

Better Breathing

A publication of
Breathe California
of the Bay Area

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Exercising for COPD Patients

Living with COPD often means that it takes extra energy just to breathe, which in turn makes it difficult to take part in physical activities. However, inactivity weakens the heart, muscles and lungs, and makes it harder to fight infections. Thus, exercise is crucial to remaining healthy. Although starting an exercise regimen may seem like a daunting task, you can exercise almost anywhere, including around your neighborhood or even in the comfort of your own home.

Types of Exercises

Exercise comes in many forms and each has its own set of benefits. Not only can exercise build make you a much healthier person, it can also raise your spirits. Some common kinds of exercises are:

Everyday exercises, such as breathing exercises, should be practiced by COPD patients every day. This can include abdominal (or "belly") breathing and pursed-lip breathing.

Aerobic exercises increase the amount of oxygen delivered throughout the body. These exercises include: walking, biking, swimming and water aerobics. When doing aerobic exercises, COPD patients should be able to comfortably give a one sentence answer when asked a question.

Anaerobic exercises refer to short and intense exercises that stress muscle activity, including weight-lifting exercises. When lifting weights, be sure that you are using an appropriate amount of weight (or resistance) such that you can do 10 reps while maintaining an even and controlled form.

Upper Body exercises can help improve your breathing. The muscles in your arms and shoulders offer support to your rib cage and strengthening these muscles allow you to breathe deeper and more easily. These exercises include: arm extensions, elbow circles and elbow breathing.

Lower Body exercises can help you move around more easily and allow you to enjoy more outdoor activities. These include knee extensions, leg lifts and step-ups.

Ways to Make Exercising Safe, Effective and Enjoyable

When starting an exercise program, having a daily routine helps. It is also important to try to choose something that you enjoy. There are many exercises you can do that don't require you to go to the gym. Running errands, walking your dog or playing actively with children can

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Do You Have Questions About Estate Planning?

If you are unsure about the best way to put together a will, **you're not alone.**

This month, Breathe California is proud to bring a speaker with expertise in estate planning to the Better Breathers Clubs. Come learn what you need to know and what you should be doing when creating a will or trust.

We also hope you will consider including Breathe California in your will or trust. Your contributions will allow us to continue helping those suffering from lung disease now and for years to come.

So, please join Dick Lampert from the Gift Planning Associates at this month's meetings (see back page for meeting dates & times)

For questions, please contact Breathe California's office by calling (408) 998-5865 or visit our website at www.lungsrus.org.

Exercising for COPD Patients...

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make for great aerobic workouts. Include others into your exercise by hiking, biking or walking with friends and family members.

No matter what kind of exercise you are doing, begin your routine with a 5-10 minute warm-up with activities such as breathing exercises, a slow paced walk and/or light stretching. Always end your routine with a cool down at a slightly slower pace.

Planning rest periods between activities is essential to preventing fatigue and breathlessness. If you become dizzy or are in pain while doing an exercise, stop and sit down to catch your breath. The worst thing you can do is to overexert yourself.

Always check with your doctor before beginning an exercise routine. Your doctor will determine how often and how long to do the exercises as well as what, if any, adjustments are needed to your medications.

Breathe California Awards a \$25,000 Grant to Local Lung Cancer Researchers

Breathe California is proud to announce that it has awarded a \$25,000 research grant to Stanford University to explore the use of a new lung cancer drug that has shown promise in combating the deadly disease.

"Lung cancer is the deadliest form of cancer, yet it is also one of the most underfunded," said Roslyn Bienenstock, Board Director for Breathe California of the Bay Area. "We are very pleased to be able to support critical local research in search of new life-saving treatments for lung cancer patients."

The grant will help fund a Stanford University project to explore new applications of bevacizumab, a cancer drug developed by Genentech and commonly known as Avastin. The drug, which works by blocking new blood vessel formation in tumors, has been the first to provide a significant survival advantage for patients with advanced lung cancer when added to traditional chemotherapy. However, nearly half of the patients with lung cancer are ineligible to receive treatment because of potential side effects. As a result, this project will look into ways to utilize the drug in new patient populations.

The grant was awarded as part of Breathe California's program to support local research into lung disease treatments and prevention. This year's grant was largely funded by a contribution from the Elsie & Josephine Colombo Charitable Trust. For more information about Breathe California's research program, please contact us at (408) 998-5865 or info@lungsrus.org.

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.

Gene Test Shows Promise to Detect Early Stage Lung Cancer

Medical News Today, March 5, 2007

Researchers at Boston University announced that they have developed a genetic test that has shown the promise to predict early stages of lung cancer.

According to the scientists, the test looks for genetic changes in the cells of the airways in smokers. The research team took "large airway cell" samples from 164 smokers and looked at their 80-gene biomarkers, which they believe can distinguish between smokers with and without lung cancer. After comparing the

samples, the scientists found that the gene biomarker offered 90 percent reliability in predicting lung cancer cases.

Lung cancer is the deadliest disease, with an 80% - 85% mortality rate. This high death rate is often attributed to the fact that the disease is hard to detect in the early stages. Thus, the research team hoped that the study's finding could advance efforts to develop a reliable and accurate method to detect early stage lung cancer.

Air Pollution Linked to Heart Disease in Older Women

Associated Press, January 31, 2007

A federally-funded study has found that fine grit in air pollution can increase the risk of heart disease in older women much more than scientists previously believed.

Scientists studied 65,893 women who had an average exposure to 13 units of fine grit, finding that cardiovascular problems affected nearly three percent of all women tested. However, with each 10-unit increase of fine grit exposure, the risk of fatal cardiovascular disease rose approximately 75 percent, much higher than found in previous studies. Women also became 24 percent more likely to suffer heart attacks, coronary disease, strokes and clogged arteries with every 10-unit rise. The scientists believed

that women are more susceptible to air pollution than men because their bodies have smaller blood vessels.

"There is already a lot of evidence suggesting that the long-term standard [for fine grit air pollution] should be lowered, and this adds one more study to that evidence," said Douglas Dockery, a pollution specialist at the Harvard School of Public Health.

The fine grit in air pollution is made up of tiny particles from dust, soot and various chemicals that come from cars, factories and power plants. These new findings underscore the many dangerous health effect caused by air pollution, and lend further evidence to calls for

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*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, April 5th, 11:00 am to 12 Noon – Gilroy
St. Louise Regional Hospital, 9400 No Name Uno
Speaker: Dick Lamport, Gift Planning Associates
Estate Planning Tips for You and Your Loved Ones

Monday, April 9th, 1:30 pm to 3:00 pm – Palo Alto
Avenidas Senior Center, 450 Bryant Street
Speaker: Dick Lamport, Gift Planning Associates
Estate Planning Tips for You and Your Loved Ones

Monday, April 30th, 1:30 pm to 3:00 pm – San Jose
Breathe California Offices, 1469 Park Avenue
Speaker: Dick Lamport, Gift Planning Associates
Estate Planning Tips for You and Your Loved Ones

A Look Ahead: Our April BBC Meetings

Palo Alto – Monday, May 14th, 1:30 pm to 3:00 pm
San Jose – Monday, May 21st, 1:30 pm to 3:00 pm

Please note that the May BBC in San Jose will meet one week early due to Memorial Day

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