



Vitamin D -
What You
Need to Know



Chest - A -
Minute



Halloween
Quiz

Vitamin D – what you need to know!

For much of the year in the UK, most of us are able to get enough Vitamin D from sunlight, but what about the winter months? Can you get enough Vitamin D from food alone or should we consider taking supplements?

What is vitamin D?

Vitamin D is an important nutrient for our body. It keeps our bones, teeth and muscles healthy. Without enough Vitamin D people are at risk of soft bones, bone pain and eventually rickets (weak bones and bone deformities). Recent studies suggest that getting enough Vitamin D may also reduce the severity of asthma attacks (alongside existing asthma treatment). If you suffer from asthma, speak to your GP for more information. If you are low on Vitamin D you may also be more at risk of heart disease and stroke.

Where do we get Vitamin D from?

1. Sunlight – this is where 90% of our Vitamin D comes from. Vitamin D is made in our bodies under our skin when it reacts with UVB rays (sunlight).

2. Food – there are a few sources of Vitamin D in our food but it is difficult to get enough from food alone:

- Oily fish (such as salmon, mackerel, sardines and herring)
- Red meat
- Egg yolks
- Fortified foods (some fat spreads and breakfast cereals)

3. Vitamin D supplements

How much Vitamin D do we need?

Most adults need 10 micrograms of Vitamin D every day (this might be written as 10mcg or 10µg).



If it is presented as 'international units' (IU) you should take 400IU.

Do I need to take a Vitamin D supplement?

Most adults should be able to get enough Vitamin D from sunlight from March to September. In the UK, outside of these months we don't get enough from sunlight alone.

It is recommended that all adults and children over 1 year old should consider taking a supplement of 10mcg Vitamin D daily from October to March.

Some people may be at a higher risk of low Vitamin D levels, for example:

- People in care homes or those who rarely get outdoors
- People who cover up their skin when they are outdoors
- People with darker skin might not get as much Vitamin D from sunlight, even in the summer months (e.g. people from African, African-Caribbean or South Asian backgrounds).

If you think this might be you, consider discussing taking a supplement all year round with your GP. If you take other supplements, make sure that you aren't getting extra doses of Vitamin D (for example, in a multivitamin or cod liver oil) as more than 100mcg per day could be harmful.

Always seek medical advice before starting a new supplement or medication.

CHEST-A-MINUTE

Sometimes the damage in your lungs means that less oxygen is getting into your blood. This can leave you feeling more tired and short of breath. But there can be other causes too. There is lots you can do to help.

I'm feeling a lot more tired lately. I saw my GP, who gave me a check-up and told me my lung condition is stable. I wish I had a bit more energy.

It can be a bit of a thought, but if I do a bit of exercise regularly it really boosts my energy levels. Even a short walk helps; and I sleep better too.

I am waking up a lot in the night.

If you are being woken by coughing or feeling more breathless speak to your doctor or nurse. They can make sure your medication is correct and suggest some positions that might help you to sleep. Try to avoid too much caffeine too.

What you eat affects your energy levels too. I realised I wasn't eating enough healthy foods. I've started eating smaller portions and introduced more healthy snacks through the day. Did you know we're meant to drink 6-8 glasses of non-alcoholic fluid a day!? This has helped keep my energy levels up all day.

I'll try that, it's frustrating not to get through my 'to do' list.

Try spreading your 'to do' list out across the day, or even the week. I'm more tired in the morning so I don't do too much then. Getting frustrated will just get you down and make you feel more tired. When I plan ahead and pace myself, I actually get more done and don't feel so wiped out afterwards!

Always discuss a change in your symptoms with your GP in case something has changed with your medical condition. For more hints and tips on managing tiredness see our factsheet... www.chss.org.uk/documents/2013/08/f18_coping_with_tiredness.pdf

A survey of Pulmonary Rehabilitation Services across Scotland

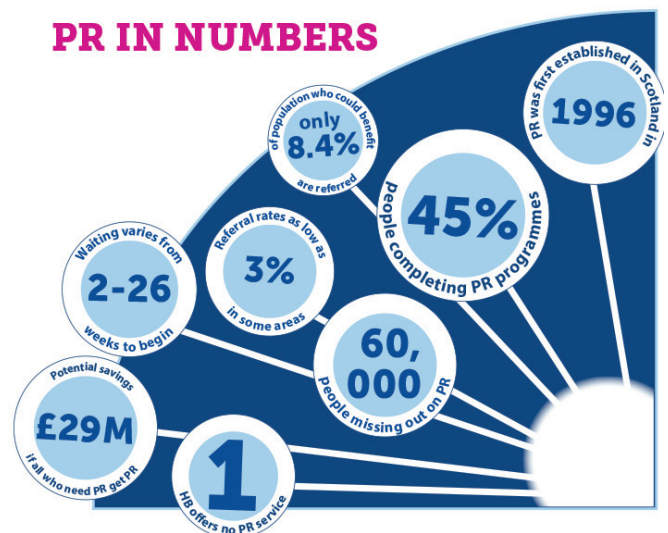
Pulmonary (Lung) Rehabilitation (PR) combines physical exercise with education, advice and support for people living with lung disease

It helps build people's confidence in their ability to get active, live as independently as they can and helps improve their overall health and wellbeing. It also reduces people's chances of their lung condition being the cause of a hospital admission.

Chest Heart & Stroke Scotland undertook a survey of PR provision across Scotland in partnership with the Scottish Pulmonary Rehabilitation Action Group (SPRAG), a national group of health professionals which promotes the value of PR. The survey provides information on 11 out of the 14 regional health boards and its key findings are summarised in the diagram below: The survey highlighted some key problems:

- There aren't enough places available for everyone that needs it

PR IN NUMBERS



- There aren't enough referrals being made by health professionals
- People struggle to complete their course of PR

Chest Heart & Stroke Scotland would like to change this. See our 'Call to Action' on page 4.

Hear about what we plan to do, and how you can help.

A full copy of the survey report and more information about PR can be found by visiting our webpage:

www.chss.org.uk/lungrehab



Scrambled Halloween Words!

Unscramble the following:

GTSHO	OMNO	TIWCH
KISMORCOBT	RACYS	KNPPUMI
IONGBL	LJAEKONN'CTRA	SNEOMRT
OECSTUM	WLO	KPOSYO
TAC	CTBEIWHDE	RIITPS
WLOH	VAERGDYRA	WLOLENEHA
LDUORNAC	HCERSCE	DBA
NTHIG	VRAESHTONMO	TBA
TROISUEYMS	TEUHDANSHEOU	

Extract from The Activity Year Book: A Week by Week Guide for Use in Elderly Day and Residential Care by Anni Bowden and Nancy Lewthwaite, published by Jessica Kingsley Publishers.

Answers on pg4

Have Your Say!

Do you have any new information about services in your area, an interesting story or a helpful hint to share with people affected by chronic lung disease? Then please let us

know so that we can share it with others.

We'd love to hear from you:

Contact us by e-mail on
respiratoryservices@chss.org.uk
 Or call us on 0131 225 6963

We look forward to hearing your news!

Lung Health Cross Party Group

What is a Cross Party Group?

The Scottish Parliament's Cross-Party Groups (CPGs) provide an opportunity for Members of all political parties, other organisations and members of the public to meet and discuss a shared interest in a particular cause or subject.

Together with our partner charities, Chest Heart & Stroke Scotland provides the joint-secretariat for two Cross Party Groups.

You can find out about all the different CPGs by looking at the Scottish Parliament web page:

www.parliament.scot/msps/cross-party-groups.aspx

Who can go?

Anyone who is interested in that cause or subject can attend. Just contact the secretary of the group and let them know you'd like to come along. The Lung Health CPG has members from the NHS, charities, pharmaceutical companies as well as people living with a lung condition and of course MSPs.

What has the Lung Health CPG been talking about?

The CPG wants to see lung health become a priority for the Scottish Government and the NHS. Since the Lung Health CPG was created in 2016, there have been informative talks and discussions about Pulmonary Rehabilitation provision in Scotland, the provision of services for people living with COPD, occupational lung disease and the impact the environment has on our lungs.

The minutes from previous meetings and the agenda for the next meeting can also be found on the Scottish Parliament webpage. <http://www.parliament.scot/msps/lung-health.aspx> CHSS also has a webpage about the CPGs that we organise: www.chss.org.uk/chss-campaigns-policy-projects-for-longer-stronger-lives/working-with-the-scottish-parliament/

What happens next?

The group aims to meet quarterly throughout the year. Details are available on the above website.

Can I get involved?

Yes, we would love for you to have an opportunity to participate in this group. Please contact katherine.byrne@chss.org.uk

**Chest
Heart &
Stroke
Scotland**



Join our campaign for more support for people living with lung disease

Pulmonary Rehabilitation (or Lung Rehab) helps people manage their breathlessness, get active, improve their quality of life AND reduce hospital admissions.

But the availability of these courses is a postcode lottery. In some areas you can get on a course within two weeks – in other areas the average wait for a place is over half a year.



Chest Heart and Stroke Scotland estimate that there are only spaces for about one in ten people that need them. We want more people to be able to access Pulmonary Rehabilitation when they need it.

To do this we need your help

To convince the politicians and NHS management to do more, we need you to tell those with the power to change things what it is actually like to live with a long term lung condition.

- Let us know about your own experiences of managing your lung condition. Were you able to attend pulmonary rehabilitation? How did it make a difference?
- Please write to your MSPs and local councillors about your experiences, explaining why Pulmonary Rehabilitation is important, and ask them to support our campaign.

Get involved

For more information about our campaign, for help writing to your MSP and councillors, or to tell us about your own experiences of living with your lung condition, see:

www.chss.org.uk/lungrehab or contact

email: Katherine.Byrne@chss.org.uk phone: 0131 346 3648