

Better Breathing

A publication of
Breathe California
of the Bay Area

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Better Breathing
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Stay Healthy This Flu Season

Source: *Breathe California*

With the fall season upon us, many of us are looking forward to cooler weather, changing leaves or the approach of the holiday season. Unfortunately, fall also brings with it the start of the flu season.

The flu, also known as influenza, is a contagious respiratory disease caused by a virus. Most healthy people will recover in one to two weeks, but in certain individuals (including lung disease patients) influenza can lead to serious complications like pneumonia.

Flu symptoms usually come on suddenly and can include a fever, sore throat, cough and runny nose that can last for several days. Headaches, fatigue, weakness,

muscle aches and loss of appetite are other common symptoms. To avoid such an unpleasant experience, here are some helpful tips to ensure you and your family enjoy the holidays flu-free.

How to Avoid the Flu

The most effective way to prevent the flu is to receive a flu shot. The flu shot vaccine contains inactive viruses that are expected to cause the flu that year, so it is important to be vaccinated every year. Not only will this help prevent the flu, but it can also decrease the severity of the flu if you do get it (see page 2 for information on how to find local flu shot locations).

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Join Breathe California at the Polls This November!

Breathe California has endorsed the following two initiatives in this year's election:

Yes on Prop 86 – When you go to the polls next month, make sure you vote to save lives. As study after study shows, raising the tax on cigarettes is one of the most successful ways to prevent kids from becoming addicted to cigarettes and dying from smoking-related illnesses.

Yes on Prop 87 – Help put California on track to a cleaner and healthier tomorrow. Prop 87 will raise taxes on oil companies to fund the development of alternative energy technologies in California which will help improve air quality, benefit public health and reduce our dependence on foreign and domestic oil.

For more information, visit www.yesonprop86.org or www.yeson87.org.

Remember Us During Your Workplace Giving Campaign

- **United Way**
- **Community Health Charities**
- **Local Independent Charities**
- **Combined Federal Campaign**

This fall, help Breathe California continue its fight against lung disease in all its forms. During your company's workplace giving campaign, designate your donation to Breathe California.

Assist us in our efforts to keep kids off tobacco, help smokers kick the habit, improve local air quality and offer critical assistance to those suffering from asthma, COPD or lung cancer. Plus, 100% of all gifts designated to Breathe California will remain here in our **local communities.**

For more information about designating your contribution to Breathe California, please contact Steve French at (408) 998-5865 or steve@lungsrus.org.

Flu Season...

Continued from Page 1

The flu can be passed on to others when an infected person sneezes, coughs, or even talks. So, be sure that you also:

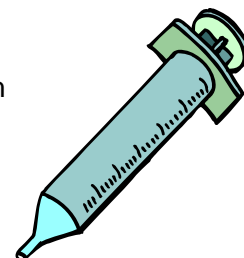
- Clean your hands with soap frequently.
- Avoid sharing utensils or drinks with others.
- Refrain from touching your eyes, nose, and mouth as much as possible.
- Stay away from people who are sick or crowded areas where infected individuals could easily pass the flu along to you.
- Cover your nose and mouth when coughing or sneezing.
- Get regular exercise, plenty of rest and eat healthy balanced meals.

For more information on how to protect yourself from the flu, please call Breathe California at (408) 998-5865.

Get Your Flu Shot Today!

It is important for those at risk for flu complications – seniors, children, women who are or may become pregnant, and individuals with existing medical conditions – to receive the flu vaccine as soon as possible.

This year, two local groups are coordinating flu shots, the South Bay Children's Health Foundation and Maxim Health Systems. For a complete schedule of upcoming flu shot dates, times and locations call us at (408) 998-5865. You can also get more information on flu shot locations, dates and times by visiting our flu shot webpage at: http://www.lungsrus.org/Programs/flu_shots.htm.



What to Do If You Catch the Flu

Even if you take these precautions, the flu might still be able to get you. Here are some tips if you do.

- Help prevent spreading the flu by staying home from work or school.
- Drink plenty of fluids with electrolytes, like Pedialyte.
- Avoid alcohol and tobacco use.
- Acetaminophen products such as Tylenol may help to relieve fever and muscle aches associated with the flu.

And remember, flu shots can also reduce the severity of the infection if you happen to catch the flu. So, again, it is very important for lung disease patients and other susceptible individuals to receive a flu shot early.

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.

Genentech Drug OK'd for Lung Cancer

San Jose Mercury News, October 12, 2006

According to an article appearing in the San Jose Mercury News, the U.S. Food and Drug Administration has approved the drug Avastin as a new treatment for lung cancer. Formerly used to treat patients with colon cancer, Avastin was found to increase the lifespan of lung cancer patients when used with a standard chemotherapy treatment.

In trials conducted by the drug's manufacturer, Genentech, non-small cell lung cancer patients lived 25% longer when receiving the drug in addition to their chemotherapy. Of the 858 patients in the study, those using Avastin combined with

chemotherapy lived two months longer than the 10.3 month average lifespan for those on chemotherapy alone.

Lung cancer is one of the deadliest forms of cancer, killing most of its victims within one year of diagnosis. By having shown to increase the lifespan by even just a few months, Avastin represents a significant step forward in the search for new and effective lung cancer treatments.

For more information, visit:

<http://www.mercurynews.com/mld/mercurynews/business/15738609.htm>

Lung Cancer Risk Linked to Family History

WebMD, October 9, 2006

According to WebMD, a recent study indicates that having a close relative who has had lung cancer may double your risk for the disease.

According to a study of 102,000 Japanese individuals, a family history of lung cancer can increase the risk for both smokers and non-smokers and was shown to have a greater impact on women than men. Jun-Ichi Nitadori, MD and his colleagues also reported that the increased risk of lung cancer among families cannot be explained simply

by shared smoking habits. No correlation was found linking a family history of other forms of cancer to a heightened risk of lung cancer.

While acknowledging that smoking is the leading cause of lung cancer, the researchers noted that their findings might serve as motivation for current smokers with a family history of lung cancer to quit.

For more information, visit:

http://www.webmd.com/content/article/128/117053?src=RSS_PUBLIC

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Better Breathing
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**Breathe California
of the Bay Area**
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www.lungsrus.org

*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, November 13th, 1:30 pm to 3:00 pm – Palo Alto
Avenidas Senior Center, 450 Bryant St.
Speaker: Colin Leeland, Advantacare
Tips and Tools to Help You Travel During the Holidays

Monday, November 27th, 1:30 pm to 3:00 pm – San Jose
Breathe California, 1469 Park Ave.
Speaker: Colin Leeland, Advantacare
Tips and Tools to Help You Travel During the Holidays

A Look Ahead: Our December BBC Meetings

Gilroy – Thursday, December 7th, 11 am to 12 Noon
Palo Alto – Monday, December 9th, 1:30 pm to 3 pm

The San Jose BBC will not be meeting in December due to the Christmas holiday

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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