Better breathing
Better living

Breathe Better September awareness month - challenge yourself!

PLUS

Ask an expert - mental health and respiratory illness

Chloe’s journey of courage - winner at the New Zealand Respiratory Awards
**Asthma and Respiratory Foundation NZ**

Chief Executive
Letitia O’Dwyer

Head of Education and Research
Teresa Demetriou

Donor Database Coordinator/Office Manager
Judy McLuskie

Grants and Fundraising Manager
Lyndal Bremer

Marketing and Communications Advisor
Vanessa Searing

Marketing and Communications Advisor
Vicky Jones

Marketing and Partnerships Advisor
Hayley Sims

Marketing and Partnerships Coordinator
Jessica MacKay

PA/O Office Coordinator
Robyn Love

Medical Director
Dr Stuart Jones, MBChB, PhD, FRACP

Chief Cultural Adviser – Māori
Sir John Clarke, CNZM, KNZM

Level 2, The Woolstore, 262 Thorndon Quay, Wellington 6011
PO Box 1459, Wellington 6140

04 499 4592
asthmaandrespiratory.org.nz
asthmaandrespiratoryfoundation
asthmafndation
asthmaandrespiratoryfoundation

---

**Contents**

4 Community news
Read about the latest community news including Breathe Better September 2018, our recent Donation Point Tap installations and the successful Sailor the Puffer Fish tour of the South Island.

6 Ask an expert – mental health and respiratory illness
Mental health promoter Emily Arps talks about how we should all think more about our mental health and wellbeing, especially when we suffer from a respiratory illness. It can be isolating and worrying, but there are simple things that we can do to look after our own mental health. Check out the five actions to wellbeing.

7 Vaping – it’s not child’s play
Find out more about the Foundation’s concerns around vaping and e-cigarettes amongst our youngsters. As vaping grows in popularity, should there be more regulation and guidance around these products? World Smokefree Day 2018 brought these questions to the forefront.

8 New Zealand Respiratory Awards 2018
A focus on our inspirational winners from the 30th anniversary NZ Respiratory Awards 2018 in Wellington. These remarkable people have achieved so much despite having a serious respiratory illness.

10 Chloe’s journey of courage
Based on an interview with Rachel Crump, Chloe’s mum, this article takes a look at Chloe’s amazing journey. Chloe was the 2018 Cody Forbes Award for Courage Winner at the Respiratory Awards 2018.

11 How to keep well during winter
Find out the best ways to stay healthy during the colder months. What should we be thinking about, as we tend to spend more time indoors? Watch out for those winter triggers and think about the best ways to keep well during this time.

12 World Asthma Day
Read all about the activities that took place on 1 May to celebrate World Asthma Day. It was a fabulous day with over 90 schools from across the country taking part in the awareness campaign.

14 Cleaning tips to create a healthier home
Read these key tips to reducing triggers for asthma and allergies in your home.

15 ‘My Asthma’ app
Check out how the ‘My Asthma’ app may benefit you and your family. It’s simple and easy to use.
Chief Executive’s message

Letitia O’Dwyer, Chief Executive

It has been a very busy quarter for the Asthma and Respiratory Foundation NZ. We’ve launched a number of new initiatives as we continue our work towards improving the lives of more than 700,000 New Zealanders living with a respiratory condition. Reflecting on the last few months it’s been staggering to see what our small team continues to achieve. We couldn’t do this without the generous support of our donors, funders and sponsors – and yet no government funding. Thank you so much for your support.

Some of our recent highlights are:

- the launch of a revolutionary new online tool, the Teachers’ Asthma Toolkit
- having 7,600 followers on Facebook and further developing all our popular social media platforms
- over 90 schools across the country celebrating with us on World Asthma Day by signing up to the asthma school activity packs
- over 10,590 children benefiting from the autumn/winter asthma educational tour of Sailor the Puffer Fish in the South Island
- facilitating more radio and TV interviews over recent times than ever before.

I’ve recently celebrated my one year anniversary at the Asthma and Respiratory Foundation NZ, and what a year it’s been. I would like to thank everyone who has provided such wonderful support to the Foundation. There have been so many highlights. Our New Zealand Respiratory Awards 2018 certainly was a recent stand out event; what an evening. It was amazing to hear so many inspirational stories from people here in New Zealand doing extraordinary things, despite having a serious respiratory illness. Thank you to everyone who came along to help celebrate our 2018 Achievers. It was such a hard decision this year for our judging panel, and we thank each and every one of you for entering in 2018. Please see a special centre page spread to read more about these fabulous winners.

We’ve just celebrated World Smokefree Day and attention was drawn again to the safety of e-cigarettes and the potential dangers of younger people taking up the habit. The Foundation acknowledges we need to continue to support people in their quest to stop smoking, but we need to balance this with introducing regulations that will protect our vulnerable young people. We have had our first official talks with the Ministry of Health with regards to e-cigarettes, which is good news. We have also recently launched a new area of our website where you can get more information about e-cigarettes and vaping, so we can all have those important conversations with our teenagers and family members. Check it out and get informed.

World Asthma Day on 1 May was a huge success for the Foundation. We’re delighted with the feedback we have been getting on our new teacher resource the Teachers’ Asthma Toolkit which was launched on the day. Read inside for more detail on this valuable resource that is already proving to be a big hit.

We are all looking forward to this year’s NZ Respiratory Conference, themed ‘A wave of knowledge in the respiratory space’. We have some amazing speakers on some hot topics including areas such as mental health and wellness and how climate change can impact respiratory illness. Our medical professionals really are in for a treat, so if you haven’t registered, do it now.

Thank you to everyone for your continued support of the Asthma and Respiratory Foundation NZ’s important work. We have more exciting things on the horizon for the end of the year and into 2019, so keep up-to-date with everything we are doing via our website and social media channels.

Best wishes,

Letitia O’Dwyer
Community news

Breathe Better September – challenge yourself!

On 1 September 2018 we launch our annual Breathe Better September campaign and this year it will be bigger and better than before! We are launching the campaign with a ‘Bike for Better Breathing’ event in Wellington on the famous Cuba Street, with help from Les Mills.

Breathe Better September will also include the Better Breathing Challenge, all about promoting and raising awareness of asthma and respiratory conditions and illustrating how living an active lifestyle can benefit everyone, especially people with a respiratory condition. We are asking all our followers, friends, partners, schools and ambassadors, to take part in a personal challenge to help raise awareness and fundraise for our main annual fundraiser. Whether it’s a walk round the block every day for the month of September, riding your bicycle once a week during the month, or challenging yourself to do five minutes of meditation a day, pick something that suits you and challenge yourself this September!

Set up your own Better Breathing Challenge fundraising page on ‘Everyday Hero’ so your friends and family can sponsor you. For more information and details on how to set up your Everyday Hero page visit our website www.breathebetterseptember.co.nz

Sailor the Puffer Fish South Island tour kicks off

Our Sailor the Puffer Fish educational asthma tour has for the first time toured the South Island, educating preschool and primary aged children about asthma. Over 80 schools have been visited during the three month tour, which means over 10,590 children benefitted, from Nelson down to Bluff and Invercargill in the south.

The tour is an educational musical show performed alongside entertainer Chris Lam Sam to communicate a serious message to children in a fun, lively, and entertaining way. The show includes tips on how to manage asthma, what to do in an emergency, and how you can help your friends. Chris comments:

“What a vital educational show this is, it not only helps save lives, but the kids have an enormous amount of fun too.”

During the tour local asthma societies are providing participating schools with an asthma emergency kit as part of the Asthma Friendly Schools programme.

ARFNZ Chief Cultural Adviser – Māori, Sir John Clarke, receives his knighthood

Our Chief Cultural Adviser Sir John Clarke KNZM received his knighthood for services to Māori and heritage preservation on 17 May at Government House. John has worked in education and crown agencies, and since the 1990s has played a role in almost 30 treaty settlements throughout New Zealand. We congratulate John on his New Year Honours Award as Knight Companion of the New Zealand Order of Merit.

Asthma and Respiratory Foundation NZ congratulates Mrs Alison Wilkie MNZM on her New Zealand Order of Merit

Alison is a nurse who set up the Canterbury Asthma Society in 1972, serving as Secretary and President until 1994. Alison set up several other asthma societies in the South Island, and played a key role in the establishment of the New Zealand Asthma Foundation in 1980. Alison was one of the pioneers in asthma education in New Zealand.

Donation Point Tap – a new fundraising initiative for the Foundation

Donation Point Tap is a contact-less counter-top device that enables charities to quickly accept low value card donations. Debit or credit card holders place their card over the reader for a couple of seconds and a donation for the amount displayed on the screen is donated. The Foundation is excited to have three units so far.

A big thank you goes out to our amazing supporters for their participation in this new initiative:

• Matt and Freya and their fabulous staff at Seashore Cabaret, Petone foreshore, Wellington
• Iain and the team at Penthouse Cinema, Brooklyn, Wellington
• Ben and his crew at HOME Cafe, Stout Street, Wellington

For those of you in the Wellington area, pop along and support these fabulous businesses and try out our Donation Point Tap unit while you are there.

If there are any businesses around the country who would be interested in hosting a Donation Point Tap unit please email judy@asthmaandrespiratory.org.nz.

Open your heart and leave a lasting gift for people with respiratory conditions

We have recently launched a new brochure and updated information on our website for any individual who may like to leave a bequest to the Foundation. We have a sensitive and dedicated team who can help you if you or your family have any questions about this service.

Please email judy@asthmaandrespiratory.org.nz if you would like a copy of our new brochure or any further information.

Breathe Better September
Better breathing, better living

Community news for health professionals

NZ Respiratory Conference – 22 and 23 November 2018

In its 20th year, the NZ Respiratory Conference is the largest gathering of respiratory professionals in New Zealand. Last year over 200 delegates attended including GPs, nurses, specialists, educators, and health professionals, all with an interest in respiratory health.

The theme for 2018 is ‘A wave of knowledge in the respiratory space’ which will focus on increasing knowledge in evidence-based best practice, showcasing how this can be implemented into the everyday working lives of our health professionals, and ultimately improving patient outcomes. There will also be some fascinating presentations on some hot topics, including how climate change may affect respiratory health in the future, ‘Living well with a respiratory condition’ and issues around mental health.

In 2018 we are also pleased to announce that we are launching the first ‘GP Respiratory Update - Commitment to Excellence’ supported by the Thoracic Society of Australia and New Zealand (TSANZ). This full day session will encourage more information and knowledge to be shared regarding the update of both the Adult and the Child and Adolescent Asthma Guidelines, along with the latest respiratory updates and information. This is specifically designed for GPs.

If you’re a health professional register before 27 August and save up to $100. To register go to www.nzrc2018.org
Pullman Hotel, Auckland | Thursday 22 and Friday 23 November 2018

‘Best Practice Asthma Guidelines’ training a great success

In March we held an RNZCGP endorsed ‘Best Practice Asthma Guidelines’ training course with respiratory nurses from across the country. These health professionals have since gone on to share what they learned with their local medical centres, passing on all the valuable information from the new Asthma Guidelines.

The Asthma and Respiratory Foundation NZ thanks everyone who took the time to attend the training in Wellington, and to Betty Poot, Kyle Perrin, Kathy Holloway and Debbie Rickard for coming to share their expertise.

A big thank you to our sponsors Airflow Products and Rex Medical for their support.

If you’re a medical professional and interested in our training courses please visit our website or email teresa@asthmaandrespiratory.org.nz.

Rotorua GP CME round-up – General Practice Conference and Medical Exhibition

For the first time ARFNZ held a ‘Respiratory 101 Workshop’ at the Rotorua GP CME, which was held in June. The two hour workshop was very well received by all, presented by Prof Richard Beasley, Prof Innes Asher, Dr Conroy Wong and Dr Sarah Mooney. They discussed all the latest updates on both the Adult and Child & Adolescent Asthma Guidelines and adult bronchiectasis.

The Foundation also hosted an exhibition stand that was managed by Teresa Demetriou, Head of Education and Research, providing essential information and updates on all our resources. The South Island event will take place in August.

GP CME – South Island – Christchurch 16-19 August 2018

Feedback from our regional partners

In March the Foundation conducted a survey to gain some insight on our work and how it supports our regional partners. Overall the feedback was very positive with some useful feedback received.

Thank you to our regional partners who participated in this survey. Your feedback is valuable to us and helps us determine the areas we can improve and develop further.

One of the comments from Tu Kotahi Māori Asthma Trust about our free educational resources was:

“They are a life line for some of my whānau (literally). It’s plain, easy, has pictures and only contains what is needed. We go through all of the above resources that I ticked and whānau find them very informative, simple and easy to follow. Sometimes I don’t have the capacity (e.g. limited window of opportunity) to give whānau enough info, so I give them some of the booklets to read over. At the back I put my contact details in the space provided and a few do ring me if they have further questions, which is awesome.”

ARFNZ is welcomed by Global Alliance Against Chronic Respiratory Diseases (GARD)

In June the Foundation was officially welcomed as part of the Global Alliance Against Chronic Respiratory Diseases (GARD), giving New Zealand a seat at the table in terms of sharing the latest thinking and advocacy for action around chronic respiratory diseases.

GARD provides a network through which collaborating partner countries can combine their strengths and knowledge, thereby achieving results that no single partner could attain alone.
Emily Arps works as a mental health promoter. She is passionate about mental health and wellbeing, which stems from her experience living with a chronic respiratory condition, Kartagener’s syndrome. Taking steps to look after her own physical and mental health, together with the support of others, has enabled Emily to take more control of her condition, even when she is unwell.

Mental health, like physical health, is something we all have, and we all need to nurture. Taking steps to improve our wellbeing can help build resilience, bring our natural coping mechanisms to the fore, and improve mental health for all. Developing the knowledge and skills to build our own wellbeing is a vital first step. There are simple things that we can do to look after our own mental health, and this is maximised when we have the support of others including whānau, friends, and in the case of people with respiratory conditions, our care team.

**Daily stressors**

In addition to life’s typical stressors, there are ‘little things’ that people with respiratory conditions just ‘get used to’, such as low energy levels, managing daily medications, putting on a brave face to others and feeling guilty when they’re not up to doing something. While each of these may seem ‘little’ on their own, they can take their toll on your mental health over time.

**A challenge for many people with a respiratory condition is not being able to predict when they might have a flare up. In my experience, most of the time there are symptoms I can recognise a change in and have a chance to take action on. Other times I’ve felt 100 percent fine one minute, and within the hour been very unwell and en route to hospital. These latter times are stressful, not just for the physical impact or their often poor timing with family events, travel or work commitments, but rather the feelings of a lack of control and defeat against something you work so hard at to stay well.**

**Things you can do to look after your mental health**

Five ways to wellbeing is a framework of evidence-based actions that when built into our daily lives can benefit our wellbeing.

These five actions are:
- Connect
- Give
- Be active
- Take notice
- Keep learning

The great thing about this framework is that it is accessible to everyone, and it’s about doing what you can. So for someone with a respiratory condition to be active, that may be walking to the letterbox, or it may be going for a long walk around the park. It’s about finding what works for each of us, making sure we remember to nurture our own mental health and wellbeing as well as our physical health.

Another important thing is to talk openly about mental health. I’m grateful to my partner George for many things, but in particular how we are able to talk openly about how a hospital admission for example affects both of us, and then work out a plan to make it just a little bit easier.

Talking to the people we love and trust is a good first step for seeking help for any mental health symptoms we’re concerned about. There are plenty of other services available, as listed on the Mental Health Foundation’s website.

Emily will be presenting at this year’s NZ Respiratory Conference in November 2018. The presentation will draw on her experience as a mental health promoter for the ‘All Right? Campaign’, a health-promotion social marketing campaign focusing on the psychosocial recovery of Cantabrians following the devastating earthquakes of 2010 and 2011. For more information about Emily’s inspiring work visit: www.AllRight.org.nz

Emily’s condition, Kartagener’s syndrome, is a rare hereditary disease. It involves two main characteristics: primary ciliary dyskinesia (PCD) and situs. PCD can cause a number of symptoms including frequent respiratory infections, frequent sinus and ear infections.
Vaping – it’s not child’s play

Asthma and Respiratory Foundation NZ made a call for clearer messaging and transparency around how e-cigarettes and vaping should be promoted, sold, and used in New Zealand on World Smokefree Day, 31 May 2018. It became a hot topic during the week here in New Zealand and many media outlets covered the story.

While the Foundation acknowledges that supporting smokers to quit is essential, we need to protect our wider communities and young people from taking up e-cigarettes and vaping as a habit. The Foundation supports the Ministry of Health’s intention to develop ‘risk-proportionate regulation’ that considers the whole area of smoking including e-cigarettes and the tightening of regulation on smoked tobacco products if indeed it can accelerate progress towards achieving NZ Smokefree status by 2025.

Letitia O’Dwyer, Chief Executive of Asthma and Respiratory Foundation NZ (ARFNZ), says:

“It’s so important we look at measures to reduce the risk of youth uptake of e-cigarettes and vaping, whilst also balancing this with the need to encourage and support smokers to quit especially as we are looking to achieve NZ Smokefree by 2025. “

“The need to consider e-cigarettes and how they fit in with a full smoking cessation programme, along with the need to continue to tighten the rules around tobacco products, is long overdue and the ‘risk-proportionate regulation’ that is currently being talked about can’t come soon enough. In terms of youth, our real concern is how the current market appears to be attracting young people to take up the habit of vaping through unregulated promotional and advertising activities, yet we just don’t know how safe e-cigarettes are in the long term,” Letitia O’Dwyer adds.

Dr Stuart Jones, Medical Director for Asthma and Respiratory Foundation NZ, comments: “We aren’t against e-cigarettes and vaping, but we want to see them used in an evidence-based fashion with appropriate regulation to help those current smokers to quit. From a medical perspective, we really want to protect our youth from starting to smoke or vape. We can’t say for sure what long term damage these products are doing especially in the developing lungs of young adults and children.

“We just don’t understand enough about the flavours, although more and more published literature is coming out on the toxicity of some flavours and chemicals used in them and we know that nicotine containing e-liquids are addictive.”

We simply need more research so we can adequately protect our e-cigarette / vaping ‘never user’ youth from starting, and so people can make informed decisions.

Letitia O’Dwyer was asked to comment by a number of national media during World Smokefree Week including TV NZ 1 News, AM Show, Radio Live and News Talk ZB.

Please visit the new section on the Asthma and Respiratory Foundation NZ website under ‘Your Health’ to become more informed about e-cigarettes and vaping. It’s important we talk about the issues and have these conversations with our teenagers now.
On 19 April, the Asthma and Respiratory Foundation NZ celebrated its 30th annual New Zealand Respiratory Awards. This year’s ceremony was separated into two parts, the Respiratory Achievers’ Awards and the Media Awards.

The NZ Respiratory Achievers’ Awards praise and honour those individuals making a real difference while living with respiratory diseases. The Media Awards recognise people who utilise their resources to spread awareness about respiratory conditions.

The night was filled with remarkable guests and speakers sharing inspirational stories. Among them was Erin Simpson, television personality and ambassador for the Asthma and Respiratory Foundation NZ, who announced the evening’s winners.

Alistair Harsant, ‘Ironman for Asthma’, another ambassador for the Foundation, spoke about living with chronic asthma and the challenges he has been able to overcome. Alistair discussed how he manages his condition by training for and competing in Ironman competitions.

Foundation Chief Executive Officer, Letitia O’Dwyer, expressed:

“It was a delight to celebrate the 30th anniversary of the NZ Respiratory Awards. These inspiring people should motivate us all to continue the valuable work that we do by helping to raise awareness, educate, and support important health research, while also continuing to push for a government prominent respiratory health target.”

2018 Achievers’ Award Winners:

**Asthma 5-12 Years Category Winner**
Mayim Hartley, from Palmerston North, is a brave and inspiring young boy living with chronic lung disease. Mayim has completed several Weetbix Triathlons despite his on-going condition.

**Asthma 13-18 Years Category Winner**
Ben McCallum, from Hamilton, is a dedicated young athlete who has lived with moderate to severe asthma since birth. Ben has never let his asthma hold him back and has celebrated some brilliant sporting achievements in kayaking and surf lifesaving.

**Adult Asthma Category Winner**
Cybele Souza, from Christchurch, is an incredible young lady who has had asthma since age two and has had many hospital admissions throughout her life. Cybele has shown commitment and determination in everything she does, including her fantastic achievements in the Christchurch City Chorus.

**New Zealand Respiratory Awards 2018**

Celebration of the 30th annual Respiratory Achievers’ Awards
Chronic Obstructive Pulmonary Disease (COPD) Category Winner

Aketaunga Pureau, from Napier, has come a long way with the management of her COPD, including becoming a Pulmonary Rehabilitation Programme trainer. She also completed an IronMāori contest in 2017 despite her lung condition.

Other Respiratory Conditions Category Winner

Inosandreia Nesi Tike, from Auckland, was diagnosed with bronchiectasis and chronic asthma in the week of her first birthday. Inosandreia maintains a healthy lifestyle by self-managing her medications and staying active through traditional Tongan dancing. She continues to be an inspiration to all.

Cody Forbes Award for Courage Winner

Chloe Crump, from Tauranga, is a very strong young girl who has had over 25 hospital admissions due to her chronic asthma, bronchiectasis, obstructive sleep apnoea and bronchiolitis. Despite this, she keeps active and even recently climbed the 232 metre high Mt Maunganui. As an ambassador for the Foundation, she annually fundraises for asthma and other respiratory conditions.

Media Award Winners:

Print and Online Media Award Winner

Rachel Thomas of the Dominion Post won the Print and Online Media Award for her article ‘NZ’s $6 billion Breathing Problem’, highlighting the latest research around New Zealand’s respiratory health and the huge impact it has on our population.

Health Industry Media Award Winners

Dr John Dunlop and Dr Linda Bryant collaboratively wrote the detailed article ‘Asthma in the Adult Population’ for Pharmacy Today, highlighting the high incidence of asthma in New Zealand, the involvement of different cell types in asthma, diagnostic criteria, and details on common triggers.

Broadcast Media Award Winner

Te Okiwa McLean of Te Karere won for his broadcast presented on World Asthma Day 2017. Te Okiwa’s special report focused on the urgent action needed in New Zealand to control asthma in Māori and Pacific children.
Chloe Crump is a five-year-old bubbly little girl from Tauranga. Her mother Rachel Crump is sharing her story to bring more awareness to respiratory conditions in young children. Chloe was also the 2018 Cody Forbes Award for Courage Winner at the NZ Respiratory Awards in April.

Chloe was born a healthy baby with no pre- or post-natal health issues. At 20 weeks though, she contracted her first virus which lead to a severe episode of bronchiolitis. Since then Chloe kept getting bronchiolitis, it seemed like she had barely recovered from the last episode before it came back. Rachel says she would get comments from people on how rattly Chloe’s chest was even when she seemed well. At two years old Chloe was given a diagnosis of asthma and not long after this she had her tonsils and adenoids removed for sleep disordered breathing. Despite all this Chloe remained a generally happy toddler and was active, loved swimming and going to the beach!

Chloe was eventually diagnosed with bronchiectasis and chronic asthma after the next few years of struggling with her respiratory health. She now does physiotherapy twice daily using nebulised hypertonic saline and has frequent antibiotics for chest infections. Admissions to hospital are now second nature to little Chloe.

Rachel says:

“When Chloe was first diagnosed with bronchiectasis it was something we weren’t expecting. I went through a bit of a grieving process to digest it all really.”

A big and happy milestone for the whole family was when Chloe started school in October 2017. Rachel says she’s been at school for two and half terms now and is doing pretty well. She is dual enrolled at Northern Health School as she attends school on a part-time basis to keep her well. Her parents met with the school’s SENCO (special needs teacher) and her teacher two months before she started school to inform them of Chloe’s conditions, and to go through the action plans and other information. This proved to be invaluable.

Chloe also has anaphylaxis to bee stings, and autism, so has a robust IEP (individual education plan) in place. “Her school and teacher have been absolutely wonderful and extremely accommodating to her needs, which has reflected positively on Chloe’s start to school life”, says Rachel.

Rachel made the huge decision to give up work 18 months ago, so she was able to cope more with Chloe’s extra needs. Rachel comments:

“It was a decision that took me a long time to action. I was very settled and loving my job as a preschool teacher but it was becoming increasingly hard going juggling everything.”

Having a strong support network is something that Rachel really believes is vital in order to cope with having a child with extra high needs. Social media has also played its part in terms of getting extra advice and learning from other parents in a similar position. Rachel says she first turned to social media about a year before Chloe was diagnosed with bronchiectasis, as there were not a lot of support groups or community help available for parents of children with respiratory conditions and it was quite isolating.

Rachel says: “I discovered the bronchiolitis support group that had not long begun when Chloe was just two years old. When I joined it had 40 members, three years later I help with administration of this group and we now have over 700 members. Many members are grateful for having found it for the very same reason I did, for support and hearing the experiences from other parents - just knowing they weren’t alone on this journey.”

‘Active Lungs for Chloe’ is Chloe’s popular Facebook page which was created in February 2017 as part of her fundraising efforts for respiratory conditions. Since then the page has developed into a campaign to raise awareness, support others and share Chloe’s journey.

Chloe’s fundraising has raised approximately $500 so far for the Asthma and Respiratory Foundation NZ. She completed a walk up Mt Maunganui in May 2017 which was an awesome achievement and gained significant media coverage.
Keeping well during winter

It's important to be aware that for people with asthma and allergies, winter may contain just as many triggers as spring. As the temperature drops and the rain rolls in, so do colds and flu. On top of this, many houses in New Zealand are notoriously damp and cold, hard to heat, and hard to rid of harmful triggers like mould.

There are many simple measures you can take to make your indoor environment healthier to avoid or eliminate these triggers. By doing so, you'll not only make your home dry, warm, and pollution-free, but will save money and energy too. Here's some tips on what to think about this winter:

Keeping an even temperature – at least 18 degrees
Changes in temperature can affect people with asthma, so aim to keep your home at an even temperature. The World Health Organisation recommends a minimum temperature of 18 degrees celsius in the home.

Having a safe way to heat your house
For heating, a flued gas heater or heat pump are a preferable choice, as unflued gas heaters release moisture and harmful gases into the home. A thermostatically-controlled heater in the bedroom at night can help regulate the room's temperature.

Simple ways to keep the heat in
To keep the heat in, make sure you use draught stoppers under doors and have well-fitted, thick curtains. Also, 40 percent of heat can be lost through an uninsulated ceiling and 10 percent through the floor, so these are the key areas to insulate in your home.

Getting your flu vaccine if you’ve not already
Colds and flu, along with throat and nose infections, can exacerbate asthma symptoms. It's strongly recommended that everyone gets their flu vaccine on an annual basis, to ensure protection from any new strains. It's always better to get the vaccine before the first sniffle or blocked nose appears if you can, in autumn or early winter.

Washing your hands
Another simple way to keep you and your children safe this winter is to ensure germs or viruses don’t spread, by washing your hands and bedding regularly.

Avoiding mould growth
Avoiding mould growth starts with preventing moisture from getting into your home. Wherever possible, put lids on pots when cooking, and use extractor fans or open windows in the kitchen and bathroom. Mould can grow on almost anything when moisture is present, and indoors it can be found in damp basements, near leaky faucets or pipes, or in a wet shower stall or bathtub.

Keeping your home well-ventilated
The inside air you're breathing may not be as healthy and free of pollution as you think. Ensure your home is well-ventilated by opening your windows as much as you can, especially on those sunny days, or installing a ventilation system. An air purifier that has a high-grade filter to remove harmful particles so fumes do not accumulate can also be a good idea. It's important to check and change the filters regularly.

Allergens from pets
As we are indoors more often we may be more susceptible to pet allergens, especially from cats and dogs. They leave allergens behind even after they have left the room, and people who own or have been around animals can also carry the allergens into your home. Therefore, keep your home well ventilated, vacuum carpets, and make sure you wash your hands after handling pets. If you find you do get allergies from your pets, it is best to try and keep them out of your bedroom.

Keep moisture out, keep heat in and keep the air clean, then hopefully you can enjoy a healthier time this winter.

For more information about allergy and asthma aware products please visit the Sensitive Choice website: www.sensitivechoice.co.nz

For further information and a checklist on how to keep your home dry, warm, and pollution-free visit: www.asthmaandrespiratory.org.nz
On 1 May 2018 we celebrated World Asthma Day to help raise awareness about asthma. One in seven children, and one in nine adults, have asthma in New Zealand. It’s also estimated that 586,000 school days are lost each year due to asthma related symptoms in children.

This year, we ran a national campaign by encouraging New Zealand schools to get involved and we also launched the new Teachers’ Asthma Toolkit resource.

The day was a great success with over 90 schools taking part in activities we had created for them to help students learn about asthma. The activities included making papier mâché lungs, painting with balloons, and exercises involving blowing up balloons and learning how lungs actually work.

The Foundation also encouraged schools to fundraise for people living with asthma. So far $1600 has been collected from schools around New Zealand which is fantastic! With those funds we can continue our important work of educating and advocating for people living with asthma and respiratory conditions.

Teachers’ Asthma Toolkit – in focus

The toolkit took over 12 months to develop working alongside ‘Cognition Education Group’. It can be accessed via our interactive website www.learnaboutlungs.org.nz.

The toolkit, which is a first for New Zealand, is designed for teachers to have all the important information about asthma in one place. Teachers around New Zealand will feel better equipped to help deal with asthma symptoms and emergencies in their classroom.

Amongst a whole host of benefits the new Teachers’ Asthma Toolkit covers how asthma affects education, what asthma is, what the common triggers are at school, how it is treated, and what to do in an emergency. The toolkit takes an integrated approach so it can be used as part of a teacher learning experience and the basis for staff meeting discussion, but it can also be incorporated into the classroom if desired. It can be used across the board in preschools, primary, and secondary schools, although the main focus has been on children aged 11 years and under, where asthma statistics are the highest.
St Benedict’s School takes part

St Benedict’s School, based in Khandallah, Wellington, was one of the 90 schools to take part in the World Asthma Day celebrations. The team from the Foundation visited the school on the day to assist with their activities. The feedback from the teachers was excellent and they commented that both they and their students now know and understand a lot more about asthma.

Michael Hinds, Principal of St Benedict’s School, comments: “With a nationwide average of one in seven children having asthma, the need for the Teachers’ Asthma Toolkit is timely and positive. The new toolkit will really help our teachers to feel more confident when assisting students who have asthma. The toolkit gives them the opportunity to take what they’ve learnt themselves and use it in the classroom if they wish. Importantly, all our teachers will now know what to do in an emergency. The toolkit is simple to use and practical.”

Teachers will have the option to either integrate the toolkit into health, PE, science or literacy lessons, or use the toolkit as an important resource for themselves. It is a move in the right direction and as both a principal and a parent I feel reassured by this.”

St Benedict’s School is now working towards becoming an official Asthma Friendly School. If you are interested in more information about how a school can achieve the Asthma Friendly School status please email robyn@asthmaandrespiratory.org.nz.
Allergies occur when a person’s immune system reacts to substances in the environment that don’t bother most people. These substances, known as allergens, are found all around us, and many of these are also a trigger for asthma. By reducing your exposure to allergens you may be able to improve the control of your asthma and allergies.

Minimise dust

People with asthma and allergies often assume they are allergic to household dust. However, it is not usually the dust itself that triggers allergies, it is all the other little particles that are found amongst the dust. Commonly these include: human skin cells, animal dander, insect waste (including from dust mites), food particles, building products, and particles from cleaning products.

- Use a damp or electrostatic cloth to dust hard surfaces, including hard floors.
- Vacuum carpets and soft furnishings weekly, using a good quality vacuum cleaner with an asthma and allergy sensitive HEPA filter, or install a central vacuum system.
- Try to work out what’s causing the problem and deal with it at the source. For example, look at how you can reduce the amount of pet allergens around your home.

Reduce dust mites

House dust mites are very common allergy triggers for asthma in New Zealand. Dust mites are microscopic creatures that feed off skin scales.

- Wash sheets, pillowcases and soft toys weekly in water warmer than 55°C.
- Open curtains and air bedding in the sunshine, and give them a regular clean.
- Cover mattresses, quilts, and pillows with dust mite-resistant encasings.

Avoid mould in the home

Mould is often found in places with little air circulation such as wardrobes, bathrooms and fridges. Exposure to mould can be a trigger to some people.

- Remove visible mould using very diluted household bleach.
- Ensure adequate ventilation in your home.
- Treat rising damp as soon as it is detected.

Choose fragrance free cleaning products and avoid harsh chemicals

Some people have heightened sensitivity to fragrances and chemicals, particularly those with respiratory problems such as asthma, young children, and older people.

- Look out for VOCs (volatile organic compounds) in aerosols, cleaning products, paints, cosmetics, adhesives, pressed wood products, foam, tobacco smoke, upholstery, carpets, textiles, plastics, detergents (and more).
- Choose products that are fragrance free where possible. Fragrances may consist of a complex range of chemicals and are added to a range of products.
- Some particular VOCs to look out for are: formaldehyde, ethylbenzene, benzene, toluene, xylene, and fragrances.

For more cleaning tips to help minimise asthma and allergy triggers in your home, visit www.sensitivechoice.co.nz.

ecostore Ultra Sensitive Products

By using only the gentlest plant and mineral-based ingredients, ecostore’s ultra-sensitive range is gentle, effective and perfect for those with allergies, and the most sensitive skin.

To ensure they are extra gentle the products are also fragrance and colourant free. You’ll love what we leave out of our ultra sensitive range.

Visit www.ecostore.co.nz/ultra-sensitive for more information.

Clean Planet - Home Cleaning and Commercial Cleaning Services

Clean Planet is a health-focused and dedicated environmentally-kinder cleaning company, offering both home cleaning and commercial cleaning services.

Our aim is to create healthier, happier homes and workplaces through eliminating toxic cleaning chemicals and fine-tuning all of our processes to improve indoor air quality.

Visit www.cleanplanet.co.nz for more information.
What is the My Asthma app?

The ‘My Asthma’ app is a popular resource developed by the Asthma and Respiratory Foundation NZ to help people manage their asthma at the touch of a button. It’s an application that can simply be downloaded to your smart phone or tablet.

What features does the app have that can help me?

The app includes customisable Asthma Action Plans, which can be saved to your device and forwarded on to friends and family. You can also now save multiple Asthma Action Plans on each device, which is great for families who have more than one person with asthma. The app also includes simple asthma information, and the steps to take in an asthma emergency.

How can I enter my Asthma Action Plan into the app?

It is recommended that you download the app before visiting your GP or asthma nurse, and ask them during your visit to help you enter your Asthma Action Plan details, to ensure that the information is all correct. It’s a great time to review your plan and check that it is up-to-date too. Simply select ‘Your Plan’ from the navigation in the app and tap through all of the sections filling in your details.

What are the main benefits?

It’s free, simple, quick and easy to use and you can access it while out and about. You never know when asthma may flare up, so it’s very handy to have this information easily accessible.

How can I get the ‘My Asthma’ app on my phone or tablet?

Search ‘My Asthma’ in the Apple app store or on Google Play to download the app for free.

We sincerely thank the Lion Foundation for funding the latest update of ‘My Asthma’, and their support for families with this condition.
New Zealand Respiratory Conference

A wave of knowledge in the respiratory space

Visit www.nzrc2018.org for information and to register

Get involved!

breathebetterseptember.co.nz

Yes, I want to support better respiratory health for New Zealanders!

(Forename) (Surname) $25 $50 $75 $100
I prefer to pay by  Cheque (enclosed) OR  Credit card
□ Visa □ MasterCard □ Amex □ Diners

Expire Date

Cardholder’s Name ___________________________ Signature ___________________________

Please return this slip with your donation in the enclosed reply envelope or mail to
Freepost 140226 ASTHMA and RESPIRATORY FOUNDATION NZ, PO Box 1459, Wellington 6140

Please accept my donation of: □ $25 □ $50 □ $75 □ $100

Please send me information about leaving a bequest in my Will for the Asthma and Respiratory Foundation NZ
Please send me information on making a monthly contribution through my bank
I would like one annual receipt for all donations on 31st March

Monthly Pledge Partner Programme. Please charge my credit card every month

• Online: www.asthmaandrespiratory.org.nz
• Electronic transfer: Bank account 03 0518 0186452 00

The Asthma and Respiratory Foundation NZ is a registered charity no. CC53035

Don’t forget include your name as the reference and cellphone number

Thank you!