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Information Catalogue

Leaflet no. Title

- 1 Breathe easy Ipswich, introduction
- 2 COPD
- 3 Adult respiratory distress syndrome (ARDS)
- 4 Asbestosis
- 5 Aspergillosis
- 6 Bronchiolitis obliterans organising pneumonia (BOOP)
- 7 Brittle asthma
- 8 Asbestos
- 9 Air travel
- 10 Bronchiolitis in Infancy
- 11 Asthma in exercise & sport
- 12 Complimentary therapies
- 13 Coping with breathing
- 14 Just a few steps
- 15 Little lungs
- 16 Pneumoconiosis
- 17 Psychological Consequences of Respiratory Diseases
- 18 Response to COPD: Arm Activities.
- 19 Silicosis
- 20 Asbestos related lung diseases
- 21 Silica related diseases
- 22 Breathe easy for life
- 23 Support group
- 24 Alpha 1
- 25 Emphysema
- 26 Cystic fibrosis
- 27 Better living with COPD
- 28 Breathing exercises
- 29 Conserving energy
- 30 Preventing falls
- 31 Heat, Haze and Humidity
- 32 Living With COPD Series. Dressing and Showering
- 33 Living With COPD Series. Garden and Yard Work
- 34 Living with COPD series. Shopping
- 35 Living with COPD series. In the bedroom
- 36 Living with COPD series. In the kitchen
- 37 Peak Flow meter

Booklet No. Title

- 1 Respiratory System
 - 2 Gentle Exercise
 - 3 SOB In The Kitchen
 - 4 Exercise Log
 - 5 Pain Diary
- “This Is My Life” Emotional And Wellbeing Series
- Attitude Lifestyle
 - Activity Understanding Your Health
 - Extreme Heat A Guide for Healthy Sleep

Name: _____

Address : _____

e-mail: _____

- 38 Bronchiectasis
- 39 Outdoor Air Pollution and Lung Health
- 40 Chronic Bronchitis
- 41 Indoor Environment and Lung health
- 42 Cystic Fibrosis Q & A
- 43 Scleroderma
- 44 Pulmonary Hypertension
- 45 Sjögren’s Syndrome
- 46 Reynaud’s Syndrome
- 47 Positions to Reduce Shortness of Breath

Living a Healthy Life

with Chronic Conditions (382 pp) \$45.00

Membership fees

Member \$15 12 months

\$ 8 6 month

\$ 4 3 months

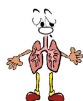
Associate Member FREE

Associate Member = Spouse – dependant under 18

Lungster invites you to become a member of Breathe Easy Ipswich

Come in to see us, or contact the secretary for more information

Please keep in mind that these leaflets are for information only, and not a replacement for information from medically trained professionals– always consult your medical team for your personal medical needs.



Leading the way in lung health support

