

BREATHE EASY North Staffordshire Newsletter: July 2023

Summary of our Get-Together, 7th July

Welcome

This month we had 19 attendees. There were **16 in person**, including two new members (welcome Barbara & Linda!), Sam & Rebekah from MPFT and Beth from SED (Stoke Hospital). We also had **3 Online** guest speakers, joining us via TEAMS. *Apologies from Linda, the Podmores and the Sims.*

Thanks to Bried and Lynn this month for the great cakes!!

MAIN EVENT: Eating Well with COPD	<i>Kiera (A+LUK) + Emma & Grace (Nutricia)</i>
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Nutricia are a food company (part of the Danone Group) who are a corporate partner with Asthma & Lung UK. They have worked with A+LUK on issues of healthy eating and helped to produce the “Eating well for Healthier Lungs” guide book (distributed after the meeting and also attached in pdf format).

Key points shared with the group included:

- The importance of a balanced diet
- The importance of finding and maintaining the right weight (try to avoid being over or under weight)
- Hints on dealing with a dry mouth, bloating, restrictive diets

We didn't have time for Q&A with the Nutricia presenters (*due to technical issues – many apologies for that!!*) but we did gather some questions which have been sent by email (see attached).

In particular we were interested in some more COPD specific guidelines. We look forward to the replies. 😊

Meanwhile, many thanks Kiera, Emma & Grace!

LeDeR Conference – Stone, 6th July



Sam and Kelly joined Victor to represent Breathe Easy and the Respiratory Services at a Learning Disability and Autism Awareness Day in Stone. A very successful day for the conference and great for networking!!

These events are a great way to spread the word about Managing Breathlessness and the support we can give.

Summer Day Trip - Rudyard Lake

We will be hosted by "Ray", also acting as our guide, with a proposed itinerary:

12h30 – Buffet Lunch, upstairs in the cafe, with unlimited teas/caffees

14h00 – Boat Ride around Lake, just with Breathe Easy members (40+ minutes)

The cost would be **£17.50 per person**.

(£10 Buffet + £1.50 teas/caffees with £6 boat trip – you could "pick & choose" to some degree if you don't want all three)



We could also organise walking, sunbathing, or even a train ride (additional £5.50 cost) in addition, on the day. There will be someone from the Respiratory team with us too!

➤ **We will be in contact with each of you in the last week of July to confirm exact numbers for the trip.**
In the meanwhile, don't hesitate to call us if you have any questions.

***I've heard from some of you that both the Buffet and our host Ray are really great.
So it's going to be fun!***

Note: It turns out that we were too optimistic about our initial plan for Llandudno!

In particular, travelling on a Sunday (the days scheduled by Copelands Tours) was difficult for many.

Next Get-Together: 12h30 Friday 4th August at RUDYARD LAKE

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Planning:

2023	Main Event	Other Topic(s)	Notes
January	AGM		DONE
February	PR / Exercise		DONE
March	A+L,UK Support	COPD Predict	DONE
April	<i>Updates</i>	<i>Easter Eggs !</i>	DONE
May	<i>Trentham visit</i>		DONE
June	NHS Wellbeing Services		DONE
July	Nutricia nutrition advice		DONE
August	Day Trip: RUDYARD LAKE		
September	Air Quality		
October	Pharmacy Services	-	
November	<i>COPD Awareness</i>		<i>Including Supermarket Stall</i>
December	<i>Xmas Lunch</i>		

1) *Aging*: You mention that the necessary levels of protein, Vitamin D and Calcium increase with age but also due to COPD (to help prevent infections).

What are the guidelines for how much a) for COPD and b) as you age, compared to "normal" levels?

2) *Underweight*: You mention taking Ready Meals to help ensure you eat enough when underweight. Are these always "balanced" nutritionally?

There is a lot of press against "ultra-processed" foods and this tends to include ready meals. Are there any specific sources/brands of GOOD vs BAD ready meals?

3) *Oral Nutritional Supplements*: In general, should these be in addition to, or a substitution of, meals?

Are they a fully balanced substitute for meals? (They are very filling and so difficult as an "addition" to meals ...) (In the group we have experience of the "Ensure" product.)

4) *Overweight*: A lot of "diet" products include sweeteners such as Aspartame. Again, there is a lot of press (Eg Panorama recently) that highlights the dangers of such sweeteners. What comments do you have on this? Are there recommended "good" sweeteners and identified "bad" ones?

5) *COPD specific dietary advice*: Symptoms of COPD are often due to inflammation. We read often that we should therefore be taking lots of anti-inflammatory foods/supplements to help prevent/relieve these symptoms. Do you have any advice on this?

One key example is Omega 3 (and the balance with Omega 6, which we generally have too much of). Another example is turmeric powder. Is there any professional advice on this topic that might be helpful for us? Should we be taking more than the average "healthy" person?

6) It is suggested that COPD might be caused by excess oxidation not being controlled by our bodies. So again we read that we should be taking lots of antioxidants to slow the progress of the disease. As above, do you have any comments/guidelines here? Should we be taking more?

7) Following on from the above reflections, it means that COPD sufferers might need to be even more aware of foods that might be inflammatory or cause oxidative stress (compared to healthier people). These might include Dairy, Red Meats and refined foods. Do you have any comments on this? Should we look to being more vegetarian/pescatarian?

8) In particular, there have been research articles suggesting that the "Prudent" diet is beneficial for COPD sufferers (i.e. high fruit and vegetables, oily fish and wholemeal carbs together with a little wine ☺). Do you have any comments on this?

8) Do you think that there is any case for "topping up" our diets with vitamin/mineral supplements to guarantee that our bodies were as well armed as possible to help manage the disease?

Typically our Doctors don't make any recommendation to do so. Is this because there is actually no "official" good nutritional advice to do so or because Doctors aren't specifically trained in this area?

9) *Individual vs General advice*: It is often said that the best advice, especially on diet, is when it is individual to you. Do you agree? Where are the good sources of advice that can be individualised by each of us (preferable free advice)?

What should we be noting/measuring to help know what could be individualised? For example NHS apps or food tracking apps (Chronometer) etc