



*"When you can't breathe...nothing else matters"™*

### **LungNet Southern Highlands**

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An affiliated Support Group of The  
Australian Lung Foundation  
ABN 36 051 131 901



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## **HOW LUNGNET CAN HELP PATIENTS WITH RESPIRATORY PROBLEMS**

LungNet Southern Highlands is a Patient Support Group for people with a lung condition, their family and / or carers. The group meets in Bowral however membership is drawn broadly from Picton in the north to Goulburn in the south. In addition the group provides its services to members who live remotely and who do not have access to a local Patient Support Group e.g. Broken Hill, NSW and Blackwater, Queensland.

Members suffer from, or care for patients who suffer from, a variety of respiratory conditions such as Bronchiectasis, Alpha1 Antitrypsin Deficiency and even Asthma. One member has had a lung transplant. In order to breathe, many require, or will require, some form of supplementary oxygen usually sourced from a home concentrator and oxygen cylinders or a portable oxygen concentrator when away from home

The Group disseminates information for members relating to their lung conditions; offers member support such as hospital visits; arranges speakers at monthly meetings to address members on topical subjects; arranges social interaction with people with similar health concerns; produces a monthly Newsletter; acts as an advocate for members on issues of public policy and social conditions that negatively impact upon members.

**LungNet Southern Highlands can be of help to COPD patients** in the management of their illness in many ways including:

- Patients who suffer from Chronic Obstructive Pulmonary Disease are progressively restricted in the activities in which they can participate due to their difficulty with breathing.

They are particularly prone to succumb to depression as their ability to live a normal active life with regular social interaction often becomes rapidly impaired. By providing patients with the opportunity to meet and interact with others who suffer from and cope with a similar condition we are able to help prevent depression from taking hold.

- Knowledge of their disease and its treatment is also critical for respiratory patients in order for them to avoid chest infections which can quickly result in their hospitalisation and which can be fatal. We assist in the dissemination of information and in arranging speakers on pertinent medical issues for members at our monthly meetings.
- Severe breathing impairment can be a serious form of disablement. Being disabled can – and does – subject the patient to various forms of discrimination, particularly in the area of public transport. We act as an advocate for members on issues of public policy and social conditions that negatively impact upon members with a view to improving members' ability to lead a normal life.

The Group, one of thirty seven in New South Wales alone, is affiliated with the Australian Lung Foundation. The need for an Australian lung foundation was first recognised by the Thoracic Society of Australia and New Zealand in the mid 1980's. The Australian Lung Foundation (ALF) was launched in 1990 by a group of Physicians concerned about the chronic shortage of funds for potentially life-saving research work.

The ALF now has a database of in excess of 10,000 patients and health professionals.

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**FOR FURTHER INFORMATION REGARDING LUNGNET SOUTHERN HIGHLANDS PLEASE CONTACT EITHER:**

Mrs Hazel Mellor, Chairman Tel. 4872 4980

Mr Ian Johnston, Secretary Tel. 4861 7565

**Meetings:** The first Friday of every month (except January) at 10:00 am at the Conference Room, Southern Highlands Private Hospital, Bowral. Visitors welcome.