

# *Surf Report...*

**December 2003**

Dear fellow surfers,

Some food for thought here too outside of the Train of Thought...

With the 2004 ASM Sydney even closer, you may and should be giving some thought and input to the future/ vision/ publications/ website of our ANZSRS. It may interest you to know that the TSANZ are facing some similar challenges. Have a read of Dr Roger Allen's article in the [TSANZ September 2003 Newsletter](#). I have been lucky enough to have worked with Roger in the past. I'm sure you'll find his writing entertaining and challenging, as he is known to think "outside the square". Be warned the file size is 5.5MB as is his wit. Roger also runs a website, at [www.thoracicinnovations.com.au](http://www.thoracicinnovations.com.au), which has information about his [Lung function Lab](#) and [sarcoidosis](#). His PhD was on sarcoidosis, and this is a good link for you and your patients. Also he is looking for anyone willing to share a patent with him. (Cost \$100000!)

## ***A conversions calculator...***

Did you know that 1 kilopascal = 0.1450377 pound-force/square inch (PSI), and that 1 watt = 6.1182973 kilopond meter/minute. You can do conversions online at [www.onlineconversion.com](http://www.onlineconversion.com)

## ***And therapeutic hypoxia???***

My wife Margaret, being a physiotherapist, is a member of the [Australian Physiotherapy Association](#). I was interested to read in their most recent issue of the [Australian Journal of Physiotherapy](#) that the APA have endorsed a treatment called [Intermittent Hypoxic Training](#) which amongst other things, they state will improve your asthma, bronchitis and lung function generally. The evidence presented is not compelling, and a search of the [Cochrane Library](#) showed no systematic reviews and only seven registered controlled trials, but none directly related to therapy. It seems the Sports Physios are driving the APA, with their elite athletic clients.

## ***The use of corticosteroids...***

The parents of young asthmatics often come to our Medical Services wanting and needing to ask questions about corticosteroids. Take a look at the article [The role of corticosteroids in the management of childhood asthma](#) by Peter P van Asperen, Craig M Mellis, Peter D Sly, for the [Thoracic Society of Australia](#)

[and New Zealand](#) , [MJA](#) 2002 176: 168-173. The authors present the evidence for the use of corticosteroids and present the safety issues. It's well worth printing out and saving.

***Rounds of the Forums and Bulletin Boards...***

Nothing really to report on from the Australian fora during November. The [RC World](#) in the good old USA, have been discussing bedside spirometry and it's pitfalls. Is it the spirometer causing the low results or the inability to coach effectively? Take a look. Also they have been praising the [PIKO1](#) by [Collins Medical/Ferraris](#), a new inexpensive FEV1 meter, selling for US\$20-30. Having made inquiries already, our local Australian supplier of Ferraris stuff, does not intend to import it.

That's all again for now! Hope you have a safe and happy Festive Season.  
Happy surfing...

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That's all!

Happy surfing...  
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