

Better Breathing

A publication of
Breathe California
of the Bay Area

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New Year Resolution: Commit to Better Breathing

Source: DuoNeb, ibreathe.com, American Association for Respiratory Care

Happy New Year! 2008 has finally arrived and its time to start new projects, set new goals and commit to making a change for this new year. So, break out your list of New Year's resolutions and get to work. If you haven't made your list yet, below are a few resolutions that all lung disease patients should think about. This year, make a personal commitment to help you breathe better all year round.

Eat Right

Many people associate eating healthier with achieving their weight loss goals. COPD patients may not need to lose weight, but maintaining a healthy diet does support the development of the diaphragm and other muscles that are key to

breathing easier. Healthy foods also provide COPD patients with the energy needed for daily activities and also strengthens the body's immune system to avoid infections and illness during the cold winter months.

Get Active

Whether you are taking a stroll around the block or just cleaning around the house, exercise is necessary to maintain a healthy lifestyle. Keeping physically active helps improve oxygen utilization, reduces shortness of breath and gives you the energy you need to function in your day-to-day activities. Choosing activities you enjoy will keep things interesting and make you feel good about yourself. Need more motivation? Grab a friend and



Happy New Year!

Breathe California would like to wish all of our Better Breathing subscribers a safe and happy New Year in 2008!

What are Your Future Plans?

Do you know:

- That you can support your favorite charities at a cost that is as low as 35% of the value of the gift?
- That there are gifts that enable you to reduce or eliminate taxes and increase your income?
- That some gifts enable you to change your mind and use the money for emergencies if you need it?

We at Breathe California would be most honored to be a part of your future plans.

To learn more, visit www.lungsrus.org, Click on "Support Us" and then click on "Tax Wise Giving"

New Year Resolution...

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get active together.

Quit Smoking

To quit smoking is one of the most popular New Year's resolutions that people make every year. Smoking causes about 80 to 90 percent of COPD cases. Therefore, quitting smoking is not only a New Year's resolution; it's a mandatory

requirement for people struggling with lung disease. For those who are ready to make the commitment to quit, Breathe California will be kicking off the New Year with its smoking cessation classes beginning January 9th.

For more information about our Ash Kicker smoking cessation program, contact us at (408) 998-5865.

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 Center
4050 Moorpark Ave, #6
San Jose, CA 95117*

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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.

***Spare the Air Tonight* Season Begins**

Source: Bay Area Quality Management District

With winter comes holiday celebrations and the cold winter chill. As the season gets colder, we find ourselves cozying up with love ones around the warmth of a fireplace. However, even fireplaces can be a health hazard.

The Bay Area Air Quality Management District has announced that *Spare the Air Tonight* season begins at the start of wintertime and will last through February 11, 2008. During this season, the Air District asks for the public's cooperation by

refraining from burning wood in wood stoves and fireplaces, and to drive less.

Wood burning from woodstoves and fireplaces is the largest residential source of particulate matter pollution. Even at low levels, smoke from burning wood in woodstoves and fireplaces affects the health of those struggling with lung disease, especially COPD patients.

For more information, visit www.sparetheair.org.

Meet This Month's Better Breathers Speaker Kristin Hayes, Founder of Aha-Yes!

Kirsten Hayes is the owner and founder of Aha-Yes!, a shop that helps moms find foods and household products that contain the least toxic chemicals. This Mountain View mom pursued business economics at Stanford and an MBA from Dartmouth. After working for a top strategy consulting firm and a high-tech start-up, Kirsten decided that it was time to focus on raising the kids.

Aha-Yes! came about after discovering that her children were severely allergic to nuts. Forced to read ingredient labels in detail, Kirsten began to see that toxins are in our food, toiletries, cleaning products, toys and other products.

By leading a small company, Kirsten believed she could help other moms make choices that are less toxic for their families and the environment, while making a bigger difference in influencing change in companies.

"Your actions in the economic and political system influence companies to make decisions that improve health and environment for customers, employees and community."

Kirsten Hayes is this month's Better Breathers Club speaker. So join us and learn how you can *Take Control of Your Household Products and Food*.

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1469 Park Avenue
San Jose, CA 95126
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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

Monday, January 14th, 1:30 pm to 3:00 pm – Palo Alto
Avenidas Senior Center, 450 Bryant Street
“Taking Control of Your Household Products and Foods”
Kirsten Hayes, Founder of *Aha-Yes! LLC*

Monday, January 28th, 1:30 pm to 3:00 pm – San Jose
Breathe California Offices, 1469 Park Avenue
“Taking Control of Your Household Products and Foods”
Kirsten Hayes, Founder of *Aha-Yes! LLC*

A Look Ahead: Our January BBC Meetings

Gilroy – Thursday, February 7th, 11 am to 12 noon
Palo Alto – Monday, February 11th, 1:30 pm to 3:00 pm
San Jose – Monday, February 25th, 1:30 pm to 3:00 pm

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