

Better Breathing

A publication of
Breathe California
of the Bay Area

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Eat Right and Breathe Easy

Sources: *Health and Age, WebM and, Eat Smart*

Good nutrition is an important part of maintaining a healthy lifestyle, especially for those with chronic diseases like asthma or COPD.

Food gives the body the fuel it needs to function on a daily basis. For those who suffer from respiratory complications, food provides the energy needed to perform physical activities, especially breathing.

A healthy and balanced diet can also help the body fight infections that come with COPD and boost the immune system to help prevent illnesses. For asthma patients, good nutrition can reduce asthma symptoms and help fight asthma’s inflammation.

The following tips can help get you started on the right path to eating right.

Back to Basics

Eat foods from each of the basic food groups: proteins, fruits and vegetables, cereal and grains and dairy products.

Lower Sodium

Limit your salt intake. Too much sodium causes fluid retention and may interfere with breathing. Instead use various herbs or no-salt spices to add flavor to your food.

Cut Down on Coffee

Limit your intake of caffeine drinks. Caffeine may interfere with some medications and can also make you feel nervous.

No Gas

Steer clear of foods that cause gas and bloating. This can include fried and greasy foods, onions, broccoli,

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The BBC Is Back in Action!

Welcome back Better Breathers! We hope you enjoyed the two-month summer break and are ready for the great autumn ahead! We’ve got a wide array of engaging speakers lined up to help you learn how to live healthier and breathe easier. Meetings will continue to be held once a month in San Jose and Palo Alto, and we also offer quarterly meetings in Gilroy. The meetings are always free and new members are always welcome! Check out the back page for upcoming meeting dates and speakers!



Is Secondhand Smoke Bothering You?

Is a neighbor's cigarette smoke drifting into your home?

Are you worried about how secondhand smoke may be affecting you and your loved ones?

According to a recent Surgeon General's report, secondhand smoke can pose a serious health threat to ALL individuals.

Call Breathe California's Secondhand Smoke Helpline and we'll inform you about your rights and what you can do to protect yourself.

Just call (408) 999-0500. All calls are confidential.

Eat Right and Breathe Easy

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cauliflower, corn, cabbage, melons and peas. Bloating of the abdomen is uncomfortable and can make breathing difficult.

Eat Good Fats

Omega-3 oil, found in fatty fish like sardines, salmon and tuna, is considered a potent anti-inflammatory. This can help prevent exercise-induced asthma symptoms.

Avoid Junk Foods

Don't waste energy eating foods with little or no nutritional value, such as potato chips, candy bars and soft drinks.

Eat a Mediterranean Diet

This kind of diet is low in meat, but rich in fruits and vegetables, fish and whole grains. In a Portuguese study, adults on this diet cut their asthma risk by 78%.

Avoid Trans Fats

Trans fats and omega-6 fatty acids (found in corn oil, soybean oil, and many processed foods) can induce lung inflammation.

When making changes to your diet consult your physician first. He may make recommendations specific to your situation. Good nutrition is important for everyone can improve your well being.

Meet This Month's Better Breathers Speaker Alyson Mar of FoodCalc

Alyson Mar is the lead registered dietician for FoodCalc, a nutrition software firm that creates FDA-compliant nutrition facts panels for food manufacturers, restaurants, dietitians and chefs.

This San Diego State graduate became a dietician because of her love for science and working with people. She has worked with United Health Centers WIC where she specialized in community health, and feeding low income children. Her experiences also include food service management, clinical dietetics, menu planning for specialized diets, school meal reimbursement and community feeding projects.

"I love that nutrition is a tangible science with actual results that we can see and control."

Because of her passion for dietetics and her love of business and the commercial world, Alyson joined the FoodCalc team where she has been working for about eight months.

Join us at this month's Better Breather's Club Meeting where Alyson will be presenting her topic: *Living with COPD? Are You Eating Enough?*

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.

Asthma Patients Advised to Switch from CFC to HFA Inhalers Soon

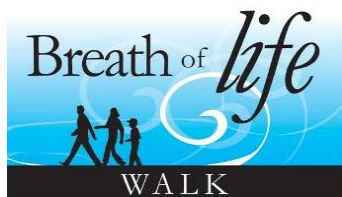
U.S. Food and Drug Administration, May 30, 2008

With a ban on inhalers containing chlorofluorocarbons (CFCs) going into effect at the end of the year, the U.S. Food and Drug Administration (FDA) has issued an advisory encouraging asthma patients who use such inhalers to consider switching now.

In issuing its advisory, the FDA warned that patients are likely to experience a learning curve when switching to an HFA inhaler. HFA inhalers often taste different, feel softer and must be cleaned in a specific way to avoid clogging. As a result, the FDA advised patients to take the time to talk to their doctor

and learn about HFA inhalers now, before they may need to use them.

CFCs were once the dominant propellant in inhalers that asthma patients use to self-administer medicine. However, several years ago the government banned CFC-containing products because of the damage CFCs were shown to cause to the Earth's ozone layer. The government did provide a multi-year phase-in of the ban for products like inhalers, and a number of different inhalers that utilize ozone-friendly hydrofluoroalkanes (HFAs) have since been developed.



On Your Mark... Get Set... WALK!

Put on your sneakers because it's time to walk! On Saturday, October 4th, Breathe California will be hosting its 7th annual Breath of Life Walk at West Valley College in Saratoga. More than 500 walkers will come together in teams for the leisurely 5K walk and enjoy a day filled with food, prizes and family fun.

This is a great time for you to join us and your fellow community members to support those affected by lung disease and help rid lung disease from our community. One hundred percent of the proceeds will remain here locally to help fund Breathe California's lung health programs, like the Better Breathers Club.

Get together with friends and family to form a team and help collect pledges. Or, if you can't make it, sponsor a walker and help support lung disease patients like yourself!

To learn more or to register, visit www.breathoflifewalk.org and click on the West Valley Walk link. There you can set up a team or personal webpage, sponsor a walker, and much more. You can also register by mail, phone (408) 998-5865 or stop by our office in person.

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Better Breathing
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**Breathe California
of the Bay Area**
1469 Park Avenue
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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.*

Upcoming Better Breathers Club Meetings

Thursday, September 4th, 11:30 am to 12 noon – Gilroy
St. Louise Regional Hospital Board Room, 9400 No Name Uno
Speaker: Alyson Mar, RD, of FoodCalc LLC
“Living with COPD? Are You Eating Enough?”

Monday, September 15th, 1:30 pm to 3:00 pm – Palo Alto
Avenidas Senior Center, 450 Bryant Street
Speaker: Alyson Mar, RD, of FoodCalc LLC
“Living with COPD? Are You Eating Enough?”

Monday, September 29th, 1:30 pm to 3:00 pm – San Jose
Breathe California Offices, 1469 Park Avenue
Speaker: Alyson Mar, RD, of FoodCalc LLC
“Living with COPD? Are You Eating Enough?”

A Look Ahead: Our October BBC Meetings

Palo Alto – Monday, October 13th, 1:30 pm to 3:00 pm
San Jose – Monday, October 27th, 1:30 pm to 3:00 pm

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