

# TAB Monthly Newsletter

A Newsletter for people living with COPD to help us connect with our peers



September 2018 *Volume 2, Issue 11*

## The Take a Breath (TAB) Social Support Group

The **TAB Social Support Group** is part of the Caring for my COPD (C4MCOPD) Pulmonary Rehab Program at North Hamilton Community Health Centre (NHCHC). TAB, along with regular exercise, is the continuation of the 10 week portion of an ongoing therapeutic COPD program offered at NHCHC. TAB members share experiences and encouragement in their quest to manage their COPD. They meet at the Centre every Wednesday from 3:30-5:30 pm to socialize, share information, plan events, sing on alternate Wednesdays (**singing is optional**) and for exercise from 5-6 pm in the upstairs gym. Exercise is also on Mondays and Fridays from 1-2 pm in the basement gym and Sit and Fit in the regular meeting room from 11 am to 12 pm on Tuesdays and Thursdays. Check the monthly TAB exercise schedule for cancellations and announcements. **If you are a graduate of C4MCOPD** and it has been one year since you graduated, you are welcome to contact the care team to repeat the program. This will allow you to continue exercising at no cost for one more year! **People who have not yet taken C4MCOPD** can visit the NHCHC front desk to ask about the program and how to obtain a referral. For information call 905 523-6611 ext 3060 or ext 3005 or visit [www.nhchc.ca](http://www.nhchc.ca). The next C4MCOPD programs start on Friday, Sept. 7 and Monday, Sept. 24 ~ Register now!

## In Memoriam:

Albertine "Berty" Bourque was a TAB member since its inception. We sang together... had fun together. She fought hard and long but on August 17 her illness took her from us. Berty's been described as "a very sweet woman, a lovely lady with a warm smile and gentle presence". We mourn her loss and pray for her family. **Memorial Service: 11 am, Saturday, September 22<sup>nd</sup>, 2018** at St. Margaret Mary Church, 20 Idlewood Ave. (Fennell Ave. E. to the 1<sup>st</sup> street east of Upper Ottawa which is Glenford Ave, turn south to Idlewood Ave.)



## Fall season starts September 22<sup>nd</sup>

As the September equinox rolls by, the chances to see the aurora borealis display increases for those located at high Northern Hemisphere latitudes. According to NASA, the equinoxes are prime time for Northern Lights – geomagnetic activities are twice more likely to take place in the spring and fall time, than in the summer or winter. Auroras are best observed around midnight – when it is darkest – on a clear night, and at a location that is away from the city lights.

**Members' Corner!** The TAB Dinner at My-Thai restaurant on August 22 was a super get-together and the food was terrific. Some of us actually waddled back to our cars! It was a replay of a dinner held back in the earliest days of TAB and gives us a glimpse of times yet to come..... "Please sir, can we have some more?"

## Save these Dates!!!

September 5, Wednesday, TAB 4th Annual Summer Picnic at Confederation Park from 1 to 5 pm. If you'd like a map with directions to the site email your request to [tabmonthlynewsletter@gmail.com](mailto:tabmonthlynewsletter@gmail.com)  
October 12, Friday, 21st Annual Park n' Party from 1 to 7 pm. The TAB singers will be performing!



## Happy Birthday Folks!

Linda C., Sept 2

Brenda A., Sept 11

Jim B., Sept 21

Wendy C., Sept 22

Shirley M., Sept 23

Al S., Oct 12



## Ask a Health Care Professional

Send your COPD related question to [tabmonthlynewsletter@gmail.com](mailto:tabmonthlynewsletter@gmail.com) and the appropriate care team member will provide the answer. The answer will be published in the newsletter and you never know, the answer to your question may be a big help to someone else who is struggling with COPD.

Now, let's meet our "Caring for my COPD" (C4MCOPD) care team.... Meridene Haynes, COPD Coordinator, Allison Fulton, Physiotherapist, Tessa Philip, Kinesiologist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Monica Szeliga, Dietitian.

## Inhaler handling errors lead to increase in COPD exacerbations (flare-ups)

COPD World News Week of February 12, 2017

Bordeaux, France - Inhaler device handling errors are associated with an increased risk of severe chronic obstructive pulmonary disease (COPD) exacerbations, leading to a higher proportion of patients requiring hospitalization or emergency room treatment.

The study, published in the ERJ, asked 212 GPs and 50 pulmonologists to provide assessment on the use of inhaler devices of 2,935 patients who were over the age of 40 years, were current or ex-smokers of more than 10 years, and who had been using an inhaler device for more than 1 month for continuous treatment of COPD.

Patients were requested to take a puff of their regular inhaler device and were rated for technique by physicians. The results showed that handling errors were observed in over 50% of cases regardless of the device used.

The most common errors were failure to breathe out before actuation (22.5%), inhalation through the nose (22.2%) and not holding breath a few seconds after inhalation (26.9%).

In patients treated for at least 3 months, the rate of severe exacerbations doubled between patients with no error (3.3%) and patients with at least one critical error (6.9%), suggesting poor technique is responsible for less effective clinical outcomes and an increased risk of COPD exacerbation.

The authors conclude that inhaler errors, which are not taken into account in clinical trials, are reducing treatment benefit in the real-world. They believe that physicians should aim to improve patient technique of inhaler use, instead of focusing on the choice of inhaler characteristics, to reduce the frequency of COPD exacerbations. <http://www.copdcanada.info/50.html> Article inspired by Tessa P. & Allison F.

## Did You Know?

If you own a parking permit you don't have to pay for parking meters and can park in handicapped spaces even if you are in someone else's car! To apply for an accessible parking permit your healthcare provider must certify that you have one or more health conditions. There are 2 parts to the application form: Part A - to be completed by you and Part B - is completed by your health care practitioner. Permit cost is \$0.00. Pick up a form at a ServiceOntario centre or print one off at <https://www.ontario.ca/page/getaccessible-parking-permit#section-2> Contributors: Mike O. & Brian S.

## Quotable Quotes!

People used to laugh at me when I would say "I want to be a comedian".

Well nobody's laughing now.

- Author Unknown

"When you can't breathe, nothing else matters" Canadian Lung Association

Caring For My COPD Community Based Pulmonary Rehabilitation Program

For more information call 905-523-6611 Ext 3060 or Ext 3005. Visit the NHCHC Website: [www.nhchc.ca](http://www.nhchc.ca)

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