



Sailor, Asthma Waikato's new Puffer Fish



Sailor is the newest member of the Asthma Waikato team. Here he is with (left to right) Nurse Val Hollands, Nurse Jolene Dalziel, Nurse Tracy Keelan and Educator Barbara Lawrence. We can help you be an asthma winner.

Issue Highlights

- ✿ Meet Sailor the Puffer Fish
- ✿ Welcome Jolene, our new Asthma Nurse
- ✿ Home Damp Home
- ✿ How's your hayfever?



How we have helped

Hi, I'm Jolene Dalziel

I began working at Asthma Waikato in early August and what an exciting time I am having. I have worked in Paediatrics on Ward 53 at Waikato Hospital for over 10 years. This has given me plenty of experience in caring for babies and children with bronchiolitis and asthma. I now have the opportunity to specialise in asthma and respiratory illness and to work in the community. I have watched children and their families go through traumatic hospital admissions, and I am now looking forward to supporting you by providing education at your place or ours, so I can help prevent you being one of those stressful hospital statistics.



I am the mother of a 7 year boy called Flynn and understand how busy family life can be. Asthma Waikato's flexibility of offering asthma education at home or in the Asthma Centre provides families with easy access to vital health care education.

I have been fortunate to recently attend the 2011 Respiratory Conference in Wellington where I heard about current trends and latest research in asthma and respiratory illnesses. The staff at Asthma Waikato are welcoming, caring and have a huge wealth of knowledge that they share with the community. My links to Waikato Hospital will provide transparent education and support between the hospital and community.

"Of the families Asthma Waikato and I have been involved with so far, I'd met 80% previously through hospital admissions!"

I look forward to continuing working with you to improve your health in the best way for you.

Jolene Dalziel - Community Respiratory Nurse



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For more information contact us on 07 8555 913 shelly@designbuzz.co.nz

Men's Health Day

Age Concern ran a Men's Health Day, open to men of any age, at the Celebrating Age Centre, 30 Victoria Street, on the 13th June.

About 50 males, and a few females, wandered through the door to have their hearing, blood pressure, glucose, cholesterol and peak flow assessed. Sport Waikato was on hand to discuss a healthy lifestyle and introduce the green prescription if you were interested and the Diabetes Society was also in attendance.

I tested nearly everyone's peak flow, most fell within the normal range but a few had concerning results. I spoke to these people in a little more depth and suggested they came to the Asthma Centre for a spirometry test.

It has been really heartening to see them at the Asthma Centre, do the spirometry and discuss management strategies. Most have had asthma for many years, were taking their medication but not doing things appropriately. By talking together about their management, tweaking a few bits here and there, they are able to get a better result from their efforts.

It was interesting to note that those with a below average peak flow said they thought things were not 100% but had not had the time to investigate. **Poor control creeps up on you and it doesn't go away by itself!**

Barbara Lawrence - Community Respiratory Educator



Murray Dear checking his Peak Flow with Respiratory Educator Barbara Lawrence

News

COPD DAY

World COPD Day's aim is to raise awareness about (COPD) and improve COPD care throughout the world. 2011 World COPD Day is 16th November.



Asthma Waikato will be having a morning tea at Verandah Café, followed by a walk along Hamilton Lake. Speaker to be advised. Phone Asthma Waikato for more information 07 838 0851.

Asthma Support Group's 23rd Birthday

Our Hamilton Asthma Support Group's 23rd birthday was celebrated by members on 7th September.



That's 23 years of supporting people with respiratory conditions in Hamilton by providing a fun exercise group and fellowship. Guest speakers are often invited to help ensure you are up-to-date with the latest information about your condition.

If you would like to know more about the group, phone co-ordinator Shona Bramley on 855 9746 or just arrive and you will be made to feel welcome.

Wednesday's 1.00pm
Beerescourt Bowling Pavilion
68A Maeroa Rd, Hamilton

New Zealand Respiratory Conference

The conference covered a lot of very serious subject matter but there was definitely a lot of mingling and fun during the breaks. The annual conference, which was attended by about 140 people this year, is for health professionals who work with patients with respiratory conditions, or have a research interest in that area. Plenary addresses and breakout workshops covered topics such as Māori respiratory health statistics, the effect of asthma on children's learning to read and smoking marijuana's effects on the lungs. The Asthma Foundation estimates that the number of children in New Zealand with asthma is greater than the population of greater Hamilton. ***The number of Waikato children (under 15) with asthma is estimated at more than 21,000.***



Asthma Waikato Manager Vikki Blundell (left) and the Chief Executive of the Asthma Foundation, Angela Francis, are pictured at the 2011 New Zealand Respiratory Conference in Wellington.

HRV Car Wash

Fabulous volunteers from the HRV Waikato franchise, raised \$730.20 for HRV families in Christchurch.

We were so so happy to see both Vikki Blundell, Business Manager for Asthma Waikato show up to get her personal car washed and then about 10 minutes later, Tracy Keelan, Community Respiratory Nurse for Asthma Waikato also showed up in the Asthma Waikato vehicle and then she returned a few minutes later with her family vehicle. :) Great support from our friends at Asthma Waikato- so a big shout out of thanks to them! :)



Abbreviated from Amy Stewart - Director HRV Waikato

Raewyn Joy McKenzie

It was with great sadness we heard the news of Raewyn's untimely death.

Raewyn became a member of the society in the early 1990's as her eldest child had troublesome asthma. She joined at the same time as a group of young mum's all seeking extra help and support for their families. These ladies became a nucleus for starting a morning tea/playgroup for young families. It was a successful venture and the group became more active in the society with three of them becoming committee members. In time Raewyn became the society's secretary and the supervisor of the educator.

Raewyn will be remembered for her all embracing smile, the twinkle in her eyes and her positive and caring attitude.

Don Illing

Don passed peacefully in hospital on 15th September. The staff and board of Asthma Waikato acknowledge and celebrate his wonderful contribution to the Society over many years. Don's wife Nancy was our Volunteer of the Year nominee and front page feature on the last issue of Asthmalink. Together, they sponsored the Don Illing cup at our biennial Golf Tournaments for many years and Nancy and Don have been our stalwart supporters in so many ways. Don's humour and thoughtfulness will be missed and our thoughts are with Nancy.

Introducing - Sailor the Pufferfish

Sailor is our new friendly face and he's here to help kids and their families to control their asthma.

We all know that 1 in 4 kids in New Zealand has asthma and it is one of the most common hospital admissions amongst children.

But did you know that in the Waikato approx. 250 kids are admitted to hospital with asthma each year – and Waikato DHB stats say that **97% of these admissions are considered avoidable**.

This is crazy. So we decided to do something about it. After talking to many people – GPs, parents, teachers, nurses – it was clear that they wanted simple, consistent messages for kids (and carers) around asthma management. They want it to be easy to get information on how to stay in control so kids with asthma can lead a full and normal life.

We were very lucky with a gift from Annah Stretton of an icon - a very cute pufferfish. This cute icon has become Sailor the Pufferfish. Sailor has his own messages – Sailor's 7 Top Tips for Asthma Control. These are reinforced on his website www.sailorthePufferfish.co.nz. The website has simple information on asthma for kids, games for kids to play which reinforce Sailor's messages, links to further information for parents and photos of Sailor and his friends.

We have teamed up with Project Energize to deliver Sailor into every primary school in the Waikato – 34,000 kids. Project Energize works with schools to improve kids physical activity and nutrition, to improve their overall health. Sailor has his own Project Energize Card and Activity Sheet. We encourage everyone to see their GP or asthma nurse if they have any questions or want further help with their asthma management.

We also have a Sailor mascot which the kids love. Look out for Sailor at sports events, your school, and anywhere there are kids.

We are very grateful to the Waikato Asthma Trust who have funded Sailor's development, to Project Energize who are delivering the project into schools, to Pub Charity for Sailor's suit, to Zeald websites who are hosting the website, to James & Wells Intellectual Property Lawyers and the many others who have offered time, services and encouragement for the project.



Sailor's 7 Top Tips for Asthma Control

1. **Know how your inhalers help you**
2. **Always take your medicine as prescribed so you don't have asthma**
3. **Know how to use your inhaler and spacer properly**
4. **Know how you feel when you are getting asthma**
5. **Know where your inhalers are kept**
6. **Stay away from cigarette smoke**
7. **Be active and eat healthy**



About me, Sailor

My name is Sailor and I'm a puffer fish. I help kids keep their asthma under control so they can be asthma winners.

See all about me on my new card.

Now I live at Spoke's house. Spoke is my best friend and she has asthma. Just because she has asthma doesn't mean she can't get out there and do everything other kids do. Spoke is really good at keeping her asthma under control. She follows my 7 top tips for managing asthma and this makes her an asthma winner.

I have loads of friends, check some of them out below.

Lots of kids ask me questions when I'm out – I can only answer yes or no (with a shake or a nod). I also get very excited when I meet kids who are managing their asthma well or who are doing really cool stuff. When I get excited I spin around really fast as this makes me happy.

Keep a look out for me, I'll be out and about at schools, sports events and I may pop up in some surprising places.



If you have asthma,
one inhaler
is all you need.*



Symbicort SMART can simplify your asthma treatment.

Symbicort SMART[†] treats the underlying cause of your asthma **and** gives you fast relief like your blue puffer - in one inhaler.

Ask your doctor if stepping up to Symbicort SMART is right for you.

Specific criteria apply for the use and funding of Symbicort. [†]Symbicort Maintenance And Reliever Therapy. ^{*}Symbicort should not be initiated as emergency treatment for severe exacerbations or for patients with acutely worsening asthma symptoms. Symbicort Turbuhaler contains budesonide 100 µg or 200 µg per dose (preventer) and eformoterol 6 µg per dose (symptom controller). **Tell your doctor if you have thyroid problems, heart problems, diabetes, problems with potassium levels, pregnancy, breast-feeding.** Side Effects: The most common side effects are: mild irritation in the throat, coughing, hoarseness, thrush (fungal infection in mouth and throat), headache, trembling, fast or irregular heartbeat. Rarely, allergic reactions. **Symbicort is a Prescription Medicine. Use strictly as directed. If symptoms continue or you experience side effects, see your doctor, pharmacist or health professional. Symbicort is fully funded under certain criteria.** Your doctor's fee and prescription fee will still apply. For full consumer information please refer to the manufacturer's Consumer Medicine Information Sheet available at www.medsafe.govt.nz. 19 March 2007. Symbicort and Turbuhaler are trademarks of the AstraZeneca Group. AstraZeneca Limited, P299 Private Bag 92175, Auckland 1142. Telephone 09 306 5650. TAPS NA4754 11/10 essence AZ5426

www.oneinhaler.com



Symbicort[®]
budesonide/eformoterol

What you need to know

Symbicort

As from July 1st there were some important changes to the way Symbicort is funded for people being prescribed Symbicort for the first time.

If you are already on Symbicort there will be no change for you to consider. But if you are being prescribed it for the first time after July 1st 2011, there is a part charge to pay. This new charge is around \$30.00 per inhaler, plus any normal dispensing charges which may vary slightly at different pharmacies. To qualify for this part funded inhaler you need to already be on Pulmicort & Oxis or Flixotide & Serevent. The main criteria is you have to be on a long acting symptom controller to apply for the special authority number. Once the authority is granted you have a choice of Vannair for free or Symbicort for around \$30.00. Or you could choose Seretide (Flixotide & Serevent) instead. Seretide is free.

Vannair is the same medication as Symbicort but in an aerosol form. Remember to use a spacer with Vannair.

People who are on Pulmicort & Oxis and finding their asthma well controlled and prefer to use the Turbuhaler will need to either stay on the two separate inhalers or pay the part charge.

Barbara Lawrence - Community Respiratory Educator

Home Damp Home

We've all heard of the leaky homes scandal, and the subsequent health risks with mouldy homes – but how many Waikato families are suffering from the effects of moisture generated from within the home?

With most of the country in the grips of winter we are a little too eager to hermetically seal our homes – weather-tight and insulated is good, but when your place is airtight it can cause problems.

The average household produces up to 30 litres of moisture per day. This comes from cooking, cleaning, drying clothes indoors and other sources. It also includes about two litres created by each of us just breathing in and out. All this moisture gets absorbed into walls, furniture and other surfaces until such time as you can finger paint in the condensation on your windows, your home smells like an old sock, and mould and mildew have crept into your nooks and crannies.

New Zealand homes are notoriously damp. In a range of

studies by the building industry's watchdog and research organisation BRANZ, New Zealand amassed the following statistics:

- **46% of homes suffer from condensation**
- **35% of homes have visible mould**
- **Most Kiwi bathrooms rely solely on windows for ventilation**
- **Only half of our kitchens vented moist air to the outside world**
- **40% of our homes have poor or seriously inadequate subfloor ventilation**

Dampness in our homes is a major cause of respiratory illness in New Zealand. A damp home promotes mould growth, causes dust mite populations to thrive and are harder to heat. A 2008 Shape NZ housing survey found that one in four New Zealanders said the home they lived in had contributed to their ill-health. Waikato / Bay of Plenty has particular issues – Otago District had the highest number reporting their homes are causing health problems (77%), followed by Otago District (76%) and Waitomo District (63%).

It can be tough to control moisture in the home – especially in winter. Practically opening windows is not an option, especially when trying to be secure and warm. HRV, New Zealand's leading ventilation company and a Sensitive Choice partner, have a range of products that will help your situation. The HRV Whole Home Ventilation System takes the naturally warmer and drier air from the roof space, filters and purifies it, and distributes it evenly throughout the home. This creates a "positive pressure" environment which forces excess moisture and pollutants (mould spores, dust mite waste) from the home.

HRV can assess your home with moisture and temperature readings, identify the sources of moisture and design a ventilation solution to suit your home. To find out more about how HRV can improve the health and efficiency of your home visit www.hrv.co.nz or call 0800 HRV123.

Iain Hosie - HRV





Live life...not a COPD life.

Are you (All 3 parameters)

- ✓ 45 yrs +
- ✓ Smoker / Ex Smoker
- ✓ Regular Combivent Inhaler user

Do you: (1 or more)

- ✓ Cough several times most days?
- ✓ Bring up phlegm or mucus most days?
- ✓ Get out of breath more easily than others your age?



Is SPIRIVA® right for you?... Ask your doctor!*

*normal Doctor's fees and pharmacy charges apply. SPIRIVA® is fully funded for COPD. Special Authority criteria apply.

SPIRIVA® (tiotropium 18mcg) is a PRESCRIPTION MEDICINE. It is used for making breathing easier in chronic obstructive pulmonary disease (COPD) including chronic bronchitis and emphysema. **SPIRIVA® should not be used** for acute episodes or rescue treatment of bronchospasm. **Cautions** are high pressure in the eye (glaucoma), kidney problems, problems with your prostate gland or passing urine. **Do not allow** the powder into your eyes. **SPIRIVA® like all medicines can cause unwanted side effects in some people.** These may include dry mouth, dry throat, cough, fast heart beat, blurred vision and high pressure in the eye (glaucoma). **If symptoms persist or you have side effects talk to your doctor. Always read the label and use strictly as directed. DO NOT SWALLOW THE CAPSULES** but administer with the HandiHaler® device. Boehringer Ingelheim PO Box 76 216 Manukau City, freephone 0800 802 461, Pfizer PO Box 3998 Auckland, freephone 0800 736 363 EP/11/02. TAPS PP9511



SPIRIVA®
(tiotropium 18 mcg)

What you need to know *continued...*

Stopping Smoking

We all know smoking kills. **But did you realise it's not the nicotine that kills - it's all the other toxic chemicals that do the damage.** The nicotine is the addictive substance that people have huge problems withdrawing from. But it's the other 4000 toxic chemicals that are harmful to our lungs and the rest of our body that ends up causing terrible life limiting illness. These are a few we are familiar with; tar, carbon monoxide (found in car exhaust fumes), ammonia (found in floor cleaners) and arsenic (found in rat poison).

Smoking is linked to 5000 deaths in New Zealand per year. According to the medical journal The Lancet, there are more than 600,000 deaths globally every year that are caused by passive smoking and 165,000 of those killed are children. In those who smoke one in two will die from smoking related disease. Children living with adults who smoke are at greater risk of pneumonia and other respiratory illnesses. Children also have an increased likelihood of starting to smoke if their parents smoke.

Research shows that 70% of all New Zealand smokers want to stop and 45% make at least one serious quit attempt each year. **Good news for those who quit before the age of 35 years, their risk of smoking related illness can decrease to that of a non smoker.** So if you or someone you know smokes the best thing you can do is quit for your own wellbeing and for your family.

TIPS

What to do if you want to quit or want to help someone quit?

- **Don't do it without support!**
- **Nicotine Replacement Therapy** is what you need.
- **Research shows that NRT doubles the chances of quitting long term.**
- **You can call the Quitline on 0800 778 778 or**
- **Ring Jolene at Asthma Waikato and I can start you on a Quitcard to get NRT in the form of patches, gum or lozenges.**

There are also community based organisations that run quit support groups in your local area.

This information was compiled from the The Quit Group website, www.smokingcessationabc.org.nz and www.hiirc.org.nz

Jolene Dalziel - Community Respiratory Nurse

Spring and Summer are coming - hows your hayfever?

For some people, hay fever can last all year round. But for most people, as spring arrives, so does hayfever.

What is hayfever?

Hayfever is also called rhinitis. It is an allergic reaction; usually due to things like flowers, grasses and tree pollen carried by the wind and easily breathed into the nose. The plants most likely to cause hay fever are those that are wind pollinated. Pretty, brightly coloured flowering plants and trees are unlikely to cause hayfever because these plants attract bees and other insects to transfer their pollens from flower to flower.

The main symptoms of hayfever are:

- Sneezing
- Runny, blocked or stuffy nose
- Itchy throat
- Red, watery and itchy eyes

Some people may develop asthma, especially if they are highly sensitive and are exposed to high levels of allergen (pollen, dust etc...)

Treatments for hayfever

- The first step of managing your hayfever is to try and identify the cause and reduce your exposure.
- Non-sedating antihistamine medicines (eg. Telfast) work fast to relieve the symptoms of hayfever without you feeling drowsy. These are readily available from your pharmacy. They are not effective for congestion (excess mucus).
- Corticosteroid nasal sprays (eg. Telnase) are effective in preventing hayfever when used regularly and correctly. These are safe to use long term.
- Over the counter decongestant nasal sprays (eg. sinus rinse with a saline mix) give quick relief and can be used for a maximum of 2-3 days. If used long term they can damage nasal tissue.

It is always important to follow instructions and warnings on all medications, especially if you plan to drive or to drink alcohol, as some of the antihistamine medications can make you drowsy.

If you think you may have hayfever your local pharmacist can advise you what to do, or you may need to consult your doctor or visit this website for more information

www.allergy.org.nz.

(The above information came from the Allergy Today: Your guide to healthy living (summer 2010/11, issue 135)).

Tracy Keelan -
Community Respiratory Nurse



Don't chase asthma symptoms
with a blue inhaler.
Seek control instead.¹



If you're using your blue reliever inhaler more than twice a week, chances are your asthma is not as good as it could be.¹ Work with your doctor to help control your asthma.

Seretide[®]
Fluticasone propionate/Salmeterol xinafoate



Ask about the purple inhaler – Seretide^{2,3}



References: 1. Global Initiative for Asthma; *Global Strategy for Asthma Management and Prevention*. Updated 2009. 2. Woodcock AA et al. *Prim Care Respir J*. 2007;16(3):155-161. 3. Bateman ED et al. *Am J Respir Crit Care Med*. 2004;170:836-844

Seretide[®] (fluticasone propionate/salmeterol xinafoate; available as a 50/25 or 125/25 micrograms per actuation inhaler, or as a 100/50 or 250/50 micrograms per actuation *Accuhaler*) is a **Prescription Medicine** for the treatment of reversible obstructive airway disease (ROAD) including asthma, and for the treatment of chronic obstructive pulmonary disease (COPD). **Seretide is a fully funded medicine; Special Authority criteria apply. Seretide 250/25 microgram inhaler is a private purchase medicine that you will need to pay for. Use strictly as directed.** *Seretide* is not for relief of acute symptoms. Always carry your reliever inhaler. **Do not discontinue *Seretide* abruptly. Tell your doctor if:** you are taking any other medicines or herbal remedies; you have pulmonary tuberculosis (TB), a thyroid problem or a heart problem; or you are having treatment for high blood pressure; **Side Effects may include:** 'shaky' feeling; headache; fast heart rate; irritation in the nose and throat. **If symptoms continue or you have side effects, see your doctor, pharmacist or health professional.** For more information, see *Seretide* Consumer Medicine Information at www.medsafe.govt.nz. Normal doctor's office visit fees apply. *Seretide* is a trade mark of the GlaxoSmithKline group of companies. Marketed by GlaxoSmithKline NZ Limited, Auckland. TAPS NA4463-10SE

RDTN/5631/AW

2011 Asthma support groups

For more information on any of our support groups, contact Asthma Waikato

HAMILTON

- Exercise (led by a fitness instructor)
- Friendship / Support
- Information (various speakers attend many sessions)

WHEN: Wednesdays 1.00pm

WHERE: Beerescourt Bowling Pavillion,
Maeroa Road, Hamilton

\$2 donation please

Session followed by tea and biscuits

THAMES

- Information
- Support / Friendship
- Interesting speakers

WHEN: Last Thursday of the month 1.30pm

WHERE: Richmond Villas
82 Richmond Street, Thames

Gold coin donation please

Session followed by tea and biscuits

MATAMATA

- Information/ Support/ Friendship
- Subsidised gym fees
- Group luncheons every 4+/- months

SOUTH WAIKATO

- Information/ Support/ Friendship
- Public meetings

IF you are UNSURE about anything, ALWAYS ASK.
Get an ASTHMA MANAGEMENT PLAN from either your
FAMILY DOCTOR or LOCAL ASTHMA SOCIETY.
It is best to ALWAYS BE PREPARED for any problems.

Friends and supporters of

Asthma Waikato Te Ha Ora Huangō



We gratefully acknowledge receipt of the following grants/financial support in the past twelve months:

Asthma & Respiratory Foundation (NZ)
COGS
Donny Trust
Hamilton City Council –community wellbeing
Lion Foundation
NZ Lottery Grants Board
Norah Howell Trust
NZ Post
Page Trust
Perry Foundation
Pub Charity
Sir John Logan Campbell Residuary Trust
Southern Trust
Trust Waikato
Waikato Asthma & Respiratory Trust
WEL Energy Trust

Thank you for donations from:

The Cambridge Parish Opportunity Shop
Hauraki Plains Lioness Club
Morrinsville Lions Club

Asthma Waikato wishes to thank the generous support of the following businesses/Organisations - Please support them too

Annah Stretton	Mrs Marge Healion
Brendon Barwick-Johnston	Ngaruawahia Golf Club
Care Medical	Nga Pae Amua
CB Richard Ellis Ltd	NZ Steel
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Community Waikato	Powder Room
Design Buzz Ltd	Pro Range Golf
Evans Bailey, Solicitors	Reliance
Greenworks	Ricoh
Hamilton Press	South Pacific Pictures
Hauraki Herald	St Francis Church
HRV Waikato	Te Pahu Cooking School
Ingham Motor Group	This Week
James & Wells Intellectual Property	Volunteering Waikato
Mc Laren Medical	Waikato Times
Microsoft & TechSoup	Warmup Waikato
MYOB	Web Health
Mrs Elizabeth Morine	Zeald
Mrs Jan Johnston	

Most of us wish to be remembered for achieving something special...

...what could be more special than helping to keep Waikato kids out of hospital because of asthma?

BEQUEST FORM - Provide this to your legal advisor for incorporation into your will

I GIVE TO Asthma & Respiratory Services (Waikato) Inc, 45 Pembroke Street, Hamilton for:

Its general purposes for the following amount (in words) _____

OR Percentage /Portion of my estate (in words) _____

OR Description of Assets, Property, Shares (description of property given) _____

And/or

Its special project(s) for the following amount (in words) or percentage/portion of estate or

description of assets

Mobile asthma clinic _____ AND/OR

Regional respiratory clinic _____ AND/OR

Asthma Awareness in schools _____ AND/OR

Other _____

NAME: _____

ADDRESS: _____

This is not effective until written in your will, which must be signed and dated.

Please let us know if you make a bequest so we can thank you personally.

Directory *Asthma Waikato*

Patron	Dr. Peter Rothwell
Honorary Life Members	Shona Bramley Charmaine Donaldson Bev Henneker
President	Andrew Fox
Vice Presidents	Colin Tuson & Lois Meneer
Board Members	Jaylene Barwick Ian McMichael Julian So Shona Bramley
Fundraising Committee Members	Kym Moore - Coordinator Nancy Illing Rachael Sharma Isabel Laing
Admin Support Volunteers	Alan & Judy Thomson Jan Takiari
Business Manager	Vikki Blundell Email: waikato_asthma@xtra.co.nz
Community Respiratory Nurse	Val Hollands Email: asthmawaikatoval@xtra.co.nz
Community Respiratory Educator	Barbara Lawrence Email: asthmawaikatobarbara@xtra.co.nz
Community Respiratory Nurse	Tracy Keelan Email: asthmawaikatotracy@xtra.co.nz
Community Respiratory Nurse	Jolene Dalziel Email: asthmawaikatojolene@xtra.co.nz
Community Respiratory Educator - Matamata	Charmaine Donaldson Ph 07 888 7476
Community Respiratory Educator - South Waikato	Jan Wiles Ph 07 886 8564
Asthma Fundamentals Regional Trainers	Val Hollands Tracy Keelan Barbara Lawrence
Community Respiratory Rehabilitation coordinator	Tracy Keelan Email: asthmawaikatotracy@xtra.co.nz
Matamata AsthmaLink	Trevor Robinson Ph 07 888 6391
South Waikato AsthmaLink	Iain Bell Ph 07 883 3039
Thames Asthma Support Group	Eileen Bain Ph 07 868 8127
Hamilton Asthma Support Group	Shona Bramley Ph 07 838 0851

FREE Services available

- * Up to date information on respiratory conditions
- * Comprehensive education at your place or ours
- * Telephone respiratory advice - someone to talk to
- * Information pamphlets
- * Quarterly magazine - local and national
- * Community based Respiratory Rehabilitation Programs - conditions apply

Gold coin donation please

- * COPD Support Groups

Koha appreciated

- * Guest speakers for groups

Other Services available

- * Spirometry testing
- * Nebuliser hire & sales
- * Allergy relief bedding sales
- * Practice Nurse asthma training
- * Community Health Worker training

Asthma Waikato

45 Pembroke Street, Hamilton Lake, Hamilton 3204.
9.00am to 5.00pm Monday to Friday
www.asthmawaikato.co.nz

P O Box 7013, Hamilton East, Hamilton 3247
Phone 07 838 0851 Fax 07 838 0852
waikato_asthma@xtra.co.nz

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If you would like to support our work, we invite you to become a financial member of the Society.

Members receive: • The Asthma Foundation newsletter as well as this quarterly AsthmaLink
• Discounts on anti allergen bedding and nebuliser hire

Please complete this form and return to:

Asthma Waikato
Te Ha Ora Huango
P O Box 7013
Hamilton 3247

I would like to become a member of Asthma Waikato and enclose my membership subscription

Name: _____
Last Name First Name(s)

Address: _____

Phone: _____ Email: _____

Annual membership is \$25 or \$20 for seniors and beneficiaries and covers everyone living at your address

Annual membership \$ _____ Donation \$ _____ Please find enclosed \$ _____