

Better Breathing

A publication of
Breathe California
of the Bay Area

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Fighting Seasonal Allergies

Sources: Breathe California, American Academy of Allergy, Asthma & Immunology

The sun is shining, flowers are blooming and allergy sufferers are looking for pollen-free holes to hide in. Armed only with their medication and tissue boxes, many don't know what steps to take to fight back. This can be even more important for lung disease sufferers, whose symptoms can be greatly exacerbated by allergies. Fortunately, there are a number of things you can do to help you cope with seasonal allergies. Here are a few helpful tips:

(Caution: it is extremely important to not over exert yourself, so please be sure to enlist some help or to pace yourself if you decide to tackle any of these tasks)

Spring Cleaning: A spring-cleaning will help you minimize the effect of allergy triggers in your home. Cleaning your home can remove dust and mold, two common allergy

irritants. Wash your bedding and avoid drying bedding outdoors since pollen and spores can cling to fabric.

Control Dust Mites: Anywhere there's dust, there can be dust mites. Controlling dust mites will help you avoid allergies symptoms. To reduce dust mite exposure, consider washing your curtains and rugs, wet-mopping your floors, vacuuming regularly, using zippered synthetic covers on your pillows or removing stuffed animals from your bed.

Avoid Pollen: Knowing when pollen levels will be high may help you avoid symptoms caused by your allergies. You can check your local weather report for the pollen count in your area. Pollen is most active between 5 a.m. and 10 a.m. When

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The BBC is Out for Summer!

With summer upon us, the BBC will be taking its traditional 2-month break while you enjoy some fun in the sun. Whether you're taking a vacation or relaxing at home, we hope you can enjoy time with your friends and family. We'll be back in September with a new array of engaging speakers to help you learn how to live healthier and breathe easier. From all of us at Breathe California, have a fantastic summer and we'll see you this fall!



Have an Old Car You Want to Get Rid of?

Selling a used vehicle can be a headache. Hagglng with car dealers or private buyers may take more time and energy than the vehicle is worth. Avoid the hassle while helping us fight lung disease in all its forms by donating the vehicle to Breathe California.

Our vehicle donation program is fast and simple. Just give us a call and we'll ask you a few simple questions about the vehicle. We'll then send your info over to our auto contractor who will respond to you within 2 business days.

If your vehicle qualifies, we'll tow it free of charge. You'll also be eligible for a tax deduction for the donated vehicle.

For more information or to donate your vehicle, please call us at (408) 998-5865 or visit www.lungsrus.org.

Donate your used vehicle today and aid us in our efforts to help all local residents breathe easier!

Fighting Seasonal Allergies...

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pollen levels are high, you should limit outdoor activity, keep your windows closed and take medicines before you are exposed.

Working Outdoors: When working outdoors, you should wear a long-sleeved shirt, facemask, hat, gloves and glasses to avoid contact with pollen. Avoid touching your face and eyes, and if you are suffering from severe asthma or allergies, have someone else mow your lawns and weed your flowerbeds. When you finish working outdoors, shower, wash your hair and change clothes.

Pets: Your pet can be a common attack trigger because they can carry pollen and dust mites into your house. Make sure you wash your pet regularly and keep them off furniture and out of the bedroom

during allergy season to reduce symptoms.

Weather: Attack symptoms can increase on days when the weather is hot, dry and windy because pollen and other irritants can spread more easily through the air. Limit your outdoor activity and be sure to take medication in this kind of weather.

Take Medications: Regularly take both your allergy and regular lung disease medications as prescribed by your doctor to help lessen the effect of pollen exposure.

The best advice for lung disease patients suffering from allergies is to just do your best to avoid pollen and other triggers. While it is impossible to avoid allergies altogether, these simple steps can help you avoid and/or cope with your symptoms. With just a little hard work, you can take back your spring!

Honor a Loved One this Memorial Day!

In recognition of the Memorial Day holiday, honor a loved one this month through a gift to Breathe California. Memorializing a friend or family member is a great way to honor them while also supporting the fight against lung disease. Using the tribute gift envelope included in this newsletter, simply fill out the information requested and enclose your donation. Once we receive the envelope, we'll send a card to the family of the individual you are honoring to notify them of the generous gift you have made in their name.

Your support is critical to continuing our wide array of lung disease patient support services. Every dollar you donate to our local non-profit remains right here in our local community. So, you can be sure that your contribution will help us combat lung disease in the place you call home.

For more information about making a tribute gift or memorial, please contact Steve French at (408) 998-5865 or steve@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.

New Imaging Techniques May Improve Lung Disease Detection

AHN Media, March 26, 2007

According to AHN Media, researchers at the University of Pennsylvania's School of Medicine have developed new and improved techniques to detect lung disease earlier and more precisely.

Current techniques to detect lung diseases, like emphysema, are low in resolution and unable to detect the disease in its early stages. Thus, the researchers began developing a pair of new procedures that offer a clearer view of a patient's lungs. The first technique gives patients inhalants that can be detected by a magnetic resonance imaging (MRI) machine. The second utilizes tracer gases that follow the molecules into

the lungs and bloodstream. Both procedures have been shown to offer enhanced images that more easily detect the progression of lung disease.

"We have moved from imaging the structure to imaging the lung to a scale well below a millimeter size," said Warren Gefer, MD, one of the team's researchers. "It's truly ground breaking."

The treatments are designed not only to precisely detect the disease's location, but also to follow it to other areas it may have spread. These techniques are expected to be approved by the end of 2007.

New Drug May Offer an Effective Alternative for COPD Patients

All Headline News, May 21, 2007

According to All Headline News, research conducted at the Hines VA Hospital in Chicago has shown that a recently FDA-approved drug known as Perforomist may prove a viable alternative for COPD patients.

Perforomist is unique in that it is a long-acting nebulizer. Until recently, nebulized treatments for COPD could only be given for short relief, requiring multiple administrations. However, according to Dr. Nicholas Gross, the team's lead researcher, Perforomist proved to be less expensive and more convenient than Foradil, a dry-powder inhaler commonly prescribed to COPD patients.

While Gross' team found a common complaint of Foradil was that it was hard to administer, they reported that fewer patients needed assistance to take Perforomist. Furthermore, Gross stated that nebulized medications like Perforomist are covered by Medicare.

In spite of the strong promise of Perforomist, the researchers noted that cardiac safety has long been a concern with long-acting nebulizers. Yet, Gross added that the research has so far been "very reassuring," leading the research team to predict that Perforomist might provide a better alternative for COPD patients.

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Better Breathing
is a publication of:

**Breathe California
of the Bay Area**
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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, June 11th, 1:30 pm to 3:00 pm – Palo Alto
Avenidas Senior Center, 450 Bryant Street
Speaker: Donna Lueder, RRT, Kaiser Permanente Santa Clara
Living with COPD and Asthma

Thursday, June 14th, 11:00 am to 12 Noon – Gilroy
St. Louise Regional Hospital, 9400 No Name Uno
Speaker: Donna Lueder, RRT, Kaiser Permanente Santa Clara
Living with COPD and Asthma

Gilroy's June Meeting will meet 1 week later due to a scheduling conflict at the hospital

Monday, June 25th, 1:30 pm to 3:00 pm – San Jose
Breathe California Offices, 1469 Park Avenue
Speaker: Donna Lueder, RRT, Kaiser Permanente Santa Clara
Living with COPD and Asthma

Have a Great Summer and We'll See You in September!

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