

Better Breathing

A publication of
Breathe California
of the Bay Area

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Eating Well for COPD Patients

Source: *Healthwise Information Therapy*

As many COPD patients know, eating can prove a challenging task. Energy is at a premium for lung disease patients, which can make it difficult for patients to prepare and eat meals. Many COPD patients also find it hard to breathe while eating. Furthermore, a full stomach may push up and interfere with the diaphragm, making breathing even more difficult.

Nonetheless, a full and healthy diet is important because it provides you with the extra energy you need to breathe. Since COPD increases the risk of getting lung infections, a healthy diet can also bolster your immune system to help prevent such infections.

In addition, eating regularly can ensure that you maintain a healthy and stable bodyweight, which is crucial for lung disease patients. If you are overweight, your heart and lungs have to work harder, which makes breathing more difficult. If you are underweight, you generally feel tired, making it more difficult to perform everyday activities. Being underweight also increases your chance of getting infections.

The following tips can help make eating easier and ensure that you get the proper nutrition that your condition requires.

1) Make eating easier

Cooking can consume a lot of energy, so prepare meals that are easy and don't involve lots of preparation or clean-up. Also, try to include a favorite food in your meals. It will make eating more enjoyable and you will be more likely to eat healthy portions.

If you eat a main meal, try to eat it early. This way, you will have energy to expend throughout the rest of the day. In addition, eating in a relaxed atmosphere or with friends and family can make meals more of a pleasant and social experience rather than a task.

2) Avoid shortness of breath

Many of the challenges eating poses to COPD patients is that it is often accompanied by shortness of breath. Yet, there are many things which may alleviate this difficulty.

Eat six small meals a day instead of three large ones. This will keep your stomach from becoming extremely full, which interferes with breathing by pushing on the diaphragm. Rest before meals to prevent becoming tired and short of breath during meals. Sitting up straight while eating can also help decrease pressure on your lungs. Eating and chewing slowly make it less likely

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Have an Old Car You Want to Get Rid of?

Selling a used vehicle can be a headache.

Haggling with car dealers or private buyers may take more time and energy than the vehicle is worth. Avoid the hassle while helping us fight lung disease in all its forms by donating the vehicle to Breathe California.

Our vehicle donation program is fast and simple. Just give us a call and we'll ask you a few simple questions about the vehicle. We'll then send your info over to our auto contractor who will respond to you within 2 business days.

If your vehicle qualifies, we'll tow it free of charge. You'll also be eligible for a tax deduction for the donated vehicle.

For more information or to donate your vehicle, please call us at (408) 998-5865 or visit www.lungsrus.org. Donate your used vehicle today and aid us in our efforts to help all local residents breathe easier!

Eating Well for COPD Patients...

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that you will become short of breath. Try putting your spoon or fork down between bites to slow your eating speed.

Certain medications that make breathing easier and clear your airways can be of great help during meals and should be taken about one hour before eating. If you use oxygen, you should also use it during meals. Eating and digesting require energy, which causes your body to use more oxygen.

3) Eat healthy foods

A varied healthy diet will ensure you receive plenty of nutrition. Fruits and vegetables, dairy products, cereal and grains, and meats all have different nutrients that can keep you healthy. Don't waste energy eating foods with little nutritional value, such as potato chips, candy bars, and soft drinks. You also want to avoid foods that are difficult to chew.

Furthermore, it is important to monitor your salt intake. Too much salt can cause you to retain fluids, which may interfere with your breathing. Use less salt when cooking and buy packaged foods low in sodium. Take advantage of various herbs or no-salt spices that are available to flavor your food.

You should be careful to avoid foods that often cause bloating in the abdomen and make breathing difficult. This includes fried and greasy foods as well as onions, cauliflower, broccoli, melons, peas, corn, cucumbers, cabbage, brussels sprouts, turnips, raw apples, and beans (except green beans).

These tips can help most COPD patients tackle eating issues and maintain a healthy diet. However, if you have other health problems that may restrict the foods you can eat, talk with your doctor or a registered dietitian before making any changes to your diet.

Important Phone Number Change!

For those of you who have not yet heard, last spring our phone number changed by *one digit* to **(408) 998-5865**. Beginning February 13th, you will no longer be able to reach us at the agency's previous number: (408) 998-5864. Despite the phone number change, our San Jose office is still located at 1469 Park Avenue and you can continue visiting our website at www.lungsrus.org.

So, to be sure you can call us for ALL of your local lung health needs, including BBC meeting information, stop-smoking classes, information referral and more, please update our contact information to include our new number:

(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.

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.

Despite Overall Cancer Decline, Lung Cancer Cases Rising

PR Newswire, 1/18/2007

While recent reports have publicized that cancer deaths are declining, new cases of lung cancer are expected to rise in 2007. In response to an American Cancer Society report, the Lung Cancer Alliance released estimates that there would be 213,000 new lung cancer cases – a 22% increase from 2006 – and 160,000 lung cancer deaths in the United States this year alone. In addition, the five-year survival rate for lung cancer rates is projected to drop slightly to 15%.

"We are going to have a record-setting number of new cases of lung cancer in 2007," said Laurie Fenton, President of Lung Cancer Alliance. "We're also seeing a drop in the five-year survival rate with little

discussion about the need to increase research funding to find better treatment options and support screening for those at high risk for lung cancer."

While much progress has been made in combating other forms of cancer, a lack of funding for lung cancer research has led death rates to remain relatively unchanged over the past decade. Lung cancer is the most deadly of all forms of cancer, accounting for 30% of all cancer deaths - more than breast, prostate, colon, liver, kidney cancers and melanoma combined. Lung cancer also strikes quickly, killing more than half of its victims within a year of diagnosis.

U.S. Reaches Smoke-Free Milestone

Associated Press, 1/21/2007

According to a report by Americans for Nonsmokers' Rights, more than half of all Americans now live in cities and/or states with smoke-free laws covering workplaces, restaurants, bars, and/or other public places. The organization's study found that 22 states and 577 municipalities have some form of a tough smoke-free law described above, accounting for 50.2 percent of the total U.S. population.

"The movement for smoke-free air has gone from being a California oddity to the nationwide norm," said

Bronson Frick, the group's associate director. "We think 100 percent of Americans will live in smoke-free jurisdictions within a few years."

Last year was one of the most successful, with seven states and 116 communities enacting new laws, including North Carolina – the nation's top tobacco-producing state. The group credited much of this recent success to a 2006 Surgeon General report which provided some of the strongest evidence to-date that secondhand smoke poses serious public health risks.

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is a publication of:

**Breathe California
of the Bay Area**
1469 Park Avenue
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*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

Thursday, February 8th, 11:00 am to 12 Noon – Gilroy
St. Louise Regional Hospital, 9400 No Name Uno
Speaker: Tim Marzolf, O'Connor Hospital
Exercise for Asthma and COPD Patients

Monday, February 12th, 1:30 pm to 3:00 pm – Palo Alto
Avenidas Senior Center, 450 Bryant St.
Speaker: Leslie Rusinak, El Camino Hospital
Exercise for Asthma and COPD Patients

Monday, February 26th, 1:30 pm to 3:00 pm – San Jose
Breathe California Offices, 1469 Park Ave.
Speaker: Louise Saadati, Community Hospital of Los Gatos
Exercise for Asthma and COPD Patients

***PLEASE NOTE: DUE TO A SCHEDULING CONFLICT THE GILROY BBC WILL
BE HELD ON THE 2ND THURSDAY OF THE MONTH, FEBRUARY 8th**

A Look Ahead: Our March BBC Meetings

Palo Alto – Monday, March 12th, 1:30 pm to 3 pm
San Jose – Monday, March 26th, 1:30 pm 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 bi-monthly (Feb, April, June, Oct and Dec).*

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