

# Better Breathing

A publication of  
Breathe California  
of the Bay Area

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## Exercising with COPD

Source: *Breathe California, Living Life to the Fullest with COPD*

Exercise is an important part of living healthy. It can help to relieve stress, build up strength and make you feel good. Exercise is possible even if you suffer from respiratory complications like COPD. Even the slightest bit of exercise can significantly improve your quality of life. Simple tasks, like walking around the house or picking up books, can improve your strength. In time, you may be up for trying more exerting activities like walking outdoors or swimming. In most cases, walking is the best exercise for people with COPD. If you are up for it, you should try walking three times daily for about 10 minutes at a time.

It's important to set goals before you start your exercise regimen. Your goals should be achievable in order to keep you motivated. As you start

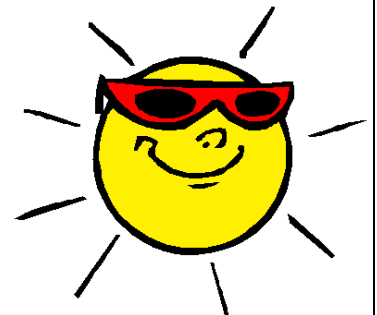
making progress, gradually set your goals higher. Try out different exercises such as swimming, walking, upper-body weight training and low-impact aerobics, and find the one that best fits you. If you find yourself enjoying multiple activities, alternate your routine to keep exercising fresh. Also, invite a friend to exercise with you - not only will you be able to motivate each other, but you will also keep each other company.

Before starting your daily exercise routine, you should always 'warm up' your lungs. Exercises like pursed-lip breathing can improve your lung function before you start exercising. Inhale through your nose so your stomach muscles move outward and your diaphragm pulls air into your lungs. Then exhale through your

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## Time for Summer Break!!

Summer is here, which means the BBC will be taking its traditional 2-month break while you enjoy some fun in the sun. We hope you 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!





## Meet this Month's BBC Speaker

Meet Karen Nolan, Hospice Nurse at Hospice of the Valley.

Karen has had 10 years of hospice experience in many different capacities.

Working at Hospice of the Valley since 2007, she is currently a Clinical Outreach Manager, with an emphasis on educating and promoting hospice care.

In addition, Karen has patient care responsibilities including admission and case management.

Join Karen at this month's BBC meeting where she will discuss "What You Need to Know About Hospice" and she will also address advanced healthcare directives.

**See You There!!!**

## Exercising with COPD

*Continued from Page 1*

mouth with your lips pursed, making a hissing noise. Last, exhale twice as long as you inhale. Do this before and during exercises to relieve shortness of breath and improve ventilation.

Stretching is very important before beginning any exercise activity. It can help to reduce injury. If you have chosen walking as your exercise, you can warm up by starting out at a slow pace for five or ten minutes. At the end of your

exercise, you should 'cool-down' by stretching and/or doing your exercises at a slower pace, which will bring your heart rate back to normal.

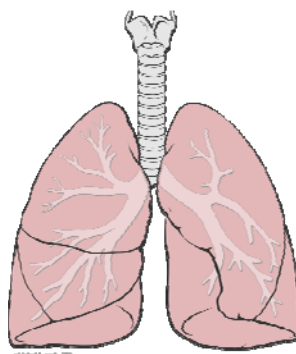
Just because you have COPD, doesn't mean that exercise has to be difficult and impossible. Remember even a little exercise goes a long way. It's important that you do exercises that you enjoy because if you're having fun it's likely that you'll continue to do it.

## Lung Cancer Update

Breathe California will be hosting a Lung Cancer Research Luncheon at Valley Medical Center's new Sobrato Cancer Center.

Joining us is Dr. Heather Wakelee, Assistant Professor of Medicine and Oncology at Stanford Cancer Center. She will be discussing the basics of lung cancer, as well as the current state of lung cancer treatment and research.

This is a great opportunity for lung cancer patients and their loved ones to ask questions, receive information on patient resources and tour the new Sobrato Cancer Center.



**When:** Tuesday, June 30<sup>th</sup>, 2009  
1:00 pm to 2:00 pm

**Where:** Sobrato Cancer Center (at VMC)  
750 South Bascom Avenue  
San Jose, CA 95126

**Speaker:** Dr. Heather Wakelee, Assistant Professor of Medicine and Oncology

A complimentary lunch will be provided.

Please RSVP by Friday, June 26<sup>th</sup> to Steve French at [steve@lungsrus.org](mailto:steve@lungsrus.org) or (408) 998-5865.

## 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](http://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 Study Says Acid Reflux Meds Don't Help Asthma

Source: Associated Press, April 15, 2009

According to a new study published in the New England Journal of Medicine, heartburn drugs are not effective in reducing asthma symptoms, as had been previously thought.

Due to an apparent link between asthma and acid reflux, a number of medical guidelines have encouraged the use of heartburn drugs to help patients control asthma - regardless of whether they suffer from acid reflux. To further investigate this connection, researchers from the National Heart, Lung and Blood Institute conducted a study to see if a common heartburn drug, Nexium, helped patients with poorly-controlled asthma reduce symptoms. After studying 412 patients at 19 centers across the study, researchers concluded that patients

receiving the drug fared no better than the control group who received dummy pills.

Study leader Dr. Robert Wise, a lung specialist at Johns Hopkins University, said it gives the first solid evidence that "silent" acid reflux doesn't have a role in poor asthma control. The researchers also urged asthma patients who don't experience heartburn to ask their doctor whether they should stop taking acid reflux drugs.

While the study sheds new light into the effectiveness of acid reflux drugs in controlling asthma, researchers noted that this does not mean that there isn't a relationship between asthma and gastroesophageal reflux.

## Have a Smoke-Free Summer!

Kick-start your summer in a healthy way...Commit to quit smoking!

80-90% of all COPD is caused by smoking and smokers are ten times more likely to die from COPD than non-smokers. Let Breathe California help you quit with the Ashkickers Smoking Cessation classes.

This six-session program helps smokers travel through the various stages of quitting, which include thinking of quitting, preparing to quit, finally quitting, and preventing relapse.

Classes will be starting in June, so sign up to reserve your spot!

For more information, contact Dennis (408) 998-5865 or email [dennis@lungsrus.org](mailto:dennis@lungsrus.org)



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*As the local clean air  
and 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 8th, 1:30 pm to 3:00 pm – Palo Alto**  
Avenidas Senior Center, 450 Bryant Street  
Speaker: Karen Nolan, Hospice Nurse  
*“What You Need to Know About Hospice”*

**Monday, June 29th, 1:30 pm to 3:00 pm – San Jose**  
Breathe California Office, 1469 Park Avenue  
Speaker: Karen Nolan, Hospice Nurse  
*“What You Need to Know About Hospice”*

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

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