

Better Breathing

A publication of
Breathe California
of the Bay Area

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6 Dietary Tips for COPD and Emphysema Patients

Courtesy of About.com, YourLungHealth.org and eHealthMD.com

A healthy diet and good nutrition is not only important to maintaining good health - it is essential. For people with emphysema or COPD, diet and nutrition should be as important as breathing, for it is a healthy body that is needed to fight infections and prevent illness.

Lung disease sufferers use a lot of energy struggling to breathe. Some may use up to ten times the calories of a healthy individual just trying to breathe. Proper nutrition helps to maintain respiratory function and facilitate breathing.

Here are 6 dietary tips to help you maintain good health:

- Limit your intake of caffeinated drinks. Caffeine can interfere with some medications and cause restlessness or nervousness.
- Avoid foods that cause gas and bloating.
- Eat several small meals of high nutritional value. Large meals leaving you feeling full will restrict full inflation of the lungs, making it harder to breathe.
- Be sure to use your oxygen during meals. Your body will need the oxygen during eating and digestion because those activities expend energy.
- Eat your main meal early in the day so that you will have more energy throughout the day.
- Limit your salt intake. Sodium causes fluid retention, which may interfere with breathing.

New Meeting Date and Time for Gilroy BBC Members!

Beginning this month, the Gilroy BBC will now meet on the **1st Thursday quarterly** (Mar., June, Sep., Dec.) from **11 am to 12 noon**. The meetings will still be held at St. Louise Hospital. We hope you will continue to join us!

City of San Jose Adapted Sports Program

Learn more about these opportunities to exercise in comfortable and safe environments. You'll feel better and have fun doing it!

For questions about their programs, or to enroll, please contact the City of San Jose Adapted Sports Program at:

**The Office of
Therapeutic Services,
Camden Community
Center
3369 Union Avenue
San Jose, CA 95124
408-369-6435**

**Most programs charge
an enrollment fee**

Try Adapted Sports As a Source of Exercise

This past January, the San Jose Better Breathers Club was visited by guest speakers from the city of San Jose's Adapted Sports Program. The city offers a host of physical activity programs for individuals who are disabled or who have a health condition, like lung disease, which prevents them from participating in regular exercise programs.

These programs are designed for people with physical limitations, most of which utilize wheelchairs as part of the activity. Exercise can strengthen the muscles involved in breathing and increase the flow of oxygen to the lungs. Many patients have also reported that participating in exercise programs improves how they feel and their state of mind. Of course, before beginning a program, lung disease patients should consult their physician.

In addition to the City of San Jose, many other localities and agencies offer similar programs. Those not living in San Jose should contact their own local Parks and Recreation Department or local community

college to enquire if they offer any similar programs.

San Jose offers two programs to help participants improve their physical fitness:

Adapted Exercise – This low impact wheelchair-based exercise program is designed for individuals of all ability levels. The program seeks to improve range of motion, strength, endurance and balance.

Adapted Fitness – This program, for those with a physical disability, is designed to improve endurance and cardiovascular health, increase strength and toning, and refine flexibility and range of motion.

The city also offers more vigorous sports programs such as Wheelchair Basketball and Rugby, Powersoccer, Wheels on Fire and Adapted Bowling.

For more information on their various Adapted Sports programs, please contact the City of San Jose (contact information provided on the left sidebar).

In the News

Each month we are proud to bring you some of the latest news in the world of lung health. You can also find more news briefs 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 "News Briefs."

From the Newsroom, you can also read about the agency's latest work in the community by clicking on the "Agency News" link.

Study: CT Scans Can Identify Early Stages of Lung Cancer; Researchers Advise Screening for Current/Former Smokers

Reuters Health and Medical News Today, 2/14/06

According to a report published in *Archives of Internal Medicine*, researchers from Weill Cornell Medical Center in New York have found that early stages of lung cancer can be identified through computed tomography (CT) screenings. By identifying tumors in their early stages, doctors are more likely to be able to find viable treatments to stop the cancer from spreading.

The research conducted by Dr. Claudia I. Henschke, principal investigator of the International Early Lung Cancer Action Project (I-ELCAP) collected information from nearly 30,000 patients who had undergone CT screenings over an 11-year period. 464 people from this study were diagnosed with lung cancer, including 436 "non-small cell" and 28 "small cell" cases. If discovered early on, "non-small cell" lung cancer patients can be treated surgically. Most "small cell" cases would be treated with chemotherapy. "Screening allows us to find smaller

lung cancers than what we typically find when patients are symptomatic," reported Dr. Henschke. "Clearly, the smaller the cancer the more curable it is, and stage 1 is the most hopeful." Stage 1 lung cancer has been defined as tumors smaller than 30 millimeters which show no evidence of spreading.

Based on their findings, Dr. Henschke encouraged smokers, as well as former smokers, to take part in the screening process on an annual basis because they have among the highest risks for lung cancer. Lung cancer remains the number one leading cancer killer among men and women.

Designed primarily to screen images from the head, CT scanners have evolved significantly since their creation. Advances have been made so that CT scanners can now yield images from most of the body. CT scanning can produce up to 900-sub millimeter sliced images, allowing for cancerous or disease detection.

Better Breathing
is a publication of:

**Breathe California
of the Bay Area**
1469 Park Avenue
San Jose, CA 95126
(408) 998-5865
www.lungsrus.org

*Fighting Lung Disease
and Protecting Lung
Health in Our Local
Communities*

March Better Breathers Club Meetings

***NEW DATE & TIME* Thursday, March 2nd, 11:00 to 12 Noon – Gilroy**
St. Louise Regional Hospital, Board Room
Speaker: Tamara Bell, St. Louise Hospital
Topic: Exercises to Help You Breathe Better

Monday, March 13th, 1:30 to 3:00 – Palo Alto
Avenidas Senior Center, 450 Bryant St.
Speaker: Roy Ito, Silicon Valley Council on Aging
Topic: Health Insurance, Medicare and the New Prescription Drug Plan

Monday, March 27th, 1:30 to 3:00 – San Jose
Breathe California, 1469 Park Ave.
Speaker: Roy Ito, Silicon Valley Council on Aging
Topic: Health Insurance, Medicare and the New Prescription Drug Plan

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1469 Park Avenue, San Jose, CA 95126-2530

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