myself a chance to succeed. Without him I never would have discovered what my place on earth was meant to be. I loved the job and because of Mert I felt a sense of accomplishment that I never would have had without him.

Mert's a positive thinker...the glass half full kind of guy. He's tender yet strong, watching out for me but pointing out where I could do better for myself. On days when I'm low, or just because he wants to do something nice for me, he'll surprise me with a favorite dinner. and even do cleanup. Every night we sit and play cards together. We talk and laugh and no one looking from a distance would guess that he is the well one and I am the sick one. For that while we are the same.

Mert was just asked tonight by a nephew to explain the secret to still being in love after all these years and through all my health issues. At first he joked: two tv's in two different rooms! Then he got serious. He told him that both people have to want it, it can't be one sided, takes two. What really sur-

prised me was what he said next: you each have to need something from the other that you can't live without. I couldn't imagine what I had to give him that he couldn't live without, so later I asked him. He said that throughout most of the years I had been the one to do most of the giving, and now it was his turn to give back to me. While I still do some of the same things for him that he needs, the time has come when I need him far more than ever. He always provided well for his family, but this is different. It's personal care, physical care, emotional care.

I honestly don't know how I'd manage without him and pray each day I don't have to find out. I wish I could do more for him but he told me that the thing he needs most from me is my love and he will never lose that.

### **Note from Sue:**

Gwen, thanks for running this contest. I would really wish that you could print all the entries. I think the caregivers need to see how much they are really appreciated, every one of them deserve to win, but at least be acknowledged.

Sue

**Sue , and all you wonderful caregivers out there,** the intent of this contest was to let you know how much we value you and all that you do. I too wish we could recognize all of you. There just is not even close to enough space here to do that. We hope that you will see from this contest that although not nearly often enough said, you are all appreciated for what you do.

**A big thank you from all of us to all of you!!**

*“SING THE PRAISES OF YOUR  
“CAREGIVER”  
It’s a Tie!!!!*



**“Bobbi Boley”**

My caregiver is my husband Don. I never thought in our marriage, even though he’s been a great husband, that he would stand by me through the sick times. And you all know I’ve had my share. It takes a special person to stand by you when they know what the future will bring and its not pretty at times.

He works a full time job, 9 plus hours a day, and he cooks most of the meals. And they are even tasty and healthy lol. He misses out on a lot of things he would like to do because I need him here with me. Takes me to all my Drs Apts. Visits me every day when I’m in the hospital. Stands up to the Drs when I’m not able to for myself. He is a great guy and goes beyond what he should have to. And most of all he’s my best friend.

I give him a lot of crap, I know I’m not the easiest person to live with, I never have been. I’m spoiled and demanding, and I don’t appreciate him for his sacrifices near enough. It’s my personal guilt coming through for depending on him so much.

Rarely do I ever think of how my illness effects him. Its just to painful to accept. I know out of the two of us I have it easier being the sick one. I don’t think I could bear it being the other way around. He deserves a medal of honor. It’s the hardest job he will ever have to do. And he does it everyday with very little complaining. He never acts mad at me for being ill. He tries to understand my frustrations and encourage me that things will get better. This is so not the way I planned on us living our golden years.

I have offered to go into a nursing home several times while recouping from a major illness, but he would never hear of it. He had times where he’s had to bathe me, and fix my hair, along with the everyday chores and cooking and has done it all

with a smile on his face. Dragging, dog tired but has been relentless in trying to make me as happy as he can. He denies me nothing (but high fat and cholesterol food and salt lol) I never want for anything. And he tries to get me anything and everything to help me get around easier and keep my freedom as much as I can, and encourages me to go to Rehab, gives me the pep talks to keep me from getting discouraged. I have a hard time fitting in at times. Believe it or not I have a problem with keeping to myself and am very depressed. I need much encouragement to place myself in uncomfortable situations.

I know how lucky I am, There are a lot of people in my situation who have no one to care for them. Or their caregiver is also in poor health. I couldn’t ask for a better care giver, or a better husband. I wish we all were so lucky. If I could bottle him up and share him with you all I would in a second So you could all know how lucky I am. I’m not trying to brag, I just love my COPD family and would share if I could. I wish you all a wonderful caregiver and awesome care. In a loving home.

Thank You Don I love you and appreciate all you do for me! There’s no way in this world I could ever repay you. But I give you what I have my love and admiration.

**Note from the Editor:**

*As we are sure you will all agree we just could not pick one winner here so decided on a tie!! A big thank you to both Bobbi and Sue for taking the time to share your thoughts and feelings with all of us. Great job Ladies!!*

**Ask The RT Mark W. Mangus, Sr., BSRC, RRT, RPFT, FAARC****Travel Insurance and Golf Question**

Hi, Mark,

I am a 61 year old Canadian Snowbird. I have been on oxygen for 6 years for severe COPD. I come to Arizona every year from November - April. I have difficulty obtaining travel insurance, having found only 1 company who will cover me. Do you know of any?

My second questions is related to golf but would apply to many activities. I use a golf cart and carry my oxygen around for all shots and putts. I am sometimes afraid that my oxygen level will drop too low after a powerful shot, and I will drop as the pressure on my heart is too much. I hate to give up this activity but will if I am risking my life. When I was healthier and did not use oxygen to take my shot ,but only in the cart, I know it dropped to 69 or 70 and went up again when I plugged in. I did not think that was good so I started carrying it with me. What would you advise?

Valerie

Hi Valerie,

Good for you for continuing to play golf. It is not easy with oxygen, but certainly is manageable. And it sounds like you have managed well.

I don't understand why you are having ANY trouble obtaining flight insurance! You can purchase Mutual of Omaha by the trip in a kiosk at most any airport without and difficulty. If you are purchasing multipurpose insurance that "also" covers travel, then that is another thing. In any case, it would seem that travel insurance for simply liability and loss of life shouldn't be an issue with your diagnosis. Your ease or difficulties could easily lay in what specifics of coverage you are requiring in your travel policy. In any case, travel insurance is considered a luxury commodity. Therefore, no one is obligated to insure you. AND, if they do, they have much greater latitude to charge you increased rates based upon your liability to them and a host of other smaller, but significant considerations. I don't know of a specific company I



could recommend, especially in view of not knowing what you are requiring for coverage and your risk in view of your chronic disease.

Insofar as your oxygen use is concerned, I'd encourage you to crank up the flow any time you think it might need to be higher to give you a margin of safety AND the adequate coverage you correctly suggest you need. It may use it up a bit faster. But, the chances of you dropping to problematic ranges are much less likely.

Best Wishes,

Mark

**Onbrez and GERD**

I am taking Onbrez for a mild case of COPD. I also have acid reflux of the esophagus and take simple Pepcid (famotidine 10mg) when it gets bothersome. When bad, one in the morning and one in the evening.

Is it true that one condition affects the other? I have been told to regularly take the acid reducer continuously along with the Onbrez. Is this sound advice?

Thanks for your help

John

Hi John,

I cannot dispute the recommendation as gastro-esophageal reflux (GERD) is a common 'co-morbidity' of COPD. If your doctor advised you to take the famotidine every day as long as you are taking the Onbrez, then (s) he must feel that your GERD is significant enough to require that kind of maintenance treatment. It is safe to take both, as well. They are considered "maintenance" medications, so should be taken ALL the time, rather than just when you feel symptomatic or feel the 'need' for them. By taking them as maintenance medications, they should keep the occurrence and/or severity of symptoms to a minimum, if not under control such that they do not occur at all.

Best Wishes,

Mark

## *Seasonal hors d'oeuvres* courtesy "Carolyn"

### **CRAB STUFFED MUSHROOMS**

- 40 mushrooms, bite sized**
- 1 tablespoon butter**
- 2 teaspoons flour, all-purpose**
- 1/4 cup milk, rich**
- 1 tablespoon lemon juice**
- 1 tablespoon mayonnaise**
- 1/4 cup cheddar cheese, shredded**
- 4 3/4 ounces crab meat, membrane removed**
- 1 teaspoon onion flakes, crushed**

Remove mushroom stems, reserve for another purpose. Melt butter in saucepan. Stir in flour. Add milk, lemon juice and salad dressing stirring until it boils and thickens.

Add cheese. Stir to melt. Stir in crab and onion. Fill mushroom caps. Bake in 400 degree oven for 15 - 20 minutes until heated through. Makes about 40 finger hor d'oeuvres.



### **DELICIOUS TRIANGLES**

- 12 slices ham**
- 12 slices cheese**

On a plate, lay ham slices. Cover with cheese slice. Repeat, using all the slices to form a stack. Cover with plastic wrap. Refrigerate 3 hours.

Remove from refrigerator. Cut into triangles. Arrange with pickled vegetables on small salad plates. Serve with individual toothpicks.



### **GOURMET CANADIAN CHEDDAR CHEESE FONDUE**

- 4 ounces cheddar cheese, cubed**
- 1 tablespoon cornstarch**
- 4 ounces brandy**

Place cheese in skillet. Blend cornstarch & brandy into a paste. Heat cheese slowly until melted; stir in cornstarch mixture, salt & pepper. Serve bread cubes for dipping.



# Laughter The Best "Medicine"



How Blondes Print



**REMEMBER**

*Please identify yourself as a COPD Canada Patient Network Member and ensure you have your membership number on hand when you contact these companies. For add'l information on these and other items, visit our site at [www.copdcanada.ca](http://www.copdcanada.ca)*

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# Letter From The Editor



Dear Friends,

My apologies to all of you for not getting a Newsletter out to you sooner. The last few months have been hectic ones and as our members are aware from the emails we sent, we have been struggling to find replacement Board Members and volunteers to help move us forward. As you will see in my next article, we have HUGE shoes to fill! We ask for your patience and understanding over the next few months as we reorganize and go through new “learning curves”.

Sincerely,

**Gwen**

*Newsletter Editor and Temporary Board Chair*

This is **YOUR** newsletter.

email all suggestions or comments to: [gwen@copdcanada.ca](mailto:gwen@copdcanada.ca)

Our new “baby”, Olivia, who is not the least bit spoiled!!





# *“Jackie Whitaker”*

*Past President COPD Canada Patient Network*

*By Gwen Wigley [Temporary Chair]*

Yes, it's true folks. Our great leader and founder, Jackie Whitaker [aka Blossom], is stepping down as President of COPD Canada Patient Network in order to spend more time with her husband Dave and faithful companion Buddy. A much deserved rest for Jackie who has been working way more than a full time job in “retirement”!!

Jackie sent the Board a “list of most of the things she had been doing over the years” to help us reassign the tasks, certainly not all as I am finding out daily!! All during the last few years with significant health problems of her own she has managed somehow with sheer willpower to create the organization and to keep things going in spite of it all. She has agreed to stay on as our “Web mistress” and “Advisor” for as long as she is able and of course she will remain as Administrator of the forum/message board.. We are not losing her “presence” but it is way overdue that she take some time for herself.

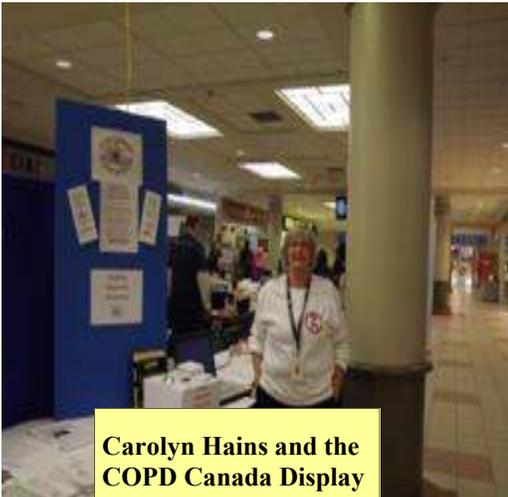
For those of you who are recent members you will perhaps not know about the dedication this one tiny woman has committed to our organization. She built our website from scratch, has grown our membership from a handful of caring people to “world wide” membership, researched new developments, written countless press releases, worked with patients to solve problems, been the main contact for all inquiries to Head Office and been “mother hen” to so many people. And this is only a small example of what she has accomplished. I could easily devote a whole Newsletter to cover it all!! It's no wonder we call her “Superwoman”.



**From all of us at COPD Canada Patient Network,  
Jackie we thank you  
from the bottom of our hearts,  
for all you have done for us.  
I know you will all want join me and our Board of  
Directors, in wishing Jackie and Dave  
[and not forgetting Buddy]  
some great times together in your  
“New Retirement”**

# “A Day at the Mall”

*With Board Member Carolyn Hains*



**Carolyn Hains and the COPD Canada Display**

Wednesday, October 24th was a good day. Respiratory Therapy Week was celebrated at the Bonnie Doon Mall in Edmonton, Alberta and CCPN was represented. This was a very proud moment for COPD Canada Patient Network.

It was an opportunity to meet the RRT's who help keep us healthy and included RRT's



**Spirometry Testing**

from Alberta Health Services with the Alberta Quits program, Parkland Respiratory with various concentrators, regulators and much information, Provincial Home Oxygen, and Vitalaire. PHO2 supplied the table display. The Lung Association provided, some wonderful handouts many of which are available on line through the Lung Association website and the Centre for Lung Health, second to none in terms of Pulmonary Health in general and Pulmonary Rehab specifically. These are great people and I have made some wonderful contacts.

Being represented at the event, allowed us to Educate, Advocate and Network; and many signed letters are being forwarded to Fred Horne, Alberta's Health Minister to asking the Alberta government to recognize World COPD on November 14th. I am told there is strength in numbers and he did participate by having a Spirometry done early that day. So we pray that Alberta will recognize World COPD Day and join the many provinces that already do so. Also we ran a slide presentation about COPD Patient Network and our Exercise Video. We distributed brochures and in general spoke with anyone who had questions about who we are.



**Rehab Grad Ian MacDonald with Rehab Team members, Monica Pratley, Jeni Bouchard and Tina Jourdain**

The group with which I am most familiar is the group from the Centre for Lung Health. These are the people who were there when I went to Pulmonary Rehab. They can work with the most reluctant patient with exceptional humor and patience and help these patients not fear the road ahead. Like many of us when I was first diagnosed in 2007 I had no idea of what I was dealing with. I had never even heard the term COPD. That in itself creates a lot of fear. However with the help of this team and the excellent program The Centre for Lung Health presents I graduated feeling much better about my future. I knew that if I changed my lifestyle I could at least keep my COPD stable and a quality filled life that would allow me to exercise, garden and kick a soccer ball around with my 9 year granddaughter.

# *“A Day At the Mall”ctnd*

I believe that I am blessed and even though I have a hard time walking outside in the extreme heat or extreme cold I will probably return to the Rehab Centre to exercise on a regular basis. It is so very important in our lives and it more important that we look after ourselves.

I am so happy that Debbie Anderson, RRT and Monica Pratley – Team Leads at the Misercodia Hospital Respiratory Department invited us to attend. She did a wonderful job of organizing the event. Debbie and Monica drew names for the prizes we offered.

I learned so much at The Day at the Mall – picked up a number of brochures that I will certainly make time to read.

All in all it was as wonderful day filled with meeting new friends and educating our visitors and learning more of what is available to us.



**Prize Draw**

**Debbie & Monica**

## **Winners!!**

**Pat Kerr**

**Doris Anderson**





**COPD Canada Patient Network Membership Form**

Please fill in and mail, or go to the web address below for the on line form.

COPD Canada Patient Network  
 Attn: Dave Raymer  
 3047 Old Sambro Rd  
 Williamswood, NS B3V 1E6 Canada

The "On-Line" Membership Form can be found at [http://www.copdcanada.ca/sign\\_up.htm](http://www.copdcanada.ca/sign_up.htm)

Contact Info: E Mail [Contact@copdcanada.ca](mailto:Contact@copdcanada.ca) or [Membership@copdcanada.ca](mailto:Membership@copdcanada.ca)  
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Name:	Phone #
Full Mailing Address:	E Mail Address:
<p>Are You a <i>(Please Circle One)</i></p> <p>Patient, Caregiver, Family Member/Friend,          Medical/Professional, <i>Other (if other please specify)</i></p>	<p>How did you Hear about COPD Canada Patient Network? <i>(Please circle)</i></p> <p>Internet Search, Family/Friend, Pamphlet,          Newsletter, Referral</p> <p><i>Other (If other or by referral, please specify)</i></p>
Do You have any Comments or Suggestions?	<p>As a member of the Network it is understood and agreed that if we undertake a mail campaign to legislators or other governing bodies of importance as it relates to COPD, that you will participate in this when the request to members goes out. Usually the Maximum is twice a year.</p> <p><i>(The above is applicable to Canadian members)</i></p>

**Please Note:** All information gathered/received will be held in the strictest of confidence and WILL NOT be shared with anyone at any time (with the exception of your name (only) in the event a supplier wants to verify your membership) Your personal information will NEVER be compromised. Once we receive your application, a welcoming note will be sent to you with additional information along with your Membership Number, the most recent Monthly "AIRmail" and Newsletter.

**"Together" We CAN !!! Care, Advocate, Network**