Better breathing
Better living

Top 10 Tips for summer - get prepared!

Focus on COPD – “Never too early, never too late”

PLUS

Breathe Better September 2018
What do healthy lungs look like to you?

Asthma Respiratory
FOUNDATION NZ
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Pictured on the front cover: Winner of the 2018 Better Breathing Art Competition 12 years and under category, artist: Gabriel Goedhart
Chief Executive’s message

What a year it’s been! Thank you so much for being part of our journey this year. It’s quite hard to summarise everything that has been achieved this year on one page. We’ve launched some fantastic new resources, we’ve continued to develop our use of technology, and we’ve just run our most successful Breathe Better September campaign since it began. We continue to develop and support respiratory health best practice through partnering, research, training and education. We couldn’t do any of our work without the generous support of our donors, funders and sponsors. So thank you all!

The advent of the new coalition government at the end of 2017, with a strong focus on primary healthcare, saw the Foundation release its first political manifesto. This has helped shape our work during 2018 and beyond, as we look at the best ways to achieve a 20 per cent reduction in emergency visits for acute respiratory illnesses within five years. A tough target, but one that can be achieved.

The Foundation’s commitment to the Māori Engagement Strategy saw the successful completion of our Pilot Partnership Project with Turuki Health Care in South Auckland. This project identified some of the real-world challenges we face in connecting with our most hard-to-reach tamariki to improve respiratory health outcomes. We hope that the lessons learnt through this model can be applied to other Māori healthcare providers in the future, in partnership with the Foundation.

The Foundation has also been actively involved in calling for regulation and education around e-cigarettes, with a big focus on protecting young people and never-users. We have launched a new area on our website for concerned parents and for anyone who wants to find out more information, so take a look. There will be more developments in this area in 2019.

We have so many fantastic initiatives for 2019; many will build on what we have already started but there are also some new projects, all aimed at helping the lives of more than 700,000 New Zealanders living with a respiratory condition.

On behalf of everyone here at the Foundation, thanks again for your ongoing support and have a safe and relaxing holiday season. Wishing you all good health for the new year ahead.

Best wishes,

Letitia O’Dwyer

Some of our recent highlights:

• more than $12,000 fundraised for the Foundation through the Breathe Better September campaign – and still counting
• more than 250 Breathe Better September packs sent out across the country to schools, businesses, and health professionals
• a highly successful Gisborne and Hawkes Bay Sailor the Puffer Fish asthma educational tour educating over 2,500 children
• the successful completion of the Pilot Partnership Project with Turuki Health Care in South Auckland, as part of our Māori engagement project
• commissioning the latest Impact Report for respiratory illness for New Zealand, in collaboration with the University of Otago.

We wish you a happy and healthy Christmas, and all the best for 2019!

From the Asthma and Respiratory Foundation NZ team.
Community news

Sailor the Puffer Fish tours

This year we’ve seen Sailor the Puffer Fish educate more than 10,000 children on a tour of the South Island, and more than 2,500 children in the Gisborne and Hawkes Bay areas. Sailor’s latest tour in October and November 2018 saw him travel around Northland. The Sailor Asthma Show is an engaging musical show about asthma that is performed at primary schools and early childhood education centres throughout New Zealand.

Some of the positive comments following the show in the Gisborne area earlier in the year: “Great show. Informative and fun. Good length of time. Engaging. Would definitely recommend!” – Support Staff from Wainui Beach School.

“I think those children who are asthmatic felt special but not disabled in any way. Other children were proud of their friends and intrigued by what asthma is and how they can help their friends. As a teacher I know I have more knowledge to help me assist children when they need it.” – Teacher from Te Wharau School.

The Foundation is delighted to be able to continue to run these much loved asthma shows in schools and pre-schools, and we can’t wait to hear how Sailor the Puffer Fish is received up in Northland for the first time. If you or your school is interested in the show or has any feedback following a show please email marketing@asthmaandrespiratory.org.nz.

Breathe Better September - Special shows

The Sailor Asthma Show also made some special visits to Little School, Kelburn, Wellington and St Benedict’s School, Khandallah, Wellington during the month of September as part of the Breathe Better September awareness campaign. Children took part in the interactive show, and teachers were inspired to get up-to-date with the latest in asthma emergency procedures.

St Benedict’s achieved ‘Asthma Friendly School’ status following their show. If you want to find out more about how your school can become ‘Asthma Friendly’ please contact the Foundation.

Thank you to Harvey Norman for their support

A huge thank you to Harvey Norman who gave us the opportunity to be part of their ‘Sleeptember’ campaign during Breathe Better September. From their bedding range promotion, they have collected over $6,500 so far in donations to the Foundation and are still counting. This is truly an outstanding amount – thank you so much for your support. We can help so many more people with a respiratory condition thanks to Harvey Norman and their generous customers!

Promoting asthma and allergy friendly products at the Auckland Home Show

Earlier in September our Sensitive Choice® team exhibited at the Auckland Home Show. They spoke to the public about asthma and allergies and how to minimise triggers in the home. The response was great and everyone was delighted to reach more families who needed a programme like Sensitive Choice® which helps them identify asthma and allergy friendly products for their home.

The Auckland Home Show ran for five days and had over 42,000 attendees. It was great to reach this amount of people with an interest in creating a healthy home.

The Sensitive Choice® team were also exhibiting at Go Green Expo in Wellington on 10 and 11 November 2018. Again it was a fantastic opportunity to spread the word about helping to create a happy and healthy home. Watch out for where the Sensitive Choice® team will be exhibiting in 2019, they would love to meet you!

For further information about Sensitive Choice® visit the website www.sensitivechoice.co.nz.
Christchurch GPCME Roundup – General Practice Conference and Medical Exhibition

The GPCME Christchurch took place on 18-19 August 2018. Presentations and workshops were led by Dr David McNamara and Prof Richard Beasley. The topics included: Child and Adolescent Asthma Guidelines, Case Studies in Children, Asthma and Wheeze, and the new Adult Asthma Guidelines.

A team from the Foundation also ran an exhibition stand, speaking to hundreds of GPs and nurses who attended the two-day event, seeking more information and resources.

Thanks to everyone who attended this year’s workshop – we hope to run similar events as part of the 2019 event schedule.

The NZ Respiratory Conference 2018

Last week we held the 2018 New Zealand Respiratory Conference at the Pullman Hotel in Auckland. It is the largest gathering of respiratory professionals in New Zealand, with around 200 respiratory professionals attending every year.

Keynote speakers this year included Prof Sandra Hodge – e-cigarettes discussion, Dr James Fingleton – COPD update, Dr Annette Bolton – Climate change and its effect on our respiratory health, and Emily Arps – living with a respiratory condition and our mental health.

In the next edition of our Better Living Better Breathing magazine there will be a full rundown of the event together with highlights from the keynote speakers. Further information about the event is on the website www.nzrc2018.org.

Asthma and COPD Fundamentals e-learning course – Summer Special!

The Foundation provides all registered health professionals with an opportunity to gain valuable skills in respiratory health through the Asthma and COPD Fundamentals e-learning series. For a limited time over summer, the Foundation is offering 25% off the cost when purchasing the course between 1 December 2018 and 28 February 2019 (was $180 now $135).

Over 100 health professionals have taken part in the training over the last year, successfully gaining the most up-to-date skills in asthma and COPD management. All participants of the course also receive 12 continuing professional development (CPD) hours upon completion.

For further information on the course and to take advantage of the ‘Summer Special’ please register at: www.cpd.whitireia.ac.nz.

Adherium and the Foundation collaborate to improve outcomes for asthma patients

In August 2018 it was announced that Adherium and the Asthma and Respiratory Foundation NZ will be working together to improve outcomes for asthma patients, with a special focus on New Zealand children and teenagers, in a collaboration called the Kiwi Kids Programme. This is an exciting project that will run into 2019.

Adherium is an award-winning digital health company that improves medication adherence and patient outcomes through its connected respiratory platform Hailie.

Arik Anderson, Chief Executive Officer of Adherium, comments: “This Kiwi Kids Programme is a really important step towards improving poorly controlled asthma in New Zealand children and adolescents. Our Hailie solution is designed to help people with asthma achieve better health by using digital tools to manage their condition. We are excited about our collaboration with the Asthma and Respiratory Foundation NZ.”

Letitia O’Dwyer, Chief Executive of Asthma and Respiratory Foundation NZ, adds: “With our joint knowledge, research and insights, we can really help New Zealand children with asthma. Adherium’s technology not only helps with medication adherence and asthma management but showcases how technology can be integrated into health devices.”
Respiratory disease continues its impact within New Zealand with over 700,000 New Zealanders living with a respiratory condition. Asthma continues to lead these statistics, with one in seven children and one in eight adults having asthma in New Zealand.

‘The impact of respiratory disease in New Zealand: 2018 update’ has just released its preliminary figures. In early 2019, a full rundown of the latest statistics about New Zealand’s respiratory health will be released. Early indications are that in some areas we are getting worse as a nation.

The report’s findings are drawn from research into total respiratory disease and associated individual respiratory disease indicators such as asthma, bronchiectasis, childhood bronchiolitis, pneumonia, and chronic obstructive pulmonary disease (COPD). The latest research report continues to indicate that “inequalities in respiratory hospitalisations by socio-economic deprivation were marked”. Respiratory hospitalisation rates were highest for Pacific peoples, with rates 2.5 times higher. Māori rates were also significantly higher, with rates 2 times higher.

The report was first published in 2002 to gain insight into respiratory disease over extended periods and is updated biennially. The report is used by health professionals and researchers, and the statistics are used widely by the Foundation. A full roundup of the new statistics will be released early in 2019 and will be available on the Asthma and Respiratory Foundation NZ website at that time.
It's easy to get excited about summer holidays. Whether you're going on day trips to the beach, on an overseas adventure, or walking through the bush, it's important to be mindful of asthma triggers. For instance, heat and high pollen levels can be an issue for some people at this time of year. So what are the main considerations this summer? Here's some handy tips from the Asthma and Respiratory Foundation NZ team for you to think about to help you keep healthy this holiday time.

We hear of asthmatics who feel really well over summer, and so decide to take a little medication holiday. While it's great to feel well, medication should only be stopped after a review by a GP.

Think about your potential triggers. This will help you manage your asthma and ensure your trip goes as smoothly as possible. If you know high pollen levels are a problem for you, check which days are going to be worse and plan your day trips around this if you can. Be aware in unfamiliar surroundings too.

Being prepared and planning ahead before travelling is a must, including ensuring you have enough inhalers and medicines. This can help your holiday be memorable for all the right reasons.

Visit your GP to review your asthma - even if you are well. This allows you to discuss your asthma with your GP when you are healthy rather than the stressful norm of when you are unwell. Your GP can assess your medication; if your asthma is not such a problem over summer you may be able to reduce your medication dosage. This is also a great opportunity to get a copy of your prescription to take on holiday with you.

Make sure your Asthma Action Plan is current; if not, develop or update your plan with your GP so you know what to do if your asthma flares up. Make sure you leave yourself enough time before your get-away to organise this.

If you are away from home, keep your reliever medication on hand. Your reliever works best in conditions lower than 25 degrees so avoid keeping it on the windowsill, in the glovebox, or in direct sun.

It's easy to let your asthma routine slip during your holiday. Remember that for most people it is still important to take your prescribed preventer every day. So keep your usual routine up!

It can be a good idea to check out online where the nearest emergency medical facilities are, especially if you suffer from severe asthma. This could help out any family and friends who may be charged with getting you to a health professional in an unfamiliar place at short notice if needed.

If you know heat is an issue for you, it's good to look at what the temperature is likely to be. Some locations are best in the autumn rather than in the heat of summer. Or, you may want to avoid the main heat of the day. It's all in the planning!

It's important to ensure you have enough medication while travelling. If you know you are going to be away from your main bags for a long time, make sure you have everything you need in your hand luggage. It's always best to include more, just in case of misplaced suitcases too!

Finally, the most important thing of all is to enjoy yourself! It's great for everyone to relax and take it easy over summer. It's great for mental wellbeing too. Whatever you are up to, plan ahead and have a fantastic time!

If you have any concerns at all about your respiratory health this summer then visit your health professional. There's also more advice on our website:

www.asthmaandrespiratory.org.nz
Breathe Better September

Breathe Better September 2018 was a huge success and we want to thank each and every one of you for making it so fantastic this year. We’ve been delighted with the response and the Foundation wants to thank those who took part in helping to fundraise, by being part of our art competition, by raising awareness, or by helping out at the 12-hour biking challenge ‘Bike for Better Breathing’ launch event in Wellington. We couldn’t have done it without you!

So far we have raised over $12,000 for Asthma and Respiratory Foundation NZ, with more funds still coming in. These funds will go directly towards helping to support and educate New Zealanders around the issues of respiratory disease.

Bike for Better Breathing

It all kicked off on Cuba Street on 1 September with our 12-hour biking challenge that ran from 6.30am to 6.30pm. We had some amazing people come along and help us complete the biking challenge, and a number of our sponsors really helped out to make it a great success. We used three exercise bikes from Les Mills, with Wellington Phoenix soccer mascot Nixie and some of the Academy players helping us on the bikes. There were also ecostore giveaways.

Check out the full list to the right for a full roundup of our Breathe Better September 2018 supporters and sponsors who provided us with prizes or supported us in some way.

Better Breathing Challenge

The Better Breathing Challenge part of the campaign was about promoting and raising awareness of asthma and respiratory conditions and illustrating how living an
active lifestyle can benefit everyone, including those with a respiratory condition. The fundraising pages on ‘Everyday Hero’ show us all what an enormous array of challenges our supporters took part in.

We had KCPT / New U Fitness from Christchurch doing an amazing group challenge. They raised over $700, which was quite outstanding. We had a range of children taking out some of the top spots for our individual top fundraisers, doing everything from walking and wellbeing challenges to shooting netball hoops. It really was awesome to see so many people from across the country get on board.

**Better Breathing Art Competition**

Take a look at some of the winning artwork from our Breathe Better September art competition on the inside of the back cover, showing what ‘healthy lungs’ look like. Entries came in from around New Zealand.

Thanks again to you all! We can’t wait for Breathe Better September 2019! If you or your business want to get involved in next year’s campaign then please email marketing@asthmaandrespiratory.org.nz.

A BIG thank you to all our corporate sponsors and supporters of Breathe Better September 2018:

- Harvey Norman
- Les Mills Extreme – Wellington
- Wellington Phoenix
- Stirling Sports – Cuba Mall
- Ecostore
- Le Marché Francais café – Wellington
- Born and Raised
- Blue Illusion ladies’ fashion
- Micro scooter
- Whittaker’s
- Badge King
- Westpac
- Regional News
21 November 2018 marked World COPD (Chronic Obstructive Pulmonary Disease) Day. It’s organised by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) in collaboration with health professionals and patient groups around the world. Each year a theme is chosen to highlight a key focus. This year’s theme was “Never too early, never too late”. Each year more than 50 countries worldwide carry out activities, including New Zealand. Its aim is to raise awareness of COPD and improve care around the world. The Asthma and Respiratory Foundation NZ takes part every year, and this year we ran a social media and awareness campaign.

More about COPD – what do we know?

COPD is often undiagnosed, and for this reason at least 200,000 or 15 percent of the adult population in New Zealand over 45 years of age are thought to be affected. In 2016 it was determined that 36,958 New Zealanders were living with COPD. Even with under-reporting COPD is still the fourth most common cause of death after ischaemic heart disease, stroke, and lung cancer. In people aged over 40, COPD is a concern, especially within the Māori and Pasifika populations where rates are highest.

COPD (Chronic Obstructive Pulmonary Disease) is an umbrella term for the disease emphysema or chronic bronchitis. If you have COPD it means the breathing passages (airways) in your lungs are compromised and lung tissue is damaged.

In the early stages of COPD, while the lungs are being damaged, there are no obvious symptoms. Because of this, it often doesn’t present until the patient is over 40 years old. Some of the symptoms include shortness of breath, a cough, wheezing, difficulty breathing, especially with exercise, and ongoing respiratory discomfort.

The most common cause is smoking, and the damage develops over a number of years. However, some people can develop COPD from being exposed to air pollution, dust, or chemicals. There is also an inherited genetic disorder called alpha-1 antitrypsin deficiency, the only hereditary risk factor known to cause COPD.

Some of the symptoms may seem minor at first but can progress to the point where daily activities, such as walking, getting dressed, and even eating can cause extreme shortness of breath. With the right knowledge, support, and management people can lead a full life.

Unfortunately there is no cure for COPD, so treatment focuses on relieving symptoms. There’s a focus on smoking cessation, improving exercise tolerance, relieving symptoms through medication, and effective management of contributing factors. There are many things that those with COPD can do to help themselves feel better, including:

- taking part in regular physical activity
- eating a healthy diet
- conserving energy if feeling tired
- developing a COPD management plan alongside a health professional
Teresa Demetriou, Head of Education and Research at Asthma and Respiratory Foundation NZ, comments:

“We need to do more work in terms of education and effective management and treatment of COPD especially within our high risk communities. It’s important that those over 40 years of age go and see their GP if they are worried about their respiratory health.”

For further information about COPD speak to your health professional, find your local support group or visit: www.asthmaandrespiratory.org.nz

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**COPD support service – “By Māori for Māori”**

Formed in the Hutt Valley in 1995, the Tu Kotahi Māori Asthma Trust provides a marae-based “by Māori, for Māori” support service for people with COPD. The goal of the group is to visit whānau in the home to promote COPD education and a sense of togetherness and support (whanaungatanga) throughout the whānau.

Anecdotal evidence from participants indicates that the Trust is achieving success in providing timely access to health care for Māori affected by COPD. The use of Te Reo Māori and understanding of culture (tikanga) and hospitality (manaakitanga) have created a non-threatening and supportive environment for Māori.

Whānau are encouraged to participate in regular exercise programmes and over the past five years, the Trust has provided a weekly swimming programme for COPD patients. Medicine compliance and management of exacerbations have improved through the delivery of simple demonstrations and visual explanations. Members are also encouraged to consider issues such as housing and co-morbidities when supporting people with COPD.

Raising community awareness and providing community-based resources for the diagnosis and management are important strategies in combating COPD.
Overview:
European Respiratory Society Congress 2018

Teresa Demetriou, Head of Education and Research, Asthma and Respiratory Foundation NZ, gives an overview of her experience at this year’s European Respiratory Society International Congress, Paris, France. With more than 22,000 delegates in attendance, the Congress is the largest meeting of respiratory professionals in the world. Over five days there were more than 420 scientific and educational sessions – covering the latest in respiratory medicine and science. Teresa focuses here on two presentations that she attended during the event in September 2018.

Does asthma affect job prospects and education in young adults? Presented by Dr Christian Schyllert, a clinician at Karolinska University Hospital in Stockholm, Sweden.

People who suffer with persistent asthma from a young age are more likely to leave school at 16 years of age, and those who do make it to university are more likely to drop out early. The research started in 1996 and follow-ups occurred at 11 years, 19 years and 27 years of age as part of the study. The research was based on children living in three districts in Sweden.

The research also suggested that when this group of children grow up, they are less likely to work in certain non-manual occupations such as a police officer, a clerk or a foreman. Researchers behind the study suggest children with asthma are disadvantaged in education and their future jobs.

Some of the statistics provided in the presentation showed that children with early onset asthma (diagnosed before 12 years and still suffering at 19 years) were 3.5 times more likely to leave school at 16 years with only basic education. Also, they were twice as likely to drop out of university before completing three years of study.

Asthma is one of the most chronic diseases among children and we know that it can interfere with daily life and affect school attendance. However, a lot less is known about the impact of childhood asthma on subsequent life chances in adulthood. The study will continue, and researchers are looking to follow up the same group again in the future.

Teresa commented on the findings: “It was a stark reminder to everyone in the room, that we need to ensure that we continue to support families who have children with asthma. We need to look at how children are managing their asthma, and here in New Zealand how we are utilising our Child and Adolescent Guidelines. We don’t want New Zealand children to be part of such statistics. Children should not be disadvantaged in this way if they suffer from asthma. More research will be ongoing in this area. The message was for children to stick to their asthma treatments and to speak to a doctor if symptoms aren’t under control and always have an asthma action plan.”
Paracetamol may increase the risk of asthma in children. Presented by Ms Xin (Daisy) Din, who is a nurse and PhD candidate at the Allergy and Lung Health Unit at the University of Melbourne, Australia.

Children who take paracetamol during their first two years of life may be at higher risk of developing asthma by the age of 18, especially if they have a particular genetic makeup. This link is strongest in children who have a variant of the GST gene, GSTP1. The study found a link between babies who had regularly been given paracetamol and those that developed asthma by 18 years. However, the research showed only that there was an association between paracetamol and asthma, not that paracetamol caused asthma. Paracetamol contains glutathione, reducing the body’s capacity to deal with toxic exposure.

These findings provide more evidence that paracetamol use in infancy may have an adverse effect on respiratory health for children with a particular genetic profile and there could be a possible cause of asthma.

Teresa commented: “It was fascinating to see more arguments around the possible dangers of paracetamol. We have seen this a lot in recent times. It seems there will be ongoing research in this area, there still needs to be a better understanding of the link. The best advice is to follow your GP’s guidance, and always follow the instructions on the bottle.”

Teresa concluded: “It was fascinating to hear about the latest studies and findings on global respiratory health. Getting that international flavour, to see what’s happening worldwide is so important.”

Thank you to Rex Medical Ltd, who supported our attendance at the European Respiratory Society (ERS) International Congress in Paris.
Handy hints: Keep allergies at bay over Christmas!

Watch out for high pollen counts
During the months of September through February pollen is out in force – and this happens to be when we spend the most time outside enjoying the warmer weather. Watch for the best times of day to go outside, and choose predicted lower pollen count days for your outings. Our national weather forecast often includes alerts during the summer, and you can also search online for more information.

Avoid strong chemicals and fragrances
Keep an eye out for products like sunscreens and mosquito repellents that may contain strong chemicals or fragrances that could trigger a reaction.

Minimise exposure to fireworks, BBQs, braziers and outdoor fires
Smoke is a common asthma trigger, so try to avoid it during the party season.

Watch out for bites and stings
We all find the itch of a mosquito bite or the pain of a bee sting very unpleasant, but for some it can trigger an allergic reaction. Fortunately, severe allergic reactions are uncommon, but even a mild reaction can be very uncomfortable. If you have even a small allergic reaction, such as hives for instance, you can always see your doctor for an allergy check-up.

Be careful near real Christmas trees
Unfortunately, real Christmas trees can be a trigger. Be careful when you are handling them or if you are near them. It’s also important to treat artificial trees with care as they often become dusty after they’ve been stored in a garage or loft space for the year.

Watch out for unfamiliar party food ingredients
Some people’s asthma can be set off by food. In particular, some ingredients in processed foods can cause wheezing in people who are sensitive to these ingredients. The most common food additive to cause asthma symptoms is metabisulphite, a preservative used in dried fruit and wine.

Most of all, be prepared! Ensure that you take your medication as prescribed and have it on you in case you start to feel unwell.

For people with allergies and asthma it may be a good idea to have an allergy action plan, which helps you to recognise the seriousness of a reaction and tells you what to do in response. Speak to your health professional about one. If you can do your best to minimise your exposure to your triggers, then you’ll have a fantastic holiday season. Happy holidays!

For more tips to help minimise asthma and allergy symptoms visit: www.sensitivechoice.co.nz.

Daikin Split System Air Conditioners
Whether you’re renovating your existing home or building a new one, a Daikin heat pump is an excellent solution for your cooling and heating needs. Daikin Split System Heat Pumps are energy efficient and flexible to accommodate any floor plan, and your local Daikin Specialist Dealer will be able to assist with recommendations.

Air-purifying filters like the Titanium apatite deodorising air purification filter of the Cora traps microscopic particles, decomposes odours and even deactivates bacteria.

Look for the blue butterfly on a wide range of Daikin products and your local Daikin Dealer here: www.daikin.co.nz.

FILTA Vacuum Cleaner Bags
Filtro’s Microfibre vacuum cleaner bags trap more household dust and allergy particles capturing up to 99.5% of household air pollutants as well as allowing for greater airflow, leading to a cleaner healthier experience when cleaning your home.

Look for the blue butterfly on Filta MicroFibre, and UltraClean Microfibre vacuum bags found at many supermarkets and hardware stores.
What do healthy lungs look like to you?

Here’s some of our entries from Breathe Better September’s art competition. What a huge response we had this year, thank you to everyone who entered!

Our fantastic winners

Some of our wonderful runners-up
To make an automatic $20 donation phone 0900 4 ASTHMA (0900 4 278462)

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Thank you!

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