

Surf Report... April 2004

Dear fellow members,

With the successful Sydney Annual Scientific meeting just behind us, and fresh new thoughts and ideas nurtured, I found myself recalling some older paths trekked across the Internet and discussion boards.

At the ASM, Brigitte and her co-workers from the Alfred, Melbourne, presented their work on the Buteyko method of asthma treatment. Their study was titled [The Buteyko Method Increases end-tidal CO₂ and Decreases Ventilatory Responsiveness in Asthma](#). My own involvement with Buteyko was technical support to Dr Simon Bowler's study published in the [MJA](#). This study did not show any change in the end-tidal CO₂. Both of the blinded groups showed low end-tidal CO₂. It makes you think of how we might be influencing physiological responses when we attempt to measure them.

So what does CO₂ in the breath have to do with asthma? The only mention I can find in the mainstream literature is a small mention in [JE Cotes. Lung Function: Assessment and Application in Medicine 5th Edition](#). On page 198, in the section "Distribution of ventilation and perfusion", subsection "Bronchial smooth muscle", is stated "Deficiency of carbon dioxide in the intraluminal gas causes bronchoconstriction. This can affect all classes of airways as, for example when it is achieved by voluntary hyperventilation." Is this forgotten physiology, or do you know more about this yourself? Please let us know.

If you are wanting to understand the Buteyko theory then you must go to the website "[Buteyko Breath Reconditioning Technique](#)" managed by Peter Kolb BSc(Eng),MSc(Med),CPEng(Biomed) This Australian website is non-commercial and includes many references and links. Peter writes, "Professor Buteyko died peacefully, at the age of 80, in Moscow on Friday, 2 May 2003. He will be mourned by millions around the world." The study that I was involved with has been [criticised](#) at this site, in the way we measured the P_{ET}CO₂. Despite this I like the site!

[Pranayama](#) (a yoga breathing technique) is another *alternative* method for asthma control. When compared to the Buteyko method, the later was shown to be more effective, and more credence to Buteyko as a means of managing asthma.

We should keep watch of the [Woolcock Institute of Medical Research](#) website for their study into Buteyko effectiveness. I believe they are about to investigate this, and will probably use less effort dependent measurements of lung function.

On another note... *and this is also not an advertisement!*

Have you ever wanted to reorganise your filing system of references, or even spare parts for your equipment? The answer for you might be [Endnote](#). Endnote is a cross-indexing bibliographical and citation software package available in Australia from [Crandon Services P/L](#). It allows you to cite while you write within word-processing packages. Check that it might be freely available from your University Library. Anyone who is using Endnote already, and wants to share files, then drop me a line. The catch is my file size is ~ 3Mb. It would be good to trade hard to get articles.

The [TSANZ March 2004 Newsletter](#) (**CAREFUL It is 6Mb**) has just been published and within it is our joint ANZSRS/ TSANZ statement on Spirometry Training Courses. We are invited to register our courses now for a fee of \$100.

Discussions on bulletin boards have recently included how to create special characters like "VotE" (V_E). If you want to know how then ask Dr Bruce Graham, or myself, or Derek!

That's all for now.
Happy surfing...

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