

# Better Breathing

A publication of  
**Breathe California**  
of the Bay Area

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## Winter Exercise Tips for the New Year!

Source: WebMD, Medical News Today

Happy New Year! Make 2009 your best year yet, by committing to a healthier, new you! It may still be winter, but you can still get started on making a few changes in your life.

Establishing a healthier diet is a great resolution, but what about getting some exercise too? Exercise helps to build a strong immune system that will reduce the chances of developing a lung infection, a risk that is much higher during these winter months.

Most people who suffer from respiratory complications find it difficult to exercise in cold weather, but it is not impossible. Here are some tips that will help you stay active in the cold:

- **Dress in layers** underneath a windproof and waterproof

outer layer. This helps the body to maintain warmth when exercising outside.

- **Always wear a scarf over your nose and mouth** to warm the air before you breathe in.
- **Warm up** with stretching and light activities before your exercise routine. Also, make sure to cool down.
- **Everyday activities can be exercise!** Try sweeping, mopping, vacuuming or even shoveling snow.
- **Exercise indoor if the weather is too cold or icy.** Some malls allow mall

*Continued on Page 2*



## Happy New Year!

Breathe California would like to wish all of our Better Breathing subscribers a safe and happy New Year in 2009!

## Calling All Volunteers!

Start this New Year off with by giving back to your community!

### *Join Breathe California's Volunteer Core!*

We offer many fun volunteer opportunities ranging from office help to health education.

Your time is just as valuable as any money donation and we appreciate all the support we can get from all our community members like yourselves.

### Sign up today!

To learn more or to join our volunteer core, contact Alethea at (408) 998-5865 or email [alethea@lungsrus.org](mailto:alethea@lungsrus.org).

## Winter Exercise Tips...

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- walking for seniors who wish to exercise inside.
- **Be sure your home or room is well-humidified and ventilated** if you want to exercise at home.
- **Drink plenty of water.** Your body needs fluids during cold weather. Carrying a water bottle should help.
- **Take your medication as prescribed**, even if you feel fine.
- **As always, check with your physician before starting any new exercise routine.** He may have recommendations more specific to your needs.

## ***Start 2009 Smoke Free!*** ***Ash Kickers Stop-Smoking Classes***

This January, make a New Year's Resolution that can save your life: quit smoking. Sign up for **Breathe California's** 6-session Ash Kickers Smoking Cessation Class and we'll help you every step of the way as you work to start the New Year smoke-free. Led by a trained facilitator, the class utilizes group support and offers participants resources and strategies to quit and stay quit.

Start down the path to a healthier life!

**When:** January 13<sup>th</sup> – February 10<sup>th</sup>, 2009  
Tuesday Evenings, 6pm – 7:30pm

**Where:** O'Connor Hospital – DePaul Room  
2105 Forest Avenue  
San Jose, CA 95128

*The class hosts an additional meeting on Thursday, Jan. 29<sup>th</sup>*

The class fee is \$70 and payment alternatives are available for those in need. You must register in advance of the class to attend. To learn more, please call Breathe California at (408) 998-5865 or visit [www.lungsrus.org](http://www.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](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.*

## ***CDC Panel Recommends that Smokers Receive Pneumonia Vaccine***

*Source: Los Angeles Times, October 23, 2008*

For the first time ever, a government health panel has recommended that smokers receive a vaccination to protect themselves from pneumonia. The recommendation, which is expected to be formally adopted by the CDC, would be for all smokers ages 19 to 64 who scientists have found are at a higher risk for a pneumococcal infection.

Pneumonia bacteria live in the nose and throat, but can cause serious health issues if an infection occurs in the sinuses, lungs, blood or central nervous system. Studies show that smokers accounts for half of all invasive pneumonia cases among otherwise-healthy adults.

According to Dr. Lisa Jackson, senior investigator for the Seattle-based

Group Health Center for Health Studies, "smoking makes it easier for the bacteria to get to the wrong place by damaging protective mucous membranes and tiny, hair-like cilia in the back of the nose and throat."

A single dose of pneumococcal vaccine can protect against 23 strains of pneumonia bacteria and have long been recommended for children, seniors and those with chronic diseases or weakened immune systems. The recommendation is significant in that it is the first time that smokers have been singled out for a certain type of vaccination. Health officials also added that they recommended that health officials simultaneously urge these individuals to quit smoking to reduce their risk as well.

## **Meet This Month's Better Breathers Speaker Cynthia Hawkins, Health Educator**

Cynthia Hawkins, a health educator at the South Bay Children's Medical Center, has been working with the clinic since it started and has been working as a health educator for the last six years.

Enthusiastic about health, she teaches health education for teens in four different high schools and offers parenting and nutrition classes at the clinic. She is currently in the Stanford Physician's Assistants Program as well.

Dedicated to service to the community, Cynthia has extended her hand out to others across borders, by being involved in medical missions to Mexico.

Cynthia says, "I do what I do not to make money, I'm just passionate."

Cynthia is this month's Better Breathers Club speaker. So join us and learn more about her topic, *Flu and the Family*.

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1469 Park Avenue  
San Jose, CA 95126  
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[www.lungsrus.org](http://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

**Tuesday, January 13th, 11 am to 12 noon – South County**  
De Paul Health Center, 18550 De Paul Dr., Morgan Hill  
*Flu and the Family*

Cynthia Hawkins, Health Educator, South Bay Children’s Medical Center

**Monday, January 12th, 1:30 pm to 3:00 pm – Palo Alto**  
Avenidas Senior Center, 450 Bryant Street  
*“Flu and the Family”*

Cynthia Hawkins, Health Educator, South Bay Children’s Medical Center

**Monday, January 26th, 1:30 pm to 3:00 pm – San Jose**  
Breathe California Offices, 1469 Park Avenue  
*“Living with COPD? Are You Eating Enough?”*  
Alyson Mar, Registered Dietician for FoodCalc

### A Look Ahead: Our January BBC Meetings

Palo Alto – Monday, February 9th, 1:30 pm to 3:00 pm  
San Jose – Monday, February 23rd, 1:30 pm to 3:00 pm

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