

“Asthma-Proof” Your Home

Source: *Breathe California, Newswise and YourLungHealth.org*

Winter brings the snow, family get-togethers and many days spent indoors. Research indicates that people spend more than 90 percent of their time indoors. The warm and cozy home atmosphere is nice, but can create complications for those suffering from asthma and allergies, especially children. The season is home to the cold, flu and a horde of asthma triggers. During school, the classroom environment exposes children to even more potential triggers. This results to in an increase in emergency visits, hospital admissions and children with more severe asthma.

According to a study led by Dr. James W. Stout of Seattle Children’s Hospital Research Institute, researchers found that changes in a home environment could produce a reduction in symptoms better than

with asthma medication. New asthma guidelines released in 2007 suggested that reducing dust mites has the strongest impact for reducing asthma triggers in homes. Exposure is inevitable, but there are ways that families can help their children keep healthy through this part of the year. Here are some tips:

Wash bedding once a week with hot water and sheets and pillowcases more often. Avoid bedding or pillows stuffed with down, feathers or foam rubber. Cover pillows and mattress with dust-proof, “hypoallergenic” allergen-impermeable fabric cases. Avoid lots of stuffed animals and plush toys.

Dust can accumulate on the surfaces of appliances. Be sure to thoroughly and frequently clean parts like: heat
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Calling All Runners! Get Ahead of the Pack at the 2008 ING Bay to Breakers!



As the title beneficiary of the 97th annual Bay to Breakers, Breathe California is proud to offer you an **exclusive opportunity** to earn a preferred start spot ahead of the pack on race day! Sign-up as a Breathe California **Pledge Runner** and raise money to help us continue the fight against lung disease. Be one of the first 200 runners to raise \$250 and you’ll join our Breathe California team in a special start section on May 18th! Visit our special Pledge Program website at <http://events.ggbreathe.org/BaytoBreakers> to learn more.

A publication of Breathe California of the Bay Area

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View PAC Online at:

[www.lungsrus.org/
newsletters.htm](http://www.lungsrus.org/newsletters.htm)

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Don't Forget to Apply for Matching Funds!

Are you aware that many companies will match employee donations to non-profit organizations? Have you applied to have your employer match your gift to Breathe California?

Many individual donors are unaware of corporate matching programs in their workplace. Most high-tech and corporate employers in Silicon Valley have matching gift programs of some sort. Employers want to support and sponsor those non-profit groups that are important to their employees.

You should check with your human resources department to see if your company has a matching gift program. It is generally as simple as completing a form and returning it to your HR department, or sending the form to us along with your gift. We then return the form to the company noting that your gift was received and confirming our non-profit status (Tax ID# 94-1156307).

Either way, it's a simple way to double your support for Breathe California. For more information, as your HR manager, or feel free to contact us at (408) 998-5865 or visit our website at www.lungsrus.org.

“Asthma Proof Your Home

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exchangers, dryer filters, coils on the refrigerator, water pans under refrigerator, furnaces and ducts. Change and clean cooling and heating filters once a month. Vacuum frequently.

Pet hairs not only cause allergies, but also carry other allergens into your home. Pet owners should wash their pets once a week. Keep pets off furniture and out of children's bedroom. Avoid sleeping with your pets to reduce the amount of contact with unwanted allergens.

Fireplaces are nice for chilly nights, but wood smoke is a serious pollutant. If you do use the fireplace, make sure the chimney is cleaned and properly vented to the outside. Only light fires when local air quality is good, and only burn firewood. Never burn charcoal, paper or treated wood.

Cockroach droppings and body parts can cause an allergic reaction. Decrease your exposure to by removing

all food sources and household wastes. Keep counters, sinks, tables and floors thoroughly clean and clear of clutter.

Make your home a smoke-free zone. Keep children away from second-hand tobacco smoke. If anyone in your household smokes, make sure they smoke outside or away from children. Do not allow anyone to smoke in the car when children are present.

Asthma medication should be on hand and up-to-date. Ask your health-care provider to check your child's lung function and sensitivities to airborne allergens. Also ask them to help you make a written asthma management plan for your child.

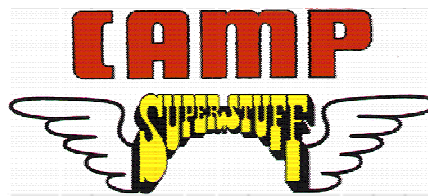
To learn more about how you can improve your home environment, contact Breathe California by calling (408) 998-5865 or visiting www.lungsrus.org

It's Fun in the Sun at CAMP!

Join us for our annual asthma/allergies day camp hosted by **Breathe California of the Bay Area!** Designed for asthmatic children ages 6 to 12, Camp Superstuff utilizes trained staff to teach participants important techniques critical to managing their asthma.

This includes:

- Understanding different aspects of asthma management
- Recognizing asthma/allergy triggers and warning signs
- Knowing when/how to take medications
- Learning how to stay active with asthma and allergies



This week long program provides campers with the opportunity to take part in a variety of traditional camp activities, including; field trips, games, arts & crafts, songs and skits! Attend the mandatory parent orientation on Thursday, July 10th at Hoover Middle School, 6 p.m. to 7:30 p.m. (room TBA).

WHEN: August 4th – August 8th, 2008
9 a.m. – 5 p.m.

WHERE: Hoover (Herbert) Middle School
1635 Park Ave.
San Jose, CA 95126

COST: \$120 per camper, \$150 per camper after June 20th
Scholarships are available for qualified applicants;
FREE to Blue Cross State Sponsored Business members
Application Deadline: Thursday, July 17, 2008



For more information or to register for Camp Superstuff, call us at (408) 998-5865 or visit our website at www.lungsrus.org. Space is limited. Sign up early!

State Passes Law to Ban Smoking in Cars with Kids

Source: Office of California Senator Jenny Oropeza, October 31, 2007

Gov. Arnold Schwarzenegger has signed into law Senate Bill 7 by Senator Jenny Oropeza, making California the third state in the nation to ban smoking in cars with minors. The law will take effect Jan. 1, 2008 and will fine \$100 to any person cited for smoking in a car with someone 17 years of age or younger.

Many recent scientific studies have reiterated the detrimental effects of secondhand smoke on minors, specifically in enclosed spaces. A 2006 study by the Harvard School of Public Health, found that second hand smoke in a car could be up to 10 times more dangerous than in a home.

“Protecting the health of our children is among government’s highest responsibilities,” said Senator

Oropeza, a cancer survivor who has focused on protecting non-smokers, “It is clear that increasing public awareness about the dangers of secondhand smoke is the right thing to do.”

The law underscores Californians’ concern for the health of their children and the growing acceptance of the dangers that can be posed by secondhand smoke. Coming in the wake of recent successes to ban smoking in places like parks and beaches, the new law offers yet another protection for children, who are particularly at-risk to the health effects posed by secondhand smoke.

For more information please visit: www.senate.ca.gov/oropeza.

Join Us for Our Upcoming PAC Meeting!!!

Parents of Asthmatic Children (PAC) meetings are held as resources and support groups for families who must confront asthma regularly. At these meetings, we discuss a number of issues related to your child's asthma, including the latest and most relevant news, legislation and asthma management techniques. Parents also have the opportunity to ask questions and network with other families to help their children lead fuller and healthier lives.

Our next meeting will focus on the health risks from exposure to indoor air pollution. We'll cover the common types of pollutants found inside your home and discuss how to reduce exposure and prevent illness. Light refreshments will be provided and children are invited to join us!



When: Thursday, March 13th, 2008
6 p.m. to 7:30 p.m.

Where: Blue Cross of California
Conference Room
2 N. First Street, Suite 150
San Jose, CA 95113

Topic: Is Your Home Healthy? Ways to Improve Your Home Environment


Please RSVP by Monday, March 10th to Joseph Francis at joseph@lungsrus.org or (408) 998-5865.

WE HOPE TO SEE YOU ON THURSDAY, MARCH 13TH!

RETURN SERVICE REQUESTED

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of the Bay Area



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