

Better Breathing

A publication of
Breathe California
of the Bay Area

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Surviving the Flu Season

Sources: *Breathe California* and *WebMD*

The fall brings about cooler weather, changing leaves and the holidays. People tend to spend more time indoors because of the cold weather, which makes it easier for germs and illness to spread. Unfortunately, the fall also brings on flu season.

Influenza, also known as the flu, is a viral infection that affects the nose, throat, bronchi and, occasionally, the lungs. When the virus reaches the lungs, the tissues in the respiratory tract become swollen and inflamed.

People infected with the flu can infect others through sneezing, coughing or even talking. The disease can also be passed on by direct hand or mouth contact. Most infected people will recover from the flu on their own within one or two weeks without medical treatment. However, for the

elderly and people with serious medical conditions, influenza can lead to dehydration and severe complications, like pneumonia.

Symptoms

People infected with the flu may carry the infection for 2-3 days before developing any symptoms.

Symptoms include an onset of runny nose, nasal congestion, sore throat from post nasal drip, cough and a high fever. Some may also experience, headaches, fatigue, aching muscles and a loss of appetite.

Prevention

The best way to avoid catching the flu is through vaccination. High-risk individuals should get an annual flu

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Meet This Month's Better Breathers Speaker: **Dr. Heather Wakelee**

Dr. Heather Wakelee is Assistant Professor of Medicine at Stanford University in the Division of Oncology where she is the co-leader of the lung cancer disease management group.

After studying molecular biology at Princeton University, she continued medical school at Johns Hopkins before returning to California for internal medicine residency and fellowship training in medical oncology at Stanford University.

Dr. Wakelee's focus is in clinical research in lung cancer patients, with a particular interest in anti-angiogenesis agents. She is the principal investigator of the ongoing international lung cancer intergroup trial E1505.

Meet Dr. Wakelee at this month's meetings, where she will discuss some of her lung cancer research.

Surviving the Flu Season...

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shot to give their immune system an added boost. Because it takes time for the immune system to respond to the vaccine, physicians recommend taking the vaccine about six to eight weeks before flu season begins.

Other means of prevention can include:

- Washing hands frequently
- Avoid sharing eating utensils
- Avoid touching face and mouth
- Avoid sick people and crowded areas
- Covering your nose and mouth when coughing or sneezing
- Getting lots of exercise, rest and eating healthy

Treatment

Although we can take steps to prevent the flu, it can still sneak up on you undetected. If this happens, there are some ways infected

persons can treat the disease:

- Take antiviral medication. Young children can get better faster by taking antiviral medication within 48 hours of the first signs of illness.
- Plenty of bed rest.
- Drinking plenty of fluids to prevent dehydration and loosen mucous.
- Take aspirin and ibuprofen to relieve fever and discomfort.
- Cough medicines are not usually recommended to COPD patients because they may reduce your ability to clear secretions from your lungs and may increase your risk of lung infections.
- Always consult your physician when treating the flu. Your doctor may recommend taking particular or additional medication specific to your condition.

For more information on influenza and flu shot locations, visit Breathe California's website at www.lungsrus.org.



Don't Wait. Get Your Flu Shot Today!

With flu season just around the corner, now is time to protect yourself. All lung disease patients and their caregivers should receive flu vaccination to avoid serious health complications from influenza this winter.

To find local flu shot locations, simply call Breathe California at (408) 998-5865. You can also find up-to-date local flu shot information on our website. Just visit www.lungsrus.org and click on the link for flu shot locations.

Don't take a chance with your health this winter! Get your flu shot today!
To learn more about the flu shot, call Breathe California at (408) 998-5865.

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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.

New Limits on Wood Burning Go Into Effect This Winter

San Francisco Chronicle, October 17, 2008

Starting this winter, the Bay Area Air Quality Management District will be enforcing a new rule limiting indoor-wood burning on Spare the Air Days and Nights. The rule was passed this summer after the federal government established new standards for particulate pollution. The Air District estimates that there could be 15-20 days (primarily between November and February) when indoor wood burning would be banned each year.

While there has been some controversy over the new wood-burning restrictions, supporters point out that the rule will protect public health. Indoor wood burning contributes to one-third of the total fine particulate matter in the air on the worst Bay Area nights. High particulate levels have been connected to a number of respiratory problems including serious complications for people with lung or heart disease.

In addition to banning the use of chimneys and other freestanding wood-burning garden heaters on

poor air quality days, the new wood-burning rule:

1. Requires cleaner burning technology in new construction and when fire-burning stoves are sold, resold or installed.
2. Prohibits the burning of garbage, plastics, chemically treated wood, waste petroleum products and other inappropriate materials.
3. Requires labeling and disclosure of the moisture content on wood sold for the use within the nine county district of the Bay Area.

While a number of local cities have their own wood-burning rules, this is the first comprehensive wood-burning regulation for the Bay Area as a whole. The rule includes an exception for households without another source of heating or electricity as well as outdoor fires used for cooking. To enforce the law, inspectors will warn-first time offenders and fine people who refuse to comply with the law up to \$1,000 a day.

We've Moved! New Meeting Location for South County Members

That's right, South Bay BBC Members, there is a new meeting location. All future Better Breathers Club meetings for South County will be held at:



De Paul Health Center
Conference Room
18550 De Paul Drive
Morgan Hill, California 95037



Hope to see you there this month!

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Better Breathing
is a publication of:

**Breathe California
of the Bay Area**
1469 Park Avenue
San Jose, CA 95126
(408) 998-5865
www.lungsrus.org

*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

Thursday, November 6th, 11:30 am to 12 noon – South County
De Paul Health Center Conference Room, 18550 De Paul Drive, Morgan Hill
Speaker: Susan Reddell, Registered Respiratory Therapist
“Respiratory Medications: The Good, the Bad and the Misunderstood”

Monday, November 10th, 1:30 pm to 3:00 pm – Palo Alto
Avenidas Senior Center, 450 Bryant Street
Speaker: Dr. Heather Wakelee, Assistant Professor of Medicine at Stanford
University
“Lung Cancer Research”

Monday, November 24th, 1:30 pm to 3:00 pm – San Jose
Breathe California Offices, 1469 Park Avenue
Speaker: Dr. Heather Wakelee, Assistant Professor of Medicine at Stanford
University
“Lung Cancer Research”

A Look Ahead: Our December BBC Meetings

Palo Alto – Monday, December 8th, 1:30 pm to 3:00 pm
San Jose – Monday, December 29th, 1:30 pm to 3:00 pm

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