

Better Breathing

A publication of
Breathe California
of the Bay Area

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Spring Cleaning for COPD Patients

Sources: *BellaOnline: The Voice of Women, Oxygen One Inc. and MedicineNet.com*

Spring is on its way and soon many households will engage in the Spring Cleaning ritual. While everyone loves a clean house, the task is rarely fun or easy, especially for COPD patients. Because lung disease patients spend a lot of time indoors and are more susceptible to irritants, it is essential for them to maintain a clean home. However, the task may prove exhausting and some cleaning products can even have a negative impact on your condition. Below are some tips to help make Spring Cleaning easier for those living with COPD.

Avoid Aerosol Products.

Though some aerosol products do a great job of cleaning, they also emit harmful chemicals that can impact your breathing. In addition to aerosol products, cleaning products with strong scents can likewise cause breathing problems.

Use Alternative Cleaners

Vinegar and baking soda are natural non-toxic cleaners that also lack strong scents which can be problematic. Mixing one tsp. liquid soap, one tsp. baking soda and one quart warm water makes a great all purpose cleaner.

Microfiber cloths are also very effective when cleaning. They can disinfect a surface with just water

and have a static charge that attracts dust instead of releasing it back into the air.

Clean with Steam

Steam cleaners are perfect when you need a more heavy duty cleaner. They are great for disinfecting, and because they don't use chemicals, your lungs are not likely to become irritated.

Use a Wet Cloth

As a matter of fact, using a wet cloth to clean and dust surfaces is a lot better than sweeping or using a duster. Dusters will circulate dust particles back into the air where they can be breathed in. If you do use a broom, spray some water on the ends of the bristles so that the dust sticks to the broom.

Don't Let Mold Build Up

Mold is dangerous for all lung disease patients and can trigger respiratory attacks. Make sure to clean mold and mildew immediately, especially in the bathroom. It is also good to keep the bathroom and other damp areas well-ventilated to prevent mold growth.

Guard yourself: Wear a Mask.

While these steps will help you minimize your exposure to dust, it is

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Volunteer with Breathe California!

Are you looking for a way to spend your free time? Do you want to give back to the community but aren't sure how? If so VOLUNTEER!

Breathe California is constantly looking for volunteers to help fight lung disease in all its forms. Whether you're looking to spend a few hours here and there or are hoping to come into the office on a regular basis, we have tons of opportunities for you to become involved, including:

- Coordinating bulk mailings
- Helping organize one of our Better Breathers Clubs
- Assisting with one of the agency's annual events
- General office work
- AND MORE!

If you're interested in making a difference in your community, please contact:

Patricia Tind
Volunteer Coordinator
(408) 998-5865
patricia@lungsrus.org

Spring Cleaning for COPD Patients...

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impossible to completely avoid it when you are cleaning. So, if you find yourself having to do a dust job, wear a mask.

Get rid of Dust Collectors.

Make your home easier to clean by discarding items that collect dust easily. Window blinds tend to become dusty very quickly and are difficult to clean. Replace them with window shades instead. Old carpets

also collect a lot of dust as well. Tile and wood flooring are easier to clean and stay dust-free more easily.

Open a Window

When cleaning the house, it is always good to have the windows open for ventilation and fresh air.

Cleaning is absolutely necessary to make sure your home is free of health threats. And while it may seem like a pain to maintain a clean home, these tips can help you ensure that you have a healthy and comfortable environment to rest and relax in.

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 *¡Tradúcelo Ahora!* (Translate 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.

¡Tradúcelo 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 *¡Tradúcelo 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 *¡Tradúcelo Ahora!* program, call (408) 998-5865 or visit www.lungsrus.org.

In the News

Each month, we are proud to bring you some of the latest news affecting lung disease patients. You can also find more news briefs and articles online by visiting:

www.lungsrus.org

Click on the News link from the menu bar to reach our newsroom. From there, you can view individual articles by clicking on the "News Briefs" link.

From the Newsroom, you can also read about the agency's latest work in the community. Click on the "Agency News" link to view our latest articles and press releases.

The following news briefs have been summarized from external sources and have been placed here solely to inform you of the latest in lung health news. Breathe California does not endorse their findings nor have they verified their accuracy.

Lung Cancer Rates of Non-Smoking Women on the Rise

San Jose Mercury News, 2/9/07

According to new research just released by the Stanford University School of Medicine, non-smoking women may make up as much as 20% of all lung cancer cases - much higher than previously thought.

In analyzing the records of more than 1 million lung cancer patients in the United States and Sweden, researchers found that non-smoking women had lung cancer rates comparable to those of cervical and thyroid cancer. While it remains clear that smoking is by far the number one cause of lung cancer - with researchers finding that smokers have a 10 to 30 time higher risk than non-smokers - the findings were nonetheless significant. Previously, many experts had estimated that non-smoking related

cases of lung cancer accounted for only 10% to 15% of all cases.

"I see lots of women in my practice in their 40s who have never smoked and have metastatic lung cancer," said Dr. Heather Wakelee, the lead author of the study. "This gives us a baseline to work from. It's great to be able to have firm numbers for the first time."

Many researchers have theorized that the exposure to secondhand smoke, air pollution and many other air irritants have contributed to the higher percentage of non-smoking related cases of lung cancer. Yet, its exact cause remains unknown. Lung cancer is the deadliest form of cancer and afflicts more than 100,000 Americans each year.

Gene May Make Women More Susceptible to Lung Cancer

The Age, January 28, 2007

According to *The Age*, a recent study has shown that women who smoke are more susceptible than men to cancer-causing toxins in tobacco smoke.

A study of the biology of lung tumors has suggested that women are more likely to have mutations in the p53 gene, whose function is believed to stop the formation of tumors. If true, this finding would help explain the disparities lung cancer rates among women and men, and could be a crucial clue to finding new and more effective treatments. A clinical

trial has already been initiated to test the effectiveness of newer forms of the cancer drug paclitaxel in female lung cancer patients.

In addition, Dr. Chandra P. Belani of the University of Pittsburgh Cancer Institute added that "reducing the incidence of lung cancer death in women also requires renewed efforts toward smoking cessation and prevention."

Lung cancer is the deadliest form of all cancers, with less than half of its victims living more than 1 year

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is a publication of:

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*As the local lung
health leader, Breathe
California of the Bay
Area fights lung disease
in all its forms and works
with its communities to
promote lung health.*

Upcoming Better Breathers Club Meetings

Monday, March 12th, 1:30 pm to 3:00 pm – Palo Alto
Avenidas Senior Center, 450 Bryant Street

Speaker: David Bonasera, Environmentally Safe Products & Procedures
Safe Spring Cleaning Tips for Lung Disease Patients

Monday, March 26th, 1:30 pm to 3:00 pm – San Jose
Breathe California Offices, 1469 Park Avenue

Speaker: David Bonasera, Environmentally Safe Products & Procedures
Safe Spring Cleaning Tips for Lung Disease Patients

A Look Ahead: Our April BBC Meetings

Gilroy – Thursday, April 5th, 11:00 am to 12 Noon

Palo Alto – Monday, April 9th, 1:30 pm to 3:00 pm

San Jose – Monday, April 30th, 1:30 pm to 3:00 pm

The Better Breathers Clubs meet at regular times and locations. They meet on the 2nd Monday in Palo Alto as well as on the last Monday in San Jose. In addition, the Gilroy Club meets on the 1st Thursday bi-monthly (Feb, April, June, Oct and Dec).

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