



Better Breathing

A publication of
Breathe California
of the Bay Area

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Coping with Seasonal Allergies

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

Summer brings sunshine, flowers and a whole lot of allergy triggers. Knowing how to fight against seasonal allergies is important for those who suffer from lung disease, whose symptoms can be greatly exacerbated by allergies. Just because you suffer from seasonal allergies, does not mean that you can enjoy the good summer weather like everyone else. Here are a few helpful tips:

Weather: Hot, dry and windy weather can increase attack symptoms because pollen and other outdoor pollution 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.

Home Cleaning: Your home is filled with allergy triggers. Cleaning your home removes dust and mold, two common allergy irritants. Wash your bedding and avoid drying bedding outdoors since pollen and spores can cling to fabric.

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

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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!

Coping with Seasonal...

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Working Outdoors: Wear a long-sleeved shirt, facemask, hat, gloves and glasses while working outdoors to avoid contact with pollen. Don't touch your face and eyes, and if you are suffering from severe asthma or allergies, have someone else do your lawn work. When you finish

working outdoors, shower, wash your hair and change clothes.

Be aware of your surroundings and the activities you do. It is impossible to avoid allergies, but taking simple steps can help you to cope with your symptoms. Knowing how to cope with your seasonal allergies will give you more time to enjoy your summer instead of running from it.

What are your Plans for Emergencies?

Everyone needs to do contingency planning. You probably have thought about what to do in the event of a fire in your house or an earthquake. You may have also thought about designating someone to act in your place if you are unable to do so as a result of a physical or mental incapacity. If you haven't taken these steps, let me urge you to do so. If you have any questions about designating someone to act in your place, we can provide you with information on durable powers of attorney.

Another area of contingency planning that most people have done little thinking about is the contingency provision in your estate plans. Who will get your estate in the event that everyone you name predeceases you? A surprising number of estate plans have to fall back on the contingency provision contained in them.

In most cases this provision simply states, "I wish my estate to be distributed in accordance with the California Probate Code governing intestacy." In other words, I would like my assets to be distributed as though **I had no will or trust**. The executor, administrator or successor trustee must then do an heir search, looking in the order specified by the probate code for those people fitting the code descriptions of eligible heirs. More time and money wasted! If they can't find anyone, the State will wind up taking your estate by escheat!

You have another choice here. You can simply say that if all those loved ones named in your plans predecease you, you would like your estate to be distributed to a named charity or charities in percentages totaling 100%. How much better that a charity you care about receive your estate than some relative that you did not even think to name?

Be sure to discuss any change in your plans with your lawyer before carrying it out to be sure it fits with your specific situation. For more information, call Steve French at (408) 998-5865. The information in this article is general and not intended as legal advice pertinent to your situation.

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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.

Smoking 'triggers deadly changes'

BBC News, May 14, 2008

According to BBC news, a study led by Oregon Health and Science University showed that smoking can slow the production of a DNA repairing protein found in lung cells called FANCD2. This protein also causes faulty cells to commit suicide before they become cancerous.

To study the effects of cigarette smoke on different proteins in lung cells, researchers created an artificial windpipe to mimic a smoker's lung. Results showed that FANCD2 levels decreased low enough to cause DNA damage.

"These findings show the important role FANCD2 plays in protecting lung

cells against cigarette smoke and may explain why cigarette smoke is so toxic to these cells," said lead researcher Dr. Laura Hays. Cells with very high levels of FANCD2 were resistant to the toxic effects of smoke.

This can help in improving treatments for the disease. Because smoking causes 87% of all lung cancer cases and 30% of all cancer deaths, quitting will help.

Dr. Lesley Walker, director of cancer information at Cancer Research UK, concluded, "After ten years without smoking your risk of lung cancer will have fallen to half."

Join Us in the Community: Upcoming Health Fairs

Breathe California participates in various health fairs throughout the year, providing lung health information to our local community members. Check us out at:

2008 Juneteenth Festival

When: Saturday & Sunday, June 14th and 15th, 12 pm – 8 pm

Where: Plaza de Cesar Chavez, downtown San Jose

Festival in the Park

When: Sunday, June 22nd, 2008, 11 am – 4 pm

Where: Hellyer Park
985 Hellyer Ave, San Jose

City of San Jose "Community Resource Fair"

When: Sunday, June 29th, 2008, 11 am – 4 pm

Where: Kelley Park
1650 Senter Rd, San Jose



Bring your family and friends and enjoy your summer!

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Better Breathing
is a publication of:

**Breathe California
of the Bay Area**
1469 Park Avenue
San Jose, CA 95126
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www.lungsrus.org

*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.*

Last Better Breathers Club Meetings Before Summer!

Thursday, June 5th, 11 am to 12 Noon – Gilroy

St. Louise Regional Hospital Board Room, 9400 No Name Uno
Speaker: Ed Nelson, Travel Consultant of Peak Travel Group
Topic: *Know how to Travel with Oxygen*

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

Avenidas Senior Center, 450 Bryant St.
Speaker: Ed Nelson, Travel Consultant of Peak Travel Group
Topic: *Know how to Travel with Oxygen*

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

Breathe California, 1469 Park Ave.
Speaker: Tim Marzolf, O'Connor Hospital
Topic: *Exercise Techniques*

*We look forward to seeing you again when our meetings return in September!
Our September clubs will meet at the regularly scheduled times and locations.*

A Look Ahead: September BBC Meetings

Gilroy – Thursday, September 4, 11 am to 12 Noon
Palo Alto – Monday, September 15, 1:30 to 3 pm
San Jose – Monday, September 29, 1:30 to 3 pm

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