



TAKE A BREATH



Why use inhalers?



Show Flu who's boss!



CHSS Friends4life



Volunteers Week 2015

World COPD Day

Over 50 CHSS packs have been requested and sent around the country to help people set up their own event. This will support events all over Scotland, from Inverness in Highland, to Girvan in Ayrshire and also around Tayside & Greater Glasgow & Clyde. Packs include posters, fliers and cards raising awareness of COPD, pens, magnets and other information about who we are & what we do. Events are being held in a range of places including Health Centres, hospitals and support groups. Look out for something happening near you!



World COPD Day 2015

November 18, 2015

CHSS Advice Line reaches 20!

The Chest Heart & Stroke Scotland (CHSS) Advice Line first opened in 1995 with just one nurse working part-time. Two decades later we have 5 Advice Line nurses, have answered over 40,000 calls and are the first helpline in the UK to achieve accreditation with the Helplines Partnership Quality Standard 5 times!

The CHSS Advice Line nurses provide a supportive listening ear, details of local support services, and confidential information and advice about all aspects of living with chest, heart and stroke conditions.

WHY IS THERE A NEED FOR THE CHSS ADVICE LINE?

Most of us know someone who has been affected by chest, heart or stroke illness. In fact, in the UK:

- 1 in 3 people have high blood pressure (the number one risk factor for stroke)
- Every 45 minutes someone has a stroke
- Every 55 minutes someone has a heart attack
- Stroke is the main cause of disability in the community
- Chest illnesses of various kinds (for example, COPD) are the biggest single reason people use NHS services.

With advances in medical treatments more people are surviving heart attacks and strokes and living for longer with chest, heart and stroke illness. These conditions often change people's lives and can cause a lot of stress, anxiety, and depression for the people affected and their families. This is where the CHSS Advice Line Nurses come in.



WHAT DO OUR NURSES DO?

Our specialist registered nurses provide individual health advice and information directly to patients and carers, as well as to health and social care professionals. All health advice given is independent and based on the latest Scottish and UK clinical guidelines.

If they wish, callers may be sent or emailed CHSS booklets and factsheets with further information, as well as other health information from approved sources. The nurses refer people into local CHSS support services in the community, and signpost them to other organisations providing local support, such as counselling or benefits agencies.

Calls to the CHSS Advice Line are completely confidential and not time limited. People can contact the Advice Line Nurses free from landlines and mobiles, via email, text message, Facebook and Twitter.

A Text Relay service is available for the deaf and hearing-impaired. The nurses can arrange for health information to be translated into Braille or converted to a large-print format. Global Voices (a confidential medical interpretation service) also enables callers to speak to a nurse through an interpreter.

The nurses also provide a free, daily Air Quality and Weather text alert service for people living with chest and heart conditions who might be adversely affected by poor air quality, high winds or particularly cold or hot temperatures in their local area.

WHAT DO PEOPLE SAY ABOUT THE CHSS ADVICE LINE?

Feedback from many of our callers describes our Advice Line as “a lifeline” which:

- empowers people through increasing their knowledge and understanding of their condition
- clarifies questions to ask their GP or other health professionals
- provides reassurance that they do not have to cope with their condition and worries alone

Here are some quotes from 3 of our callers:

“Your Advice Line gave me invaluable help which probably saved my life”

“I was no longer alone; someone was actually listening to me”

“The nurse was very supportive, gave practical advice and was non-judgemental”



ASK THE NURSE!

If you or any of your clients, family members or friends would like to speak to one of our Advice Line Nurses contact us in the following ways:

- Call 0808 801 0899 (**FREE** from mobiles and landlines)
- Email adviceline@chss.org.uk
- Text **Nurse** to 66777
- Contact us through the CHSS website

Our opening hours are Monday to Friday, 9.30am to 4pm.

WHY USE INHALERS?

For respiratory conditions, inhalers are often the preferred way of delivering medicines directly to the lungs.

Inhaling medicines is generally a safe way of delivering the drug to the site of action in the lungs, and reducing the amount of drug which is absorbed in the rest of the body.



WHY ARE THERE SO MANY DIFFERENT TYPES OF INHALER?

Different drug companies design and develop different types of inhaler devices to deliver the medicine.

Different types of inhaler device will suit different people and it is important to make sure you are using the right device for you.

WHAT ARE THE MAIN TYPES OF INHALER DEVICES AVAILABLE?

Metered dose inhalers (MDIs) - you may hear these called Evohalers or 'puffers'.

The medication is held in a pressurised canister and a dose is released when you press down on the canister.

MDI's require co-ordination to release the dose and inhale at the correct time, and it is also important to breathe in slowly to help the drug reach the lungs. Many people find it difficult to co-ordinate using an MDI inhaler, and may find it easier to attach a spacer device.

Some MDI's are designed to release the dose automatically when you breathe in. Examples are EasiBreathe and Autohalers. These inhalers can be a good option if you find co-ordination of releasing the dose and inhaling difficult, however it is important to ensure that your 'puff' is strong enough to release the dose of medicine from the device.

Dry powder inhalers (DPIs) - some examples of these are Accuhalers, Turbohalers and Handihalers. The medication is held in a blister, capsule or reservoir and this may be in the device or you may need to put the dose into the device before using. There are different steps involved in preparing each of these devices for use and it is also important to have enough 'puff' to deliver the dry powder to the lungs.

WHY IS INHALER TECHNIQUE IMPORTANT?

Inhalers need to be used correctly to ensure that the inhaled medicine reaches the lungs - this is called 'inhaler technique'.

Every inhaler should come with printed instructions for inhaler technique - make sure you read and follow the printed instructions that come with your inhaler.

Sometimes it is difficult to know if your inhaler technique is good so it is important that your inhaler technique is assessed any time you start a new inhaler and at regular intervals thereafter.

You can ask your doctor, nurse or pharmacist for help with inhaler technique. They may be able to watch you use a placebo inhaler, which is an inhaler device which does not contain any medicine, and give you some tips on improving your technique. There are also devices which your doctor, nurse or pharmacist can use to check how strong your 'puff' is and make sure the medicine you inhale is able to reach the lungs.

Sometimes, they may suggest changing to a different type of device or even a different medicine to help improve your inhaler technique. This will help to ensure the medicine reaches your lungs and helps you to stay healthier for longer.

There are also videos available online at www.mylungsmylife.org which demonstrates the technique for using common inhaler devices and you may find these useful to watch.

There are also diagrams available online at: www.ginasthma.org/local/uploads/content/files/inhaler_charts_2011.pdf

These explain how different inhaler and spacer devices should be used and you may find these useful to look at.

“SHOW FLU WHO’S BOSS”

Flu vaccination. The facts.

1. Anyone with a health condition is more vulnerable to flu and needs extra protection. Even if you're young, fit and healthy, and your condition is normally under control.
2. If you're aged 65 or over you should also get extra protection.
3. It's the safest and most effective way of protecting yourself.
4. It contains no live viruses, so it cannot give you flu.

The best defence against flu.

- The vaccine takes around ten days to work, so the sooner you get it the better.
- The vaccine helps to protect against this year's flu. You have to be vaccinated every year because the virus changes constantly and your immunity reduces over time.
- The vaccine contains no live viruses, so it can't give you flu, but it can help stop you catching it.
- It's quick, safe and free to everyone in Scotland who has an underlying medical condition, is aged 65 or over, or is caring for someone who could be vulnerable.

Why should you fight flu?

Flu is more than a bad cold. Even young, healthy people with flu can feel unwell for a week or more. In the most serious cases, flu can bring on other complications, which can, in extreme cases, result in death.

Who's most at risk?

Anyone with a health condition is at particular risk from flu. This is regardless of how young or old you are, how well you usually feel, and whether your health condition is normally under control.

Conditions and diseases which make flu more dangerous include: asthma, bronchitis, emphysema, cystic fibrosis, chronic heart disease, chronic kidney failure, multiple sclerosis, liver problems such as cirrhosis/ hepatitis, diabetes and HIV infection. Anyone 65 or over should also be vaccinated.

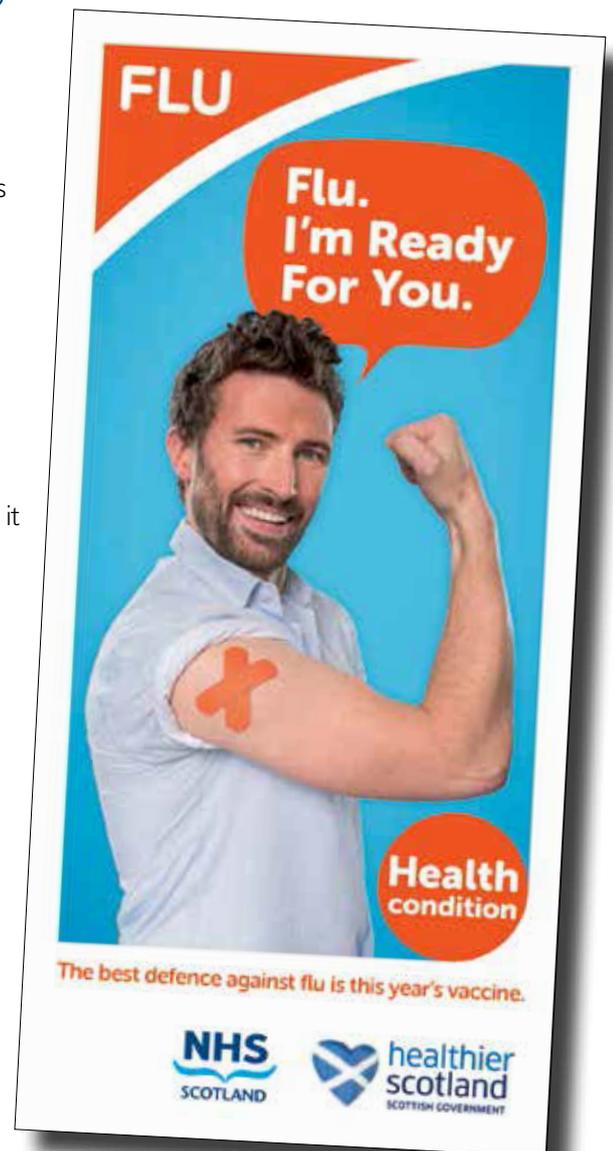
Get the vaccine in your corner.

The flu vaccine is available from October to March. The earlier you get it, the less likely it is that you will get flu. Simply contact your GP practice to make an appointment. It only takes a few minutes to get vaccinated and it'll help to keep you well over the winter.

Why risk it?

Scotland's Chief Medical and Chief Nursing Officers recommend anyone with an underlying health condition (no matter how young they are or how fit and healthy they normally feel) and people over 65 have the vaccine every year.

Contact your GP practice today to make an appointment.



WEATHER AND AIR QUALITY TEXT ALERT SERVICE HELPS BEAT WINTER CHILL

People with chest conditions can find extremes of heat and cold hard to cope with. Strong winds can also cause problems. If you have a mobile phone you can sign up to the Text Alert Service from CHSS, which can provide information to help you avoid these difficulties.

Our Advice Line nurses check for cold weather and significant temperature drops, high winds, air quality and pollen count first thing every morning. You will then receive a text message to alert you whenever there are adverse conditions in your area.

This will enable you to take any necessary precautions, such as staying indoors, re-arranging plans, or organising some help (with shopping, for example) when conditions could make going out more difficult.

Handy hint: when the weather is cold – cover your nose and mouth with a scarf to warm the air you breathe in and avoid over-exertion.

Contact our Advice Line Nurses to sign up:

Call 0808 801 0899 (free from landlines & mobiles) or text 07766 40 41 42 (standard rates) followed by your message.



SHOP MOBILITY A LIFELINE IN YOUR LOCAL COMMUNITY

Shop Mobility, a donation based charity, are there to help people of all ages, disabilities or impairments whether long or short term, anything from broken limbs, recovering from illness to long term disabilities. They even help those of us who just want to use their mobility scooters, powered wheelchairs and manual wheelchairs. They can even provide an escort service to help with access to shops.

They also have a bus service which provides a door to door service from home to supermarket and home again. (Minimum donation of £8 per return journey). This allows those who are unable to access public transport or those who just need a little help, to retain their independence. It's a great way for users to get out of the house and meet people!

For just an annual fee of £10 you could register with this very worthwhile organisation and access stress free shopping and a chance to get out and meet people. All you need to do is download the [Application Form](#) print it and fill it in and post it to the address on the Inverness or Dingwall page along with a £10 annual registration fee.

You can find Shop Mobility:

Inverness - Falcon Gallery, Car Park level 2 • Dingwall - Car park

Or give them a call on:

Inverness (01463) 717624 • Dingwall (01349) 866040

Happy Shopping!

AGE SCOTLAND

GIVING HELP, RIGHT ON OUR DOORSTEP!

Age Scotland's aim is to help with the challenges we face in later life. The Organisation offers a vast array of services to older people in our Community. This is just a snapshot of the services offered.

You may already know of some of the work that Age Scotland undertakes, such as:

- Powering community action - giving support and voice to 900 older people's groups and services across Scotland.
- Taking action, campaigning and speaking out on later life's big issues, from transport to care.

But did you know that they can also help you save money on your utilities? Or advise you on benefits and pensions? And so much more!

The Silverline Scotland is another excellent service and it is provided by the Silverline Helpline in partnership with Age Scotland. This is a free, national helpline providing information, friendship and advice to older people, 24 hours a day, every day of the year. Their aim is to assist older people to be happy and healthy, supporting them to live independently at home for as long as possible, and helping to overcome the barriers of isolation and loneliness.

This partnership means that, via just one phone number, 0800 4 70 80 90, older people across Scotland can access both the 24/7 befriending services of Silverline Scotland and Age Scotland's independent, confidential advice services.

If you have a concern or merely wish to find out more about Age Scotland then:

Check out their website: www.ageuk.org.uk/scotland

Call the general enquiries number: T: 03333 232400

Write to them at this postal address: PO Box 5754, Inverness IV1 9BR

And of course, the Silverline number: 0800 4 70 80 90

There is even an online form you can complete, www.ageuk.org.uk/scotland/contact-us

Age Scotland will then get in touch with you to answer your query.

It would be hard to document all the benefits in this article, but hopefully it whets your appetite to learn more!



Want to stay in touch? Join Chest Heart & Stroke Scotland Friends4Life.

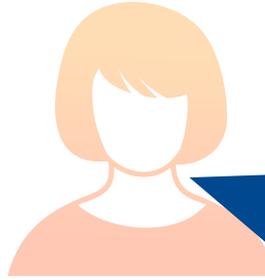
Chest Heart & Stroke Scotland improves the quality of life for people in Scotland affected by chest, heart and stroke illness through medical research, influencing public policy, advice and information and support in the community.

Joining CHSS Friends4Life will mean:

- You'll continue to stay connected to us by receiving the latest information on chest, heart and stroke illness.
- We will tell you about exciting news and achievements of the charity.
- You will receive invitations to local events that may be of interest to you.

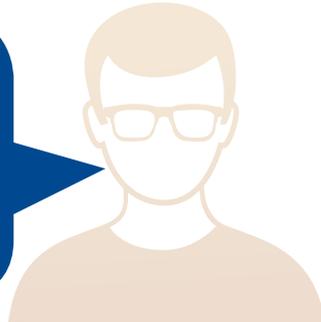
To become part of CHSS Friends4Life simply complete the online form www.chss.org.uk/friends4life

CHEST-A-MINUTE



"Oh, I'm not looking forward to the winter months, the cold, damp weather, the long dark nights, the colds & flu and Christmas shopping to do on top of all that! All of that makes me feel anxious and stressed which makes my breathing worse."

"I use a technique called Mindfulness which is really good at helping me stay calm and in control of my breathing"



"Mindfulness - What's that?"

"It's a way of keeping your mind in the present moment and focusing on your breathing and being still. It's about being in the "here & now" and not worrying about all the things in your day to day life. There have been studies done that show it can help reduce stress and anxiety. You can start by doing it for a few minutes and gradually build it up over time. Simply sit comfortably in a chair with your eyes closed and concentrate just on your breathing. More information can be found by clicking on this link www.nhs.uk/conditions/stress-anxiety-depression/pages/mindfulness.aspx

Breathing Control

Another trick that can help is to practise your Breathing Control techniques. Your physiotherapist or nurse may have already taught you these. If not you can find out about them in CHSS's factsheet on Living with Stress & Anxiety at www.chss.org.uk or on the www.mylungsmylife.org "

VOLUNTEERS WEEK 2015 CHSS VOLUNTEERING CHAMPION (INVERNESS)

THE VOLUNTEER'S NAME

BARBARA MCKEE

Where they are from? I was born in Lennoxton and lived in Glasgow but moved around Scotland with my family and when I got married. I finally settled in Inverness with my husband 16 years ago.

How long they've been a volunteer for? 8 months with CHSS but I volunteered previously CAB for a year.

Their reasons for volunteering I like meeting people and I love the idea of helping. Since retiring I didn't want to sit and do nothing so...I decided to volunteer and I am really enjoying it. I like the fact that I am able to bring happiness into my client's life, but to be honest I get as much out of the befriending as he does! I am really enjoying spending time with my client as he is fascinating!

Barbara said, "As a befriender you get a lot of support from CHSS – you never feel alone".

June said "Barbara is like a breath of fresh air to me and I am sure, to everyone that meets her. I knew she would make an excellent volunteer. Her client thinks the world of her too!"





12 DAYS OF CHRISTMAS



N	S	D	I	A	M	F	S	E	V	E	N	C	B	G	T
E	P	F	D	L	Z	O	X	I	S	D	T	A	O	N	T
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E	G	X	T	V	D	R	L	U	G	N	D	L	S	Y	T
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E	N	I	B	N	R	M	E	S	N	D	N	N	M	L	U
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N	I	N	E	S	I	R	L	M	N	A	E	D	H	R	E
P	A	R	T	R	I	D	G	E	M	E	P	S	C	A	S
T	W	E	L	F	T	H	A	K	W	I	R	I	Q	E	E
G	N	I	K	L	I	M	T	L	H	T	W	F	N	P	E
P	I	P	E	R	S	G	N	I	P	I	P	S	S	G	G



Find only the underlined words in the puzzle

On the twelfth day of Christmas,

My true love sent to me

Twelve drummers drumming,

Eleven pipers piping,

Ten lords a-leaping,

Nine ladies dancing,

Eight maids a-milking,

Seven swans a-swimming,

Six geese a-laying,

Five golden rings,

Four calling birds,

Three French hens,

Two turtle doves,

And a partridge in a pear tree!





Chest Heart & Stroke Scotland

CAROLS At Christmas

YOU ARE INVITED TO JOIN CHSS AT A OUR NEW CAROLS AT CHRISTMAS EVENT IN EDINBURGH

Bring along your friends and family to a celebration of Chest Heart & Stroke Scotland at Christmastime. This magical evening is being held in the beautiful oval church of St Andrew's & St George's West in Edinburgh. We hope you will enjoy singing along to seasonal songs and being a part of a special evening celebrating the work of Chest Heart & Stroke Scotland at Christmastime.

The night will include songs sung by the excellent Cheyne Gang Choir, who recently performed at the launch of the new COPD and Asthma self management website My Lungs, My Life.

Thursday 3rd December 2015 | Tickets – £10

Doors Open: 6:30pm | Event starts: 7pm

St Andrew's & St George's West, George Street, Edinburgh, EH2 2PA

Tickets can be booked by visiting www.carolsatchristmas.com, calling 0300 1212 333 or emailing events@chss.org.uk.

Help decorate the CHSS Christmas Tree with a personalised star!

During the evening there will be a time of reflection when the audience will be invited to place a personalised star on the Christmas tree. These stars can be personalised to honour, remember or thank someone – perhaps someone inspirational or who helped with your recovery. Stars can be purchased for a suggested donation of £5 when you book your tickets for Carol at Christmas.

Even if you are unable to join us, you can still dedicate a star and we will inscribe your chosen words and place the star on the Christmas tree on your behalf. After the event we will photograph your star for you, and email you the picture for you to keep.

CALL FOR ARTICLES

Do you have some exciting information, an interesting story or a helpful hint to share with people affected by chronic lung disease? We'd love to hear from you:

Contact us by e-mail on respiratoryservices@chss.org.uk

Or call us on 0131 225 6963

We look forward to hearing your news!

HOW TO REGISTER

Don't want to miss the next issue of Take a Breath!? You can sign up to receive an e-mail alert that will let you know that the next issue is available, and a link to take you straight there!

Visit: www.chss.org.uk/takeabreath-highland for more information

QUIZ ANSWERS: (Over, Down, Direction) CALLING BIRDS (13, 15), CHRISTMAS (14, 12, N), DANCING (12, 4, 5), DRUMMERS (11, 2, 5V), DRUMMING (9, 3, W), EIGHT (8, 6, NE), ELEVEN (1, 6, N), FIVE (3, 2, SE), FOUR (7, 1, S), FRENCH HENS (13, 14, NW), GEESE (16, 15, N), GOLDEN RINGS (15, 1, SW), LADIES (9, 14, NW), LAYING (15, 6, N), LEAPING (9, 9, SE), LORDS (8, 4, SW), MAIDS (6, 1, W), MILKING (7, 14, W), NINE (1, 11, E), PARTIDGE (1, 12, E), PEAR TREE (15, 14, N), PIPERS (1, 15, E), PIPING (12, 15, W), SENT (9, 6, NE), SEVEN (8, 1, E), SIX (10, 2, W), SWANS (5, 11, NW), SWIMMING (13, 15, NW), TEN (4, 4, SW), THREE (8, 7, SE), TRUE LOVE (16, 4, S), TURTLE DOVES (11, 7, W), TWELFTH (1, 13, E), TWELVE (11, 14, NW), TWO (3, 10, NW)