

Health & Wellbeing Newsletter

Thunderstorm Asthma

Thunderstorm asthma is a potent mix of pollen and weather conditions that can trigger severe asthma symptoms in a large number of people over a short period of time. These symptoms can be experienced by not only people with asthma, but also those who have seasonal hay fever.

Thunderstorm asthma may occur when a storm strikes on a hot and windy day during pollen season (early October - late December), when there are high levels of pollen in the air combined with a certain type of weather event.



Source:
<https://www.betterhealth.vic.gov.au/thunderstormasthma>

What to do if a thunderstorm is forecast during pollen season

- Always carry your blue reliever puffer with you and check that it is not empty or out-of-date
- Make sure you take your regular daily asthma preventer and hay fever nasal spray, if you have been prescribed them
- Close the doors and windows and avoid going outside just before, and during the thunderstorm
- Know the signs of worsening asthma and the asthma first aid steps
- If you start developing any signs of asthma, follow your personal asthma action plan, if you have one, or the asthma first aid steps
- If your asthma symptoms are rapidly worsening, call 000 and say you are having an asthma attack.

The 4 Steps of Asthma First Aid



National Skin Cancer Action Week

19 – 25 November

Skin Cancer Action Week is a time to reinforce the importance of sun protection and early skin cancer detection.

More than 2000 Australians die each year from skin cancer and two in three are diagnosed by age 70. Yet most skin cancers can be prevented by following these steps;

- slip on sun-protective clothing
- slop on SPF30 (or higher) broad-spectrum, water-resistant sunscreen
- slap on a broad-brimmed hat
- seek shade and,
- slide on sunglasses.

A combination of these measures, along with getting to know your skin and regularly checking so you can pick up on any changes, are the key to reducing your skin cancer risk.



Source <http://www.cancer.org.au>



Demand Better
For Patients. For Survival.

On November 16, 2017, people around the world will unite to raise awareness about the world's toughest cancer. Through this combined effort, we are bringing greater attention, awareness, and better outcomes to this deadly disease.

Take action to raise awareness about pancreatic cancer, the symptoms and risks of this disease, and the urgent need for earlier detection.



Source <http://www.worldpancreaticcancerday.org/>

November is Lung Health Awareness Month

This year, the focus will be on reducing the stigma associated with lung disease to help increase awareness, funding and support. There are many ways you can be involved, including holding your own Shine a Light on Lung Cancer event.

For more information on the how to receive the best care possible after receiving a Lung Cancer diagnosis visit the Optimal Care Pathways page on the Cancer Council website, or speak to a Health Professional for a printed 'What to Expect' guide.

Source <http://www.cancerpathways.org.au/optimal-care-pathways/lung-cancer>