

HAWAII COPD COALITION

NEWS

Information & resources on Chronic Obstructive Pulmonary Disease, emphysema & chronic bronchitis

Volume 2, Issue 4

September 2010

COPD Radio Show

The Body Show with internist, **Dr. Kathy Kozak** focused on COPD with featured guest speaker, COPD Advocate **Valerie Chang** on Monday, August 16, 2010 at FM 89.3, Hawaii Public Radio. Free podcast at <http://www.hawaiipublicradio.org/content/body-show-august-16-2010>.

Research Opportunities

One is a six-week project to find out how using computers with coaching can help reduce shortness of breath. Participants can be loaned computers and provided reimbursements. For more information, call Deborah Mark, PhD RN at 988-0889.

The COPD Foundation Research Registry is accepting confidential registrations at <http://www.copdfoundation.org/registry/> or by calling the toll-free COPD Information line (866) 316-COPD (2673) for more information. A form and COPD information can be mailed to you at no charge.

Exercise and COPD

By Reiko Taba, PT

A. COPD: Breathlessness as Indicator.

1. Exercise is determined by your breathlessness, and not your pulse rate.
2. Use O₂ if short of breath during exercises, bathing or walking.

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B. Relaxation

1. Vicious Cycle of Dyspnea: Activity -> Dyspnea -> Inactivity -> Anxiety -> Fear & Depression -> Dyspnea, etc.
2. Relaxation decreases anxiety and improves breathing.

C. Exercises for Breathing

1. Belly/Abdominal Breathing: Breathe deep down into belly, protruding lower abdomen while keeping shoulders and chest still.
2. *Pursed Lip Breathing: Inhale in through the nose then exhale out through pursed lips (like in whistling) for double the time.
3. Strengthening Diaphragm muscle: Strengthen the diaphragm, not abdominals (crunches). Lie down & place a tissue box on belly, 10 repetitions. Increase weights slowly & gradually to prevent soreness and fatigue. May use rice in ziplock bags as weights.

D. Exercise Program

1. Consult your physician before starting any exercise program.
2. Use your inhaler before exercising. Remember to take your medications, drink & eat well.
3. Dress comfortably for exercising. Relax neck and shoulder muscles.
4. At least 20-30 minutes of concentrated aerobic exercise per day. Start at your tolerance level.
5. Walking is one of the best and easiest exercises for COPD patients.
6. Warm-up exercises, progressive walking, cool-down exercises.
7. When exercising, don't desaturate less than 90%. It will leave you exhausted and place

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ADDRESS CORRECTION REQUESTED

Send suggestions, comments, suggested articles to Hawaii COPD Coalition for future newsletters; contact info above.

Breathing Hui

Support Group on breathing and cessation

Everyone is invited to attend the Breathing Hui meetings held monthly at Kaiser Honolulu (1010 Pensacola), meeting room 2A/B, **2nd Friday of the month from 10-noon.**

For more information and details, contact the Hawaii COPD Coalition at (808)699-9839 or through the website or e-mail below. In October 8, 10-noon, Dr. Rae Seitz, MD, a palliative care specialist will be our guest speaker.

UPCOMING EVENTS

9/11 (Sat)—9-1:30pm, 4th Annual **COPD Education Day**, Queen's Conference Center
10/2 (Sat)—9-4pm, be part of 27th annual Kohala County Fair; breathing testing from 10-1:30 under the tree at Hawi, and the intersection of Kohala Mt. Rd. & the highway
10/8 (F)—10-noon, *Support Group Meeting*, Kaiser Honolulu, "Thriving with Chronic Disease & Talking about Challenging Topics," Dr. Rae Seitz, MD
10/9 (Sat)—10-2pm, Mililani Town Center
10/14 (Thurs)—**World Spirometry Day**—spirometry training for healthcare professionals at Queen's Conference Center, 5:30-7pm; pre-register
10/16 (Sat)—10-1pm, Chinese Cultural Plaza

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excessive strain on your internal organs, and will discourage you from continuing to exercise.

8. Keep positive, use a calendar

9. Count out loud while exercising.

10. The rhythm in music can make exercising more enjoyable. Choose music you enjoy.

E. Activity: Start exercising at easy breathing pace, then slowly build tolerance level.

1. Exhale with exertion: while lifting, pulling/pushing, moving from lying to sitting and sitting to standing.

2. Climbing stairs by stepping up one or two steps while exhaling, pause while inhaling, etc.

3. Other beneficial exercise programs include yoga, tai chi & deep breathing.

Additional Resource:

www.yourlunghealth.org/healthy_living/exercise/index.cfm

Free Breathing Test Clinics

The **Hawaii COPD** (Chronic Obstructive Pulmonary Disease) **Coalition** has partnered with 'Ohana Health Plan to offer free breathing test clinics in October at health fairs (see left). Priority is given to smokers, former smokers, and adults with breathing problems. Testing is performed by trained, experienced healthcare professionals.

For more information about the clinics or support groups, contact **Hawaii COPD Coalition** at 699-9839 or copd.hawaii@yahoo.com.