

Better Breathing

A publication of
Breathe California
of the Bay Area

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Living Well with COPD

Source: American Association for Respiratory Care

While chronic diseases, such as COPD, can pose a number of challenges, it does not have to completely control the way you live your life. By exercising, maintaining a nutritious diet and avoiding illnesses, lung disease patients can remain healthy and enjoy much of what life has to offer. Below are some easy tips to help you live well. And remember, always consult your doctor before beginning a new diet or exercise program.

Maintain a Healthy Diet

Good nutrition is key to increasing your overall health, resisting illnesses and supporting the development of the diaphragm and other muscles key to breathing easier.

1. Be sure to eat regularly and in sufficient amounts. COPD can reduce your appetite, but it also causes the body to require greater amounts of nutrition. So, be sure you establish and maintain a hearty diet.
2. Eat more often and in smaller portions than you might normally. This will help prevent shortness of breath due to overeating and allow you to maintain your energy level throughout the day.
3. Avoid excess sodium, caffeine

and “gassy” foods. All of these can produce uncomfortable side effects.

4. Eat healthy food as much as possible. Your condition raises nutrient requirements, and leaves little room for junk food in your diet.

Getting Your Exercise

Regular exercise can help increase your energy and mobility now and for years to come.

1. Make exercise fun by choosing an activity that you enjoy. Exercising with a friend can offer great motivation to continue a regular program.
2. Don’t forget to warm up, cool down and stretch regularly. These are critical ways to help you stay injury-free and active.
3. Stop if you experience problems. Dizziness, fatigue, pain and nausea are not normal side-effects of mild exercise. If you notice any of these symptoms while exercising you should consult your doctor immediately.
4. Varying your exercises can be a great way to keep them fun. Plus, it can be a great way to

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Have You Considered Leaving a Legacy?

While we recently changed our name, our mission remains the same - *to fight lung disease in all its forms and to work with our communities to protect lung health.*

As we continue our work to prevent new cases of lung disease, offer needed services to local patients and search for new cures, the need for your support has never been greater. Gifts in the form of wills or trusts can be part of your legacy as well as help us in our drive to ensure local residents can breathe easier for years to come.

Please remember Breathe California in your will or trust and let us know when you do so. That way, we can be sure to recognize and thank you for your generous contribution.

For more information, please contact Steve French by e-mailing steve@lungsrus.org or calling (408) 998-5865.

Living Well with COPD...

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make new friends with different interests.

Preparing for Flu Season

The flu can be a great concern for seniors and those suffering from lung disease. It is important to remain aware of and prepared for flu season to avoid any damage it can afflict on your health.

1. High-risk individuals (such as seniors and COPD patients) are given priority for flu shots, so be sure to listen for updates on the availability of flu shots in the fall.

2. Avoid crowded areas and venues during flu season as they provide an ideal atmosphere for the flu virus to spread from person-to-person
3. If you notice any signs of infection, such as fever, chills or chest tightness, tell your doctor immediately.
4. Headaches and fatigue are common, but often overlooked, warning signs that you may have contracted the flu.

YourLungHealth.org offers an extensive collection of articles with tips on how you can lead a healthier life. To read the entire article, visit: http://www.yourlunghealth.org/healthy_living/living/living_copd/

Looking to Improve Your Personal Health?

Join Us at the Open Air Health Fair!



**Saturday, Oct. 14th & Sunday, Oct. 15th
From Noon to 5 pm
San Jose Flea Market at Berryessa Road**

From high blood pressure to back pain, we all face a number of health concerns that can affect the way we live our lives. And for COPD patients, common health problems can exacerbate what is an already challenging condition.

So, to help local residents learn more about their personal health, Breathe California (in conjunction with the Health Trust) will be hosting the Open Air Health Fair this October at the San Jose Flea Market. From cholesterol tests to diabetes screenings, this fair will feature a number of health professionals and organizations offering a wide range of free resources. Come out and learn what you can do to lead a fuller and healthier life. For more information, visit www.lungsrus.org or call (408) 998-5865.

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.

Physical Activity May Lower Risks for COPD Patients

Reuters Health, September 8, 2006

A new study of COPD patients shows that those who are regularly active may benefit from a lower risk for hospitalization as well as death.

The relationship between exercise and the health of COPD patients was first raised in a 2003 study conducted in Barcelona. It revealed that patients who walked one hour per day experienced fewer COPD-related hospitalizations than those who walked 20 minutes or less.

Now, a recently-released study has further shed light on the correlation. Researchers studied a sample of 2,386 COPD patients over a course

of 10 years. Each individual was grouped into one of four categories based on their level of physical activity. Patients in the top three groups were 28 percent less likely to be admitted to the hospital for COPD and had a 24 percent reduction in death from all causes.

While the study did not definitively indicate that exercise alone was a causal factor for lower death and hospitalization rates, it does further suggest that physical activity may play a crucial role in keeping COPD patients healthy and out of the hospital.

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*As the Local Clean Air
and Healthy Lungs
People, Breathe
California of the Bay
Area fights lung
disease in all its
forms and works with
its communities to
protect lung health.*

Upcoming Better Breathers Club Meetings

Monday, October 9th, 1:30 to 3:00 – Palo Alto

Avenidas Senior Center, 450 Bryant St.

Speaker: Steven Ciprian, Wei Labs

How Chinese Medicine Views COPD and Available Treatment Options

Monday, October 30th, 1:30 to 3:00 – San Jose

Breathe California, 1469 Park Ave.

Speaker: Steven Ciprian, Wei Labs

How Chinese Medicine Views COPD and Available Treatment Options

A Look Ahead: Our November BBC Meetings

Palo Alto – Monday, November 13, 1:30 to 3 pm

San Jose – Monday, November 27, 1:30 to 3 pm

The Better Breathers Clubs meet at regular times and locations. They meet on the 2nd Monday in Palo Alto as well as on the last Monday in San Jose. In addition, the Gilroy Club meets on the 1st Thursday quarterly (Mar, June, Sep and Dec).

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