



WINTER 2009 NEWSLETTER ISSUE 4



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Merry Christmas and a Happy New Year

Well here we are at that time of the year again...don't the years fly by ? Its a time when we look back on all that's happened in 2009 ,good times and bad , but most importantly that we've shared those times together , the laughter and the tears , that's what makes this support group so wonderful, we are all one big family and feel each others pain and joy , long may that continue.

We have some members currently going through assessments for transplants and members already listed ...some of whom have been waiting for quite a while now ...for those of you taking that path our thoughts, prayers and very best wishes go with you all for 2010.

Christmas by Joe Llyons

It's a time for being happy like friends and family do
People get together enjoying the festive feeling to
Catch up on all the gossip laugh, smile and then
play games
Just like charades the one where you try and
guess the names

Eat and be merry enjoy the day for what it is
When meeting others make sure a smile is what
you give
Just for a few days relax try to unwind
enjoying every moment peace and love you'll
surely find
So enjoy our season's greetings each and every
one of you
You'll have all the groups best wishes with
everything you do

First uk-wide organ donation Campaign

The first multi-media organ donation campaign to run across the UK was launched on 2nd November 2009.

The Campaign is to convert people's good intentions about organ donation into action by registering on the NHS Organ Donor Register. Launched by NHS Blood and Transplant , the campaign aims to promote awareness about organ donation and increase significantly the number of people on the NHS Organ Donor Register so that many more lives can be saved and transformed. There are currently more than 10,000 people who need an organ transplant. While 90% of people in the uk say they support organ donation, to date 27% have joined the NHS Organ Donor Register which is around 16.4 million people.

For further information contact

www.organdonation.nhs.uk

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Festive eating tips for COPD sufferers

While shortness of breath may be your constant companion if you have COPD, experiencing it while eating can be very frustrating. It can also lead to malnutrition, a common complication of COPD. If you are finding it difficult to complete a meal, try these 7 tips to help you manage shortness of breath during mealtimes:

1. Clear Your Airways Before Eating

Before you eat, make sure you attempt to clear your airways of mucus. This will help you breathe better while eating.

2. Eat and Chew Your Food Slowly

Take small bites and chew your food slowly. Be sure to breathe while you are eating. Put your utensils down between bites to ensure that you eat slower. This will help you retain energy, making it easier to breathe.

3. Eat Foods That Are Easy To Chew

Eating foods that are easy to chew will help you conserve energy so you have more for breathing.

4. Eat Smaller, More Frequent Meals

Instead of eating 3 larger meals, try eating 6 smaller meals. This will keep your stomach from feeling too full and make it easier to breathe.

5. Save Beverages Until After Your Eat

When you drink liquids during your meals, you may have a tendency to fill up quicker causing you to feel full or bloated. This can cause difficulty breathing. Try waiting until the end of your meal to drink your beverages. But, of course, if you need to, sip water while you eat to make the food go down easier.

6. Eat While Sitting Upright

Lying down or slumping while eating can cause pressure on your diaphragm. Sitting in an upright position while eating can help reduce pressure and allow you to breathe better.

7. Use Pursed-Lip Breathing

While eating, if it becomes difficult to breathe, try using pursed-lip breathing until you catch your breath.

WINTER WONDERLAND

The Weather has been atrocious hasn't it ? I hope you have all kept safe and warm and are ready for the Christmas festivities

Finally on behalf of your committee it just leaves me to wish you all a very Merry Christmas a Happy and Healthy New Year. May all your dreams and wishes come true in 2010.



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