

This July, Camp Is Back!

Breathe California's one-of-a-kind asthma camp experience returns July 30th to Willow Glen Middle School

For most children, summer is the time for fun in the sun! Yet, for those suffering from asthma, the summer may be a time for disappointment. While their peers are outside playing basketball, swimming or riding their bikes, asthmatic kids may find that persistent symptoms or protective parents limit their activities. Fortunately, Breathe California can help.

Every summer, the agency hosts Camp Superstuff, an annual week-long day camp for children ages 6-12 who are suffering from asthma. The camp seeks not only to educate children about asthma, but also to give asthmatic kids an opportunity to just be kids. Lessons on avoiding attacks are coupled with traditional camp

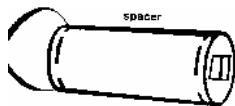


activities like hiking and swimming; learning to use inhalers goes hand-in-hand with games on the open field; and breathing exercises accompany local field trips. Furthermore, the camp offers a safe and supportive atmosphere for participants to meet other asthmatics.

“Camp is a lot of fun; you get to make new friends, and you know that you’re not the only kid who has asthma,” said camper Andrew Lewis. “I’ve really learned a lot,

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Please help us serve you better! Send your email and receive a prize!



In order to better serve our local residents, we are looking into creating an e-mail version of our Parents of Asthmatic Children (PAC) newsletters. To help us do this, please email to joseph@lungsrus.org or call (408) 998-5865 with your contact information; name, address, phone number, email and age of asthmatic children in your household. You'll receive a thank you gift and qualify for a drawing for prizes like t-shirts, mouse pads and waterbottles. Also ask us about receiving FREE spacers, peak-flow meters and digital air watches.

A publication of Breathe California of the Bay Area

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View PAC Online at:

[www.lungsrus.org/
newsletters.htm](http://www.lungsrus.org/newsletters.htm)

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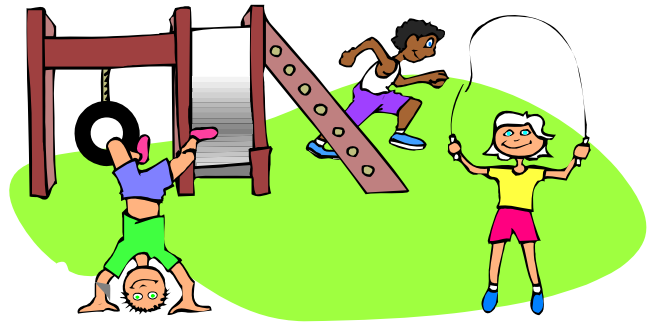
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Agency's Smoke-Free Parks Proposal Advances!

In honor of World Tobacco-Free Day, Breathe California joined San Jose Vice-Mayor Dave Cortese and Councilmember Madison Nguyen on Thursday, May 31 to introduce a proposal to make San Jose parks smoke-free. The policy was first proposed by Breathe California and the San Jose Tobacco-Free Collaborative close to 3 years ago and would prohibit smoking at all 152 of San Jose's city parks. Cortese's and Nguyen's proposal then went to the city's Rules Committee, which instructed city staff to draft a model amendment to the city ordinance making parks smoke-free. The policy is expected to be brought before the council in September.

"Every day, we learn more about the many dangers posed by tobacco, including secondhand smoke," said Margo Sidener, President & CEO of Breathe California. "We are proud to be working with San Jose's leaders to promote a smoke-free parks policy and restore the city's leadership in tobacco control."

Although smoking rates continue to decline, tobacco use remains the #1 preventable cause of death in the county. In addition, a growing body of scientific evidence shows how dangerous secondhand smoke can be. According to the Surgeon General, there is



no safe level of exposure to secondhand smoke, which can increase the risk of heart disease and lung cancer in non-smokers by 25 to 30 percent. A recent study by Stanford researchers also showed that secondhand smoke can have a significant impact on non-smokers health even in outdoor settings.

We invite interested San Jose residents to join Breathe California's campaign for smoke-free parks. If you would like to help protect children from being exposed to the dangers of secondhand smoke in local parks, please contact Dennis Achá at (408) 998-5865 or dennis@lungsrus.org. Together we can build stronger and healthier communities!

Camp Superstuff...

Continued from page 1

and since coming to camp, I can run further and more easily, and I rarely have attacks."

"I have been getting better and better just by knowing what to do about my asthma," added Jackee Thompson, one of Camp Superstuff's veteran campers. "When I was younger I didn't know what was wrong with me and I didn't know what to do. But since coming here, I have really learned about my asthma."

After a week at Camp Superstuff, campers slowly begin to live fuller and healthier lives. By learning to control their asthma, campers can avoid the frequency and severity of attacks. And over time, this allows them to experience fewer hospital visits

and missed school days, perform better in school as well as build higher self-esteem and self-confidence.

"Yasmeen learned a lot and is more independent," Guadalupe Martinez said of her daughter who attended Camp Superstuff two years ago. "She can do a lot of things herself like take her medicine. Overall, she's been doing much better since camp."

With the tools provided by Camp Superstuff kids cannot only reduce attacks, but also increase the number of activities that they can enjoy: the perfect equation for any asthmatic kid. Camp Superstuff will take place Monday, July 30th – Friday, August 3rd from 9am – 5pm at Willow Glen Middle School. Registration is \$95 before July 18th, and \$120 after July 18. Sign up now, space is limited! Scholarships are also available for those in financial need. For more information please call (408) 998-5865



Translate Websites & E-mails Today!



Breathe California is proud to announce that it has been chosen as one of 60 groups nationwide to participate in IBM's *iTradúcelo Ahora!* (Translate It Now!) program. As the only local participant, Breathe California will connect local residents with access to this innovative translation software.

For many local residents who only speak Spanish, a large wealth of information on the internet is not accessible. English-only speakers can also run into a wall when their web-browsing leads them to a Spanish-language site. As a result of these language barriers, many individuals (including lung disease patients) are often prevented from finding important information, including that which can help them maintain a healthy lifestyle.

iTradúcelo Ahora! seeks to resolve this issue by allowing registered users to view Spanish-language websites in English and English-language websites in Spanish. The program also lets users translate e-mails between English and Spanish, and vice versa! Thus, more patients will be able to communicate with their doctors via e-mail, find critical health information online and utilize countless other health resources on the internet.

To register to use *iTradúcelo Ahora!*, stop by our office at 1469 Park Avenue, Mon - Friday from 9 am to 5 pm. For more questions or to learn more about the *iTradúcelo Ahora!* program, call (408) 998-5865 or visit www.lungsrus.org.

Excessive Weight May Cause More Than Labored Breath

Sciencealert.com June 18, 2007 and Medpagetoday.com May 23, 2007

New research suggests that the growing trend of obesity in America is contributing to the growing severity of asthma, and that various triggers such as dust mites and pollen are no longer the only proven culprits of the chronic lung disease.

After using a technique called gene profiling at Sydney's Garvan Institute, researchers found that a fatty acid binding protein called aP2 could be the connection between asthma and obesity. Researchers Dr. Michael Rolph, the asthma project leader, and fellow colleague Bennet Shum, found the aP2 protein in high levels in human lung cells that had been tricked into thinking they were undergoing an asthma attack. According to Rolph, the finding suggests that the threat of asthma is three-fold among obese individuals, with both risk and severity increasing with weight.

In addition, a study done of 3,059 asthmatic adults at Emory University, Atlanta, led by Brian Taylor of Emory Crawford Long Hospital, found that when compared with normal-weight adults, obese patients were 52 percent more likely to have persistent

asthma. The researchers also found evidence that the hormone Leptin, which plays a key role in regulating energy intake and expenditure, may also link obesity and asthma through its role in regulating the inflammation of airways.

Though obesity has been associated with increased prevalence of asthma in the past, Dr. John Mastronarde of Ohio State University in Columbus noted that these new findings are the first to correlate obesity with asthma severity. While it is unclear whether aP2, Leptin or yet another hormone is responsible for this link, the results may open the door to explore potential treatments for asthma patients that take into consideration an individual patient's body mass index. Taylor and his associates are now involved in research looking at whether obese patients who undergo weight-loss surgery experience a lessening in asthma compared with those who do not.

For the complete articles please visit:

<http://www.sciencealert.com.au/news/20071806-16011-2.html>
<http://www.medpagetoday.com/MeetingCoverage/ATS/tb/5738>

Join Us for Our Summer PAC Meeting!!!

At our next PAC meeting, we'll focus on strategies to confront asthma during the upcoming summer season. Summertime often means more outdoor activities, where your child can be exposed to more allergens and air pollution. It is also a time that kids want to play outdoors or go to camp, so knowing how to manage these factors and keep your kids safe is very important! Join us in discussing these topics and learn how to have an enjoyable summer!

Our summer meeting will also be held in conjunction with our Camp Superstuff orientation, which will let you learn more about our unique summer experience! Come on by and learn how to better manage your child's asthma and why Camp Superstuff might be perfect for your child!



When?

Wednesday, July 18, 2007, from 6 pm to 7:30 pm
 6:00 pm to 6:50pm Asthma Presentation
 6:50pm to 7:30pm Camp Orientation

Where?

Willow Glen Middle School
 2105 Cottle Avenue
 San Jose, CA 95125

Speaker:

Maria Villanueva, FNP
 Asthma Management Program, Valley Medical Center

Topics:

Avoiding Outdoor Allergens, Proper Ways to Exercise with Asthma
 & Managing Other Risk Factors During the Summer

RETURN SERVICE REQUESTED

San Jose, CA 95126
 1469 Park Avenue

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