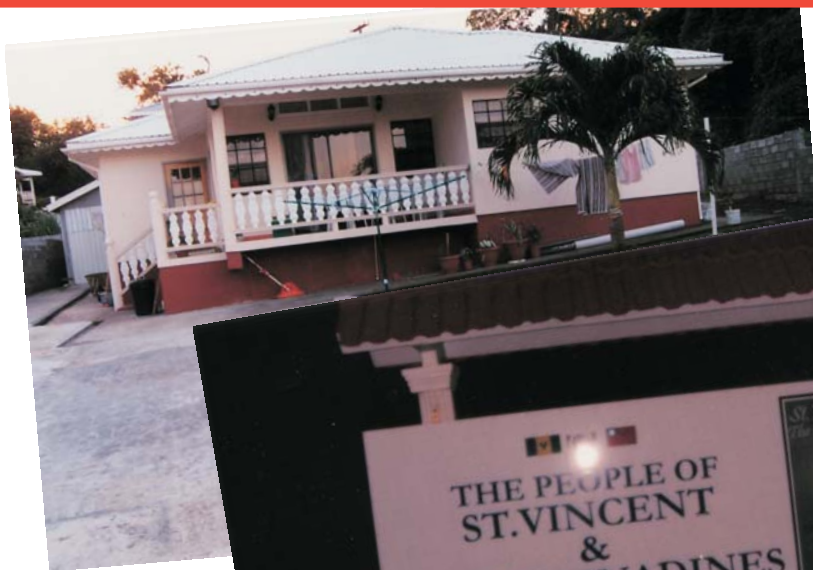


breatheeasy

BUCKINGHAMSHIRE

POSTCARD FROM ST VINCENT



Caribbean Adventures
- see page 5

DON'T MISS THE BOAT!

Details on this year's river trip
and sponsored walk are inside



NEWSLETTER

March 2006

breatheeasy

BRITISH LUNG FOUNDATION SUPPORT NETWORK



BREATHE EASY BUCKINGHAMSHIRE

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BUCKINGHAMSHIRE

CHRISTMAS LUNCH 2005

The Gate Inn at Bryants Bottom turned up trumps again with their menu and 23 of us enjoyed a Christmas feast. Afterwards, as usual, the raffle was held with so many prizes that nearly everyone got one!

But – and it is a very big BUT – Angie had to go back to Harefield Hospital and we all missed both her and her sister Maureen who accompanied her. However, she sent us all a lovely Christmas message. Happily Angie is out of hospital now and we all look forward to Christmas 2006 with her and Maureen.

Charles Phillips

NEWSLETTER March 2006



If you would like to do the sponsored walk from Marlow to Henley, then collapse in a heap on the boat for the return journey to Marlow (well, that's what Janet does!), contact Janet on 01494 712450 for a sponsorship form. If you collect £12 or more in sponsorship monies, the return trip is free, otherwise the charge will be £6 for a return ticket. For all other tickets and information please contact Charles Phillips on 01494 812706.

THANK YOU TO DIANA

Our monthly meetings have been revolutionised thanks to Diana Rogers, who is very kindly starting each meeting for us with a half hour session of gentle exercise. Diana is fully qualified and insured and works to relaxing music. Thank you, Diana, we are all benefiting greatly from these sessions.

RIVER TRIP AND SPONSORED WALK

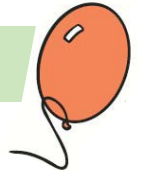


We have booked the Salter's Steamer again for a lovely river trip from Marlow to Henley on Saturday 3rd June 2006. We depart at 1pm sharp and return at approximately 6.30pm.

This is a lovely day out for everybody so please encourage all your family and friends to come. There is plenty of room on board with a bar serving drinks, tea, coffee and snacks, but you can always bring a picnic if you wish. And it is **CHEAP – only £12 per head**. There is only one restriction – no children under 12 years of age please.

This year we will have a tour guide on the return journey, as well as our usual raffle and who knows what else!!

Charles Phillips



MAUREEN'S ANNUAL DANCE

It was hard to believe another year had gone by! Yet there we all were again, blowing up balloons and decorating tables in preparation for Maureen's Annual Dance. Some of our new members may not know that Maureen is Angie's twin sister and that the Annual Dance is a fitting way to raise money for The British Lung Foundation in her honour.

Tables were barely laid and the band were still setting up as the first guests arrived. The event is always a sell out so people come early to claim their spot! The band were, as always, tremendous! It seems they enjoy playing as much as we all love to dance.

In the first break we held a 'tops and tails' contest and, ironically, the first brave lady to come to the floor for the contest won the champagne! The game raised about £60 - not bad for a bit of fun!

The raffle was very well stocked with a table heaving with prizes.

Although Angie was unable to be at this year's dance, she was with us all in spirit and we had a bucket load of fun on her behalf!

The total raised by the dance was £1000! It was an excellent effort, Maureen. We look forward to next year!

Elaine Smith

2006 MEETINGS

- March 13th Jane Underwood - Yoga
- April 10th Waveney and Milton Munro - Living Well
- May 8th Cheryl Gillan MP
- June 12th Steve Cohen, Editor of Bucks Free Press
- July 10th AGM and Fun
- August 14th John the Bee Man
- September 11th Elaine Smith shares her culinary favourites
- October 9th Jim Tanner
- November 13th Catherine Tutt
- December 11th Xmas party at Rossetti Hall

DATES FOR YOUR DIARIES 2006

- March 10th Tombola
- March 21st Senior Well Being Fair at Marlow
- June 3rd Boat Trip and Sponsored Walk
- June 24th Elaine's Red Balloon Ball
- July 21st Sainsbury's Collection
- July 22nd Sainsbury's Collection

Theatre Group - date to be arranged

December 2nd Maureen's Dance

We do need Tombola prizes and raffle prizes for the boat trip and Red Balloon Ball.

Help would also be appreciated with the Senior Well Being Fair at Liston Hall, even if you can only do half an hour it would be a help.

BERNARD'S 'DO'

It is hoped that, sometime between Elaine's 'do' in June and Maureen's 'do' in November, we can arrange an evening of entertainment.

This will most likely include a meal and a raffle, but the composition of the entertainment has not yet been decided. It occurred to me that this might be the ideal opportunity for us to perform our favourite party pieces - recite a poem, tell a joke (tasteful, of course, no Jim Davidson items, please!), sing a song (please bring your music beforehand so that the accompanist can have a run through), juggle, saw someone in half, swallow swords or eat fire.

You want to do it? Here's your chance.

Anyway, SOMETHING will happen. Bright ideas to Bernard and Lydia, please. Food thoughts to Elaine.

Bernard Rogers





BREATHE EASY BUCKINGHAMSHIRE

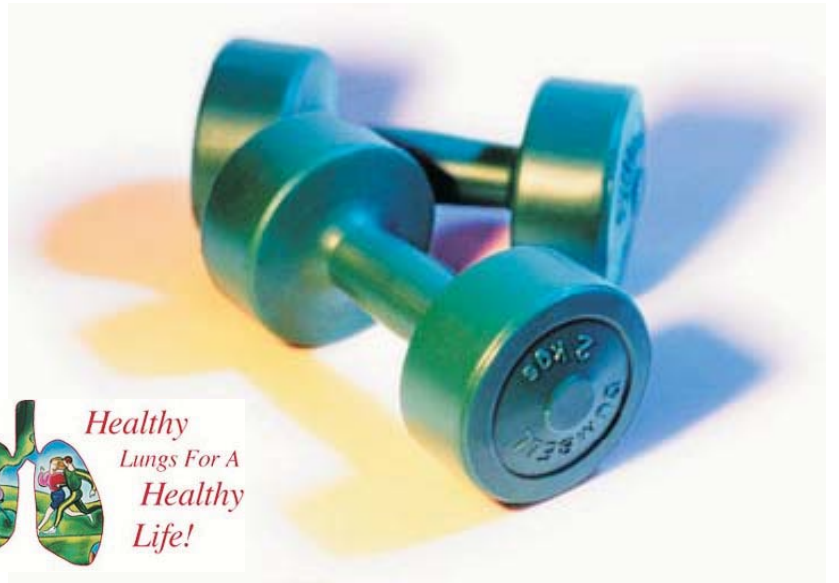
PULMONARY REHABILITATION

I was diagnosed with emphysema at the tender age of 50. I am now 72 and reasonably well, so consider myself lucky to feel as well as I do at the moment.

In May 2004 I attended Wycombe Hospital for my usual check up and was delighted to be told that, on that very day, the hospital had been informed that they were to be funded for a rehabilitation course to take place later on in the year. My kind doctor asked if I would like to be on that course. After being told that I would be taught exercises which would greatly benefit my lungs, I agreed, hoping that I wouldn't be disappointed. Soon I received a nice letter from the senior physiotherapist asking me to appear at 10.30am on 2nd July. I should admit exercise is not something I have done a lot of in the past and, having been born and bred on the Rock of Gibraltar, which is only 3 miles long, you can imagine that I never got into the habit of taking long walks.

The 2nd of July arrived and I sat in the hospital waiting room, full of trepidation, wondering what I had let myself in for. I wondered who else would be on this course. I knew that there were to be six of us and hoped (please!!) that there would be some women to give me support. Well, I didn't have to wait long. First one man came, that was Bob. Then another - Jack!

'Heavens', I thought, 'that's three of us already- where are the women?' Another man arrived - that was Bernard. That was four and then - heavens above! - another man appeared.



I began to feel that things were not at all going as I had hoped. But I felt certain that the next, and last, was bound to be a woman to keep me company. Not on your life!! It was another man. 'Right', I thought, 'that's it. I shall stay today and after that I will be out of here'.

What happened later on, when we all (five men and little old me!) went into the room that was to be our home each Friday for the next six weeks, was great. Incredibly, we all got on wonderfully well.

There was lots of talk, lots of laughs, exercises and tea - at times it was all quite hilarious. At 1pm I left, feeling very thankful that I had been given the chance to attend

the course. I had met some very nice people and I enjoyed the exercises far more than I expected to. Much to my amazement, the seven weeks flew by all too quickly. To this day, I do try to do the exercises daily. I don't always succeed, but I know that they have helped me keep well and have improved my lung function.

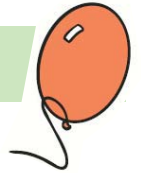
I urge anyone who has the chance to do this course, to jump at the opportunity to enjoy it and benefit from it. I certainly did, even if I was the only woman on the team!!

Mind you, maybe that wasn't such a bad thing after all?!!

Lydia Senaida Weeks

Pulmonary Rehabilitation Programs seek to:

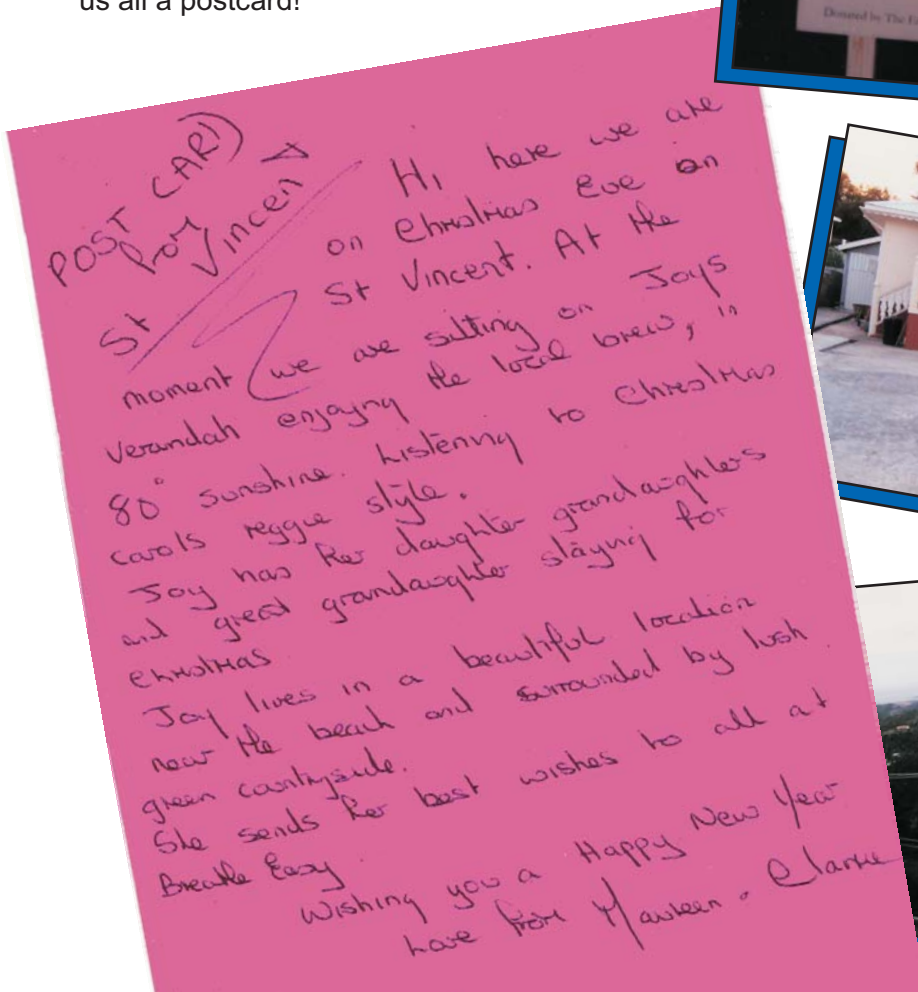
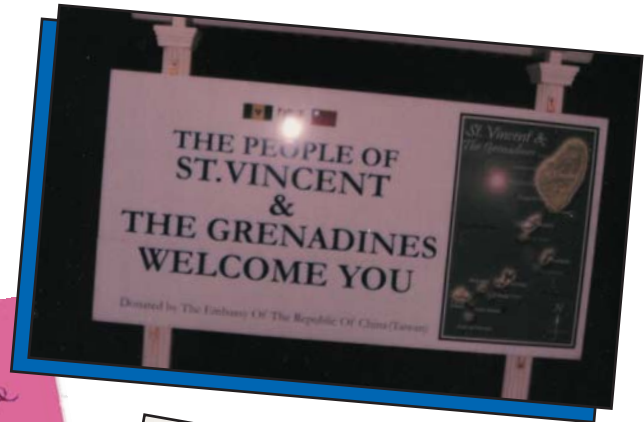
- Reduce shortness of breath and the anxiety it brings
- Increase exercise tolerance and the ability to perform normal daily activities
- Increase patients' understanding of their particular lung disorder
- Help patients master proper use of respiratory medications
- Teach patients to master proper breathing techniques
- Reduce the possibility of hospitalizations
- Instruct and motivate patients to start and maintain an exercise program
- Promote self-reliance and independence



POSTCARD FROM ST VINCENT

Clarrie and Maureen went out to St Vincent to visit former member and our good friend, Joy.

It was great to see Joy and to spend Christmas in the sunshine. While they were there, Maureen and Clarrie took some snaps to remind them of their Caribbean adventure and sent us all a postcard!



Clarrie with Joy, Jen and Joy's great grand-daughter...



Maureen and Joy are pleased to be re-united...



ANGIE'S CHOICE BUYS

SPRING PILLOWS

Pillows made from unique visco-elastic foam, retain their size and shape night after night.

The spring structure acts like a bellow, pumping air around the pillow every time you move, keeping you cooler and calmer through the night.

SILK FILLED DUVET

Silk is natural and breathable and it creates a unique sleeping environment which allows your body to remain at its ideal sleeping temperature - the 'warm in winter, cool in summer' effect for which it is renowned.

Silk is naturally hypoallergenic and resistant to dust mites, so is naturally desirable for people with breathing problems.

Yes, these are both expensive but I think well worth the money.

If you would like further information about these items, please contact me.

Angie Lockwood

NEW LUNGS HOPE...

Doctors could be able to GROW lungs for us in transplant operations, thanks to British stem cell research. Medics from Imperial College London managed to turn stem cells into lung cells which could in future build a whole lung. The research – still in the early stages – could help thousands of Britons whose lungs have been damaged by smoking or cancer. Study leader Dame Professor Julie Polak said "This is a very exciting development." Lung cancer is Britain's biggest cancer killer – claiming 100 victims a day.



Mary Gillan dons her wizard's hat and comes up with yet more amazing remedies for ever more delightful afflictions (and a few alternatives to last issue!)...

STAINED TEETH

If your teeth are darker and more yellow than they should be, try brushing them with fresh strawberries. Place a strawberry on the toothbrush and brush as usual. Alternatively, for that whiter than white smile, brush with charcoal powder (how on earth does that work?!?!)

HALITOSIS (BAD BREATH!)

Only your best friend (or worst enemy!) would tell you about this – try eating parsley, or use myrrh, rosemary, or peppermint to brush your teeth and rinse your mouth. Thyme tea can be helpful in some cases, as can chewing fennel or aniseed after eating a particularly smelly meal.

DYSPEPSIA (INDIGESTION)

Dyspepsia is probably the most common "disease" in the Western world and can lead to all sorts of troubles. Drinking carrot and beet juice can help, as can natural digestive aids, such as papain from papaya or bromelain from pineapple.

HICCUPS

You don't want to be like Charles Osborne of Anthon, Iowa – he started hiccuping in 1922 and didn't stop for the next 65 years. After 430 million hiccups, he passed away. Try swallowing a teaspoonful of sugar, dry – this often stops the hiccups in minutes by confusing them. Alternatively, you can put ice on your neck (ouch!), drink catnip tea (yuk!), or have someone pull on your tongue (weird!)

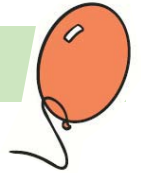
COLD SORES

No one likes cold sores and, if you can stand it, you can apply ice for 15-20 minutes at the first sign of tingling. Also helpful is goldenseal, echinacea, red clover, and pau d'arco (does anyone know what this last one actually is?) However, if it is not really bothering you very much, leaving a cold sore alone is probably a good idea.

DIARRHOEA

Diarrhoea in infants is serious... and it's pretty horrible for the rest of us! Garlic can be helpful in purifying the system, while helpful herbs and remedies include white oak bark, barley, clove root, whortleberry (has someone made this one up?), blackcurrant, burdock, and echinacea.

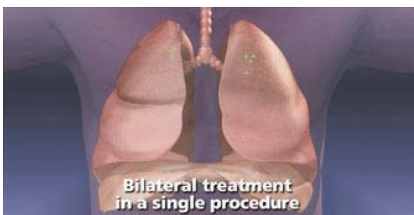
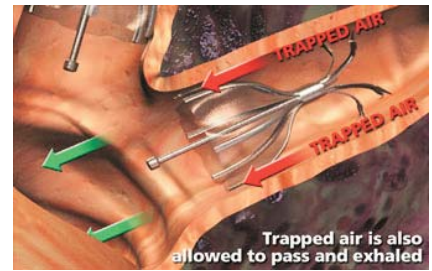
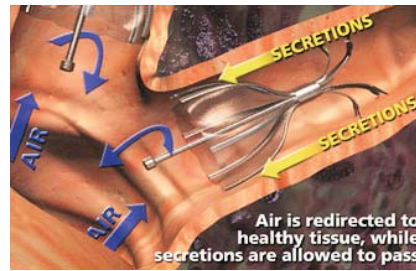
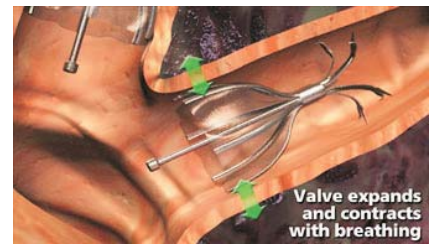
ARTICLE TAKEN FROM DAILY MAIL



THE NEW IBV™ VALVE

The IBV™ Valve is a non-surgical device designed to limit airflow to selected parts of the lung, which may improve overall health.

The device is a small umbrella-shaped valve placed in the bronchial tree, using standard techniques, to seal targeted airways. The one-way valves are designed to prevent air from entering isolated sections of the lung while allowing the lungs to clear normally. By limiting ventilation in part of the diseased lung, the idea is that the remaining healthier portions of the lung may function better.



The valve's design allows it to be easily inserted using standard instruments. The valve is intended to be permanent, but is designed to be removed if necessary.

This non-surgical therapy may represent a valuable option for the treatment of emphysema patients.

The IBV™ Valve procedure is presently undergoing clinical evaluation and the Royal Brompton Hospital is planning to start trials in July.

We will keep you informed of progress.

Angie Lockwood

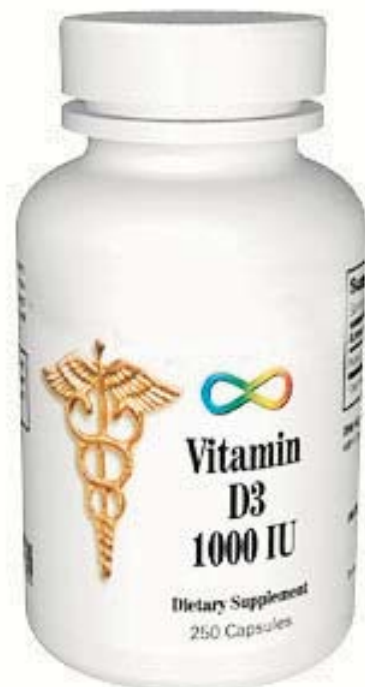
VITAMIN D3 BOOST

Asthma attacks could be prevented by taking a simple vitamin supplement. The condition is often treated with steroids, but a patient's immune system can resist the drugs, leaving them vulnerable to an attack.

Now, doctors at King's College, London, have discovered that Vitamin D3 can reduce this resistance, allowing sufferers to benefit from steroid treatment.

Long-term use of steroids in high doses also creates high risk of damage to the body's vital organs, but researchers believe the vitamin may allow patients on heavy doses of steroids to reduce the amount they are taking.

REMEMBER - PLEASE BE SURE TO CHECK WITH YOUR DOCTOR BEFORE TAKING ANY SUPPLEMENTS.



BREATHE EASY BUCKINGHAMSHIRE

Advert

MOBILITY SCOOTER FREE TO A GOOD HOME



As can be seen from the picture, this scooter has had considerable use and has a few scrapes and marks. It has had a new motor fitted and runs fine. It is quite large and primarily intended for road (as opposed to pavement) use, but it can be used in shopping precincts and along wide pavements, etc.

It was used regularly around supermarkets, but it is not possible to get it into most cars without some dismantling. Free to a deserving person (or a small donation to charity).

Please call Janet Whitehurst on 01494 875269 for further details.

CONGRATULATIONS!

To Mary Gillan on her 80th birthday.

Mary has been with the group since it first began nearly eleven years ago (yes Mary, you were only 70 then!!!!) Mary has been a valuable member of the committee since the beginning and is also our beverage consultant.

Many thanks must go to Mike Butcher, who has now produced this, his second newsletter, for us. We love what you are doing Mike - we now look very professional. As treasurer, I would also like to express our gratitude to Barclays Bank who have helped with the printing of the last two newsletters.

Janet Fanko

A CURE FOR THE COMMON COLD?

It used to be said there was no cure for the common cold - it was just something you had to grin and bear. However a new nasal spray could change that by stopping the sniffles before they start and is being hailed as the biggest breakthrough in cold remedies for years.

The spray forms a thick layer of gel at the back of the nose, where it traps the cold virus, disarms it and helps the body to flush it out. Trials show that using the spray - called Vicks First Defence - within 36 hours of the virus entering the body can stop a cold in its tracks.

SOURCE: DAILY MAIL



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