

Better Breathing

A publication of
Breathe California
of the Bay Area

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Tips for Traveling with COPD and Other Related Lung Diseases

Source: COPD International

As you embark on this holiday season, don't let lung disease keep you at home. With the right planning and preparation, everyone can have a safe, stress-free holiday travel season. Whether you plan a long or short trip, these tips will help you prepare for the unexpected and give you a guideline to make your journey a safe and satisfying one.

Be prepared for an emergency:

- It is best to be prepared for any emergency because you never know when you will be traveling longer or unexpectedly taking another stop. Always take a full day supply of your medications for short trips and request extra medication from your doctor for longer trips.

- Always consult your doctor ahead of time for prolonged trips. Take a copy of your prescriptions and maybe even your medical history in case you need to see another doctor while away from home.
- If you travel with oxygen, consult your supplier ahead of time and inquire about the various other oxygen carriers around the nation. Like your medication, take a current prescription for your oxygen requirements in case you need to get more at your destination.
- There are also travel concentrators that can be taken on longer trips, which are lighter

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LIVING WITH COPD?

Take a Breath

If you are a current or previous smoker and have been diagnosed with chronic obstructive bronchitis or emphysema, the two conditions that make up Chronic Obstructive Pulmonary Disease (COPD), we may have the option for you.

We are conducting a research study that will determine whether a once-a-day dose of an investigational medication will effectively improve your breathing for 24 hours.

All study-related care is provided including physical exams, lab services and study medication (at no charge). Compensation for time and travel may be available.

**To learn more, call:
Marie Thompson at
(408) 553-0709 ext 237**

Allergy & Asthma
Associates of Santa
Clara Valley Research
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4050 Moorpark Ave, #6
San Jose, CA 95117

Tips for Traveling with COPD...

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and easier than the ones at home. It is important to have enough oxygen at all times or a backup plan because a number of things can go wrong like tanks malfunctioning, unexpected travel delays, etc.

Plan according to your mode of transportation:

- *If traveling by car:* In order to avoid vehicle fumes and air pollution, it is useful to keep your air conditioning on as much as possible. Also when traveling through high pollution or heavily congested areas, it is better to limit your driving to nighttime or early in the day. Place oxygen somewhere it will not roll around and be sure not to leave it in the car in hot weather.
- *If traveling by airplane:* Many airlines require long notice before your actual travel date if you are traveling with oxygen. Some airlines will not allow you to travel on the airplane with your own oxygen, so it is necessary to arrange your oxygen needs with the airline far ahead of time. Oxygen expenses often must be paid out of pocket and cannot be reimbursed. It is also smart to put medications in your carry-on luggage and maybe even bring another bag for extra medication in case your carry-on bag is lost.
- *If traveling by bus or train:* Most buses and trains allow you to bring your own oxygen equipment but it is important to

contact them ahead of time to inquire about your special needs and what they allow.

Know your destination:

- If you're taking a short trip, consider the environmental differences of your destination and places along the route. Altitude, weather, and humidity are only a few of the things that can differ from your home and it is important to be aware of these differences ahead of time and make the proper arrangements.
- Find a physician and equipment provider at your destination. If traveling by car, it is smart to find a few along your route as well.

Take it slow:

- For day trips, make sure to leave time for rest breaks to move around and stretch. Leaving time for breaks will also avoid a rush to make your destination on time. This can also be done on airplanes and trains. Although there is limited space, it is still possible to get up and stretch or move around and this will help avoid blood clots and swelling, both of which people with COPD are prone to.

Traveling can be fun and good for your overall well-being, so don't let lung disease stop you from enjoying the experience. With advanced preparation and the right planning, you can fully enjoy the holiday season with family and friends.

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.

Air District Debates Ban on Wood Fires

Source: San Jose Mercury News, November 6, 2007

The Bay Area Air Quality Management District is proposing to ban wood fires on "Spare the Air" nights and prohibit the installation of new open hearth fireplaces in homes and buildings. The proposed ban would implement a small fine or ticket to anyone in the Bay Area who burned wood on chilly, "Spare the Air" nights. Fines would be given based largely on public complaint.

The proposed ban has gained wide attention in the Bay Area as the threat of wood smoke has increased in years. The tiny smoke particles from burning wood can pass through the nose and throat and lodge deep in the lungs. This can cause serious

health effects like severe asthma and emphysema symptoms that can even be deadly for the elderly.

The considered rule would also ban the installation of new open hearth fireplaces, which lack emission control, to limit wood burning in the future. Along with the wood burning rules, the district considers to require the sale of low-moisture firewood and prohibit the burning of garbage.

District administrators have been holding public workshops to decide if the draft should be revised before passing it on to the district air board. No date has been set for the rule to take effect.

Avoid Taxes on Donations Made From IRAs

Source: Planned Giving Associates, October 26, 2007

You only have two months left to take advantage of one of the most significant pieces of charitable giving legislation passed in the last few years. The law, PPA 2006, allows someone over 70 ½ with an IRA or Roth IRA to contribute up to \$100,000 (\$200,000 for couples who both have IRAs) to eligible non-profits – like Breathe California – directly from their account, without incurring any taxes.

While the donation is no longer tax deductible, contributions will not force someone into a higher tax bracket, as in the past. Another advantage of PPA 2006 is that the transfer will count towards your minimum required distribution and

there will be no tax on the amount distributed to the charity.

These distributions cannot be made to supporting organizations or donor advised funds. They also cannot be used to fund split interest gifts where a life interest is helped by the donor or another private party. Please contact Steve French at 408-998-5865 for more details and consult with your own tax advisor prior to making this type of gift.

Note: Donating appreciated stocks can also have significant tax advantages. Call us to learn more about these tax-wise giving options today!

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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.*

Upcoming Better Breathers Club Meetings

Thursday, December 6th, 11:00 am to 12:00 pm – Gilroy
St. Louise Hospital Board Room, 9400 No Name Uno
“Keeping Your Energy Up During the Holidays”
Speaker: Julie Groves, OTRL from *Therapy In Your Home*

Monday, December 10th, 1:30 pm to 3:00 pm – Palo Alto
Avenidas Senior Center, 450 Bryant Street
“Keeping Your Energy Up During the Holidays”
Julie Groves, OTRL from *Therapy In Your Home*

Monday, December 17th, 1:30 pm to 3:00 pm – San Jose
Breathe California Offices, 1469 Park Avenue
“Keeping Your Energy Up During the Holidays”
Julie Groves, OTRL from *Therapy In Your Home*

**Please note that the San Jose BBC’s December meeting
is scheduled two weeks early due to the Christmas holiday.*

A Look Ahead: Our January BBC Meetings

Palo Alto – Monday, January 14th, 1:30 pm to 3:00 pm
San Jose – Monday, January 28th, 1:30 pm to 3:00 pm

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