

Better Breathing

A publication of
Breathe California of
the Bay Area

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Better Breathing
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Fuel Your Body: Make Eating Easier

Source: DuoNeb and WebMD.com

People living with lung disease face many challenges that affect their daily life. Because of their condition, COPD patients have difficulty carrying out every day tasks. Part of this is not having enough energy to do them. Like a car needs gas, the body needs fuel to function. Food provides energy the body needs to perform physical activity and the nutrients to stay healthy and strong.

A lack of energy can make preparing and eating meals more difficult. Breathing is already hard, but eating does not. The following tips can help make eating easier.

Conserve Your Energy

Everyone loves a good tasting meal, but meals take time to prepare and cook. Instead, choose foods that are easy to prepare and clean-up. If you are too tired to cook, ask your friends or family members to give you a hand. Also, some local government agencies and organizations offer meal delivery services that are low-cost.

Some people like to eat big meals at the end of the day. If this is you, try eating your main meals earlier. This way you will have more energy to last through the day. If you do cook a big meal, freezing the extra portions make for quick and easy meals later.

Breathe Easier

Shortness of breath is a challenge for many COPD patients, especially, during eating. Try eating smaller meals more frequently throughout the day, so that you re never too full. A full stomach can interfere with breathing by pushing on the diaphragm. Prevent putting extra pressure on your lungs by sitting up straight during meals. Also, take breathing medication about one hour before eating.

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Don't Rush

When eating, take your time by taking smaller bites chew slowly. Also, be sure to breathe deeply



*Want to quit smoking or know
someone who does?*

**New Ash Kickers Classes
Starts on March 5th.
Sign Up Now!**

Better Breathing

Quit Smoking in March

Springtime is a great time to be smoke-free. Sign up for your Ash Kickers Program and you will

- Learn a step-by-step approach to quitting á changing behavior to focus on the benefits of not smoking
- Learn to focus on staying quit á Ash Kickers helps people who have smoked to maintain a smoke-free life

Session A Starts
March 11th to April 8th,
2008

Times: 6:30pm á 8pm

Where:

O'Connor Hospital
2105 Forest Ave.
San Jose, CA 95128
Seton Conference Rm.

Cost: \$70 (Seniors
ages 65 years+: \$50)

Discounts/scholarships
available to qualified
applicants.

For more information
or to register, call us at
(408) 998-5865 or visit
our web site
www.lungsrus.org,

Fuel Your Body: Make Eating Easier

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while chewing. Eating foods that easy to chew can be helpful. Save your drink until the end of the meal to avoid getting full too fast.

Keep Healthy Foods Handy

Why do we go for the jar of cookies or the bag of greasy potato chips when we want a snack? Because these are the foods that are within reach. Junk foods don't provide any nutritional value, except to fill you up. Instead, stock up on healthy foods and snacks, and keep them visible.

Part of eating healthy is feeling good about eating. Make your meals more enjoyable by including some of your favorite healthy foods in every meal. Eat in a relaxing atmosphere with colorful place settings and soothing background music. Spend you mealtime with friends and family as often as possible. Good meals should come with good company.

Enjoy Your Meals

Are the Rates on Your CDs and Money Market Funds Going Down? Want to Get More Income?

Your answer to both questions is probably "Yes" The Fed has cut the discount rate a number of times and this has had a real impact on CDs and money market investments.

There are alternatives for the charitably inclined. If you want to help Breathe California, get higher income and nail down a tax deduction a Charitable Gift Annuity may be the way to go.

A Gift Annuity is a contract between you and the issuing organization to pay up to two individuals you name a fixed income for life. The rates for a single individual are 65 = 6.0%, 70 = 6.5%, 75 = 7.1%, 80 = 8.0%, 85 = 9.5% and 90 = 11.3%. Additionally, you will get a tax deduction which serves to lower the cost of the contribution and increase the effective returns cited above. If appreciated securities are contributed you will also avoid the upfront payment of capital gains tax.

Both income beneficiaries must be at least 65. The minimum contribution is \$5,000. Income payments can begin now or at some predetermined future point.

Sound interesting? Contact Steve French at (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.lungrus.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.

Excessive Weight May Cause More than Labored Breath

Sciencealert.com June 18, 2007 and Medpagetoday.com May 23, 2007

New research suggests that the growing trend of obesity in America is contributing to the growing severity of asthma, and that various triggers such as dust mites and pollen are no longer the only proven culprits of the chronic lung disease.

After using a technique called gene profiling at Sydney's Garvan Institute, researchers found that a fatty acid binding protein called aP2 could be the connection between asthma and obesity. Researchers Dr. Michael Rolph, the asthma project leader, and fellow colleague Bennet Shum, found the aP2 protein in high levels in human lung cells that had been tricked into thinking they were undergoing an asthma attack. According to Rolph, the finding suggests that the threat of asthma is three-fold among obese individuals, with both risk and severity increasing with weight.

In addition, a study done of 3,059 asthmatic adults at Emory University, Atlanta, led by Brian Taylor of Emory Crawford Long Hospital, found that when compared with normal-weight adults, obese patients were 52 percent more likely to have persistent asthma.

The researchers also found evidence that the hormone Leptin, which plays a key role in regulating energy intake and expenditure, may also link obesity and asthma through its role in regulating the inflammation of airways.

Though obesity has been associated with increased prevalence of asthma in the past, Dr. John Mastrorade of Ohio State University in Columbus noted that these new findings are the first to correlate obesity with asthma severity. While it is unclear whether aP2, Leptin or yet another hormone is responsible for this link, the results may open the door to explore potential treatments for asthma patients that take into consideration an individual patient's body mass index. Taylor and his associates are now involved in research looking at whether obese patients who undergo weight-loss surgery experience a lessening in asthma compared with those who do not.

Join Us in the Community: Upcoming Health Fairs

Breathe California participates in various health fairs throughout the year, providing lung health information to our local community members. Check us out at:

San Jose City Council Member, Pete Constant's "West Valley Senior Walk"

When: Friday, April 4th, 2008, 8:30 am á 10:15 am

Where: Valley Fair Mall in San Jose, CA

13th Annual Spring in Guadalupe Gardens

When: Saturday, April 26th, 2008, 10 am á 3 pm

Where: Guadalupe River & Gardens Park
(Between Coleman Ave. & Taylor in San Jose)

Morgan Hill Chamber of Commerce & Centennial Recreation Center

When: Saturday, April 26th, 2008, 10 am á 2 pm

Where: 171 W. Edmundson Ave., Morgan Hill, CA 95037





Upcoming Better Breathers Club Meetings

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

*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.*

Monday, March 10th, 1:30 pm to 3:00 pm – Palo Alto

Avenidas Senior Center, 450 Bryant St.

Speaker: Christopher Lambrechts, Sepracor

*Transition from Chlorofluorocarbon (CFC) to Beclomethasone (HFA) Propelled
Drugs, What You Need to Know*

Monday, March 24th, 1:30 pm to 3:00 pm – San Jose

Breathe California Offices, 1469 Park Ave.

Speaker: Christopher Lambrechts, Sepracor

*Transition from Chlorofluorocarbon (CFC) to Beclomethasone (HFA) Propelled
Drugs, What You Need to Know*

A Look Ahead: Our April BBC Meetings

Gilroy á Thursday, April 3rd, 11:00 am to 12 noon

Palo Alto á Monday, April 14th, 1:30 pm to 3:00 pm

San Jose á Monday, April 28th, 1:30 pm to 3:00 pm

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