



By Ross Porter, Director of Communications American Lung Association in California



Participate in
Healthy Air Walk –
Sunday,
November 15, 2009

"I remember what my lungs felt like as a kid growing up and playing outside in California. I'm concerned about air pollution and global warming and I'm fighting for our right to breathe clean, healthy air. That's why I volunteer to help the American Lung Association in California's Healthy Air Walks.

In California, we still breathe some of the unhealthiest air in the nation, which sends children and adults to the hospital at alarming rates. Together we have the power to change that." – Ed Begley, Jr. <http://www.fixingtheplanet.com/>
Join a Healthy Air Walk team today!

Control Asthma by reducing triggers

You can help control asthma by understanding the triggers for asthma and limiting exposure to them.

- Allergies to pollens, mold, pets, and other things in your environment
 - Air pollution such as tobacco smoke, high ozone levels, and traffic fumes
 - Emotions, including fear, crying, and laughing
 - Exercise, especially when it leads to over-exertion or in cold weather
 - Household irritants, including dust, cleaning products, and perfume
 - Illnesses such as a cold or respiratory infection
 - Medications, including some over-the-counter pain relievers
 - Weather, particularly wind and cold air
- Different people with asthma have different triggers, but these are common ones. Talk to your doctor about the possible triggers listed above, and any others you think might be making asthma worse in your family.



Ed Begley, Jr.
Honorary Statewide Chair,
American Lung Association
in California's Healthy Air Walks

Study: air pollution contributes to allergies

A nationwide study published in January 2009 links childhood allergies to air pollution. A survey of more than 70,000 children, aged three to 17, revealed that exposure to greater amounts of ozone or particulate matter triggers more symptoms of hay fever and respiratory allergies.

The study, published in the journal *Environmental Health Perspectives*, found that for even small increases in the ambient amount of ozone or particulate matter, the population of children could expect a significant increase in the likelihood of hay fever and respiratory allergy symptoms. In California, the California Air Resources Board (CARB) estimates that one million school absences annually are associated with ozone exposures alone.

Created when the soup of pollutants are heated in the sun, ozone has long been the focus of air pollution regulations. It is the main constituent of smog and a serious threat to those with cardiopulmonary disease. Ozone inflames nasal passages and lung tissue. Recently it has also been associated with diminished lung development in children and the exacerbation of asthma.

The other respiratory antagonist found in the study was particulate matter, an assortment of very small liquid and solid particles floating in the air. When inhaled these particles easily penetrate deeply into lungs increasing the number and severity of asthma attacks, aggravating bronchitis and other lung diseases, and reducing a body's ability to fight infections.

The study's findings support the state's effort to further reduce pollution through local and state level regulations. Over the last two decades ozone concentrations throughout the state have been halved.

"Children are growing and learning constantly and the added burden of allergies can only limit them from reaching their full potential," said CARB board member Barbara Riordan. "This study underlines the need to clean our air. Our future is dependent on protecting children's developing minds and spirits."

Federal Officials support SmokeFree Housing

The U.S. Department of Housing and Urban Development's (HUD) Office of Healthy Homes and Lead Hazard Control and its Office of Public and Indian Housing issued new recommendations in July for non-smoking policies for public housing. These recommendations strongly encourage Public Housing Authorities to enact non-smoking policies in some or all of their public housing units.

Residents of public housing are among those most at risk from unhealthy air from a variety of factors, including a high prevalence of secondhand smoke. The American Lung Association strongly recommends that all

public housing units adopt non-smoking policies to ensure no one - especially children, the elderly and those with chronic diseases - has to breathe dangerous secondhand smoke.

The memo applies only to housing authorities now, but it's possible that the rule could expand to include affordable housing providers and Section 8 voucher providers.

Because tobacco smoke can migrate between units in multiunit housing, it can cause respiratory illness, heart disease, cancer, and other adverse health effects in neighboring families. Exposure to secondhand smoke impedes the development of a child's lungs, aggravates asthma, often resulting in hospitalizations, and causes scores of other health problems. Smoking is also a major cause of fires and fire-related deaths and injuries.

In apartments, there's nowhere to hide when your neighbors smoke. Why? Because cigarette smoke easily travels from one apartment to another through windows, doors, ventilation systems, baseboards and even electrical outlets. Secondhand cigarette smoke is a leading trigger of asthma attacks. Join the American Lung Association's efforts to help people with asthma living in apartments at www.Center4TobaccoPolicy.org/asthma

Reforming America's health care system

The American Lung Association has sent letters to key committees in the House and Senate to secure and improve health care reform this year. Too many people don't have access to health care. The American Lung Association supports health care reform that emphasizes prevention and wellness. Today, three-fourths of health care spending is for the purpose of treating patients with chronic disease. Investing in preventive care will yield huge savings.

Our country should assure an environment that supports healthy people, and place a high priority on eliminating health disparities. In addition, securing coverage for all, especially those with lung disease, will save lives and reduce the overall expense of health care.

Preventive services such as immunization and smoking cessation should be available at little or no cost to every patient. Early disease diagnosis for asthma, lung cancer, Chronic Obstructive Pulmonary Disease (COPD), and infectious diseases will save money and lives. Better surveillance for chronic disease and stronger support for public health will keep up with emerging threats. Americans need access to care, and to home care, including access to oxygen, and pulmonary rehabilitation as a covered benefit for patients with lung disease. Health care reform should also invest in research geared to improve quality of care and effectively prevent future cases of lung disease.

Everyone can play a part in the civic conversation by sending an e-mail to representatives, writing a letter to the editor, or through direct meetings.

Flu News – it's vaccination time!

This year there are two kinds of flu: "regular" or seasonal flu and "novel" or so-called swine flu. There is a vaccination for each kind of flu, and a slightly different target population for each vaccination campaign. The vaccine for seasonal flu is now available. You can find a clinic near you by checking the American Lung Association's Flu Clinic Locator – www.flucliniclocator.org.

The U.S. Food and Drug Administration has approved the new Novel H1N1 (Swine) flu swine vaccine. This paves the way for vaccinations against the virus to begin in mid-October.

Who should get a vaccine for Novel H1N1 ?

- Children and youth from 6 months to 24 years of age
- Pregnant women
- Health and emergency workers
- Caregivers and household contacts of infants less than 6 months old
- Adults with chronic conditions such as asthma, lung disease, diabetes, or heart disease

People with chronic lung disease or asthma -- of any age -- should get both flu vaccinations. Full information at www.flu.gov

The U.S. Centers for Disease Control and Prevention (CDC) does not expect that there will be a shortage of Novel H1N1 (Swine) fluvaccine, but it is likely that initially, the vaccine will be available in limited quantities. Because of this, certain higher risk groups should be prioritized to receive the vaccine first. Remember: A seasonal flu vaccine will not protect you against novel H1N1.

If you have flu symptoms such as aches and fever, seek medical care, especially if you have asthma or COPD.

Kids with asthma - your school may not close when flu strikes! So take preventive steps seriously.

Don't go too fast when washing your hands! Use warm water and soap, and scrub as long as it takes to sing "Happy Birthday To You."

More about the American Lung Association's outreach campaign at www.FacesofInfluenza.org.



Finding Smoke-Free Restaurant Patios

San Diego's near-perfect weather encourages outdoor dining year-round, but secondhand smoke on restaurant patios is bad for the health of diners and servers.

The US Surgeon General has found no risk-free level of exposure to secondhand smoke; in 2006 the California Air Resources Board designated secondhand smoke as a toxic air contaminant.

The Tobacco-Free Communities Coalition offered solutions to those who get second-hand smoke as an unwanted side dish on the dining patio, consisting of an online listing of restaurants and some easy-going tips to use at favorite restaurants when the patio smoke gets to be too much.

"Shouldn't the best seat in the house be smoke-free?" asked Laurie Ohnesorgen of GIO Restaurant in La Mesa, which has voluntarily adopted a smoke-free outdoor dining policy.

All restaurants and bars in San Diego County are smoke-free, indoors – but outside can be a different story. With only a few exceptions such as El Cajon, Chula Vista, National City, and Solana Beach (in the near future), dining patios may still allow smoking.

For those who want smoke-free patios, a new listing of restaurants that have voluntarily committed to smoke-free dining patios is now available at www.SmokeFreeSanDiego.org.

"This is our way of saluting restaurants that are voluntarily making their dining patios smoke-free as a service to customers and a safeguard for the health of their employees," said Dannah Hosford, Chair, Tobacco Free Communities Coalition (TFCC). She encouraged restaurants that have policies to go to the site and make sure that they are listed.



She also offered some tips for diners about practical steps for making patio dining more pleasant and healthy for all. "Speak with the restaurant management if the smoke at a nearby table is offensive," she advised.

The TFCC is also offering free "tip cards" to diners who want to suggest to their favorite establishments that the patio go smoke-free. "Leaving a tip card in the bill is an easy, low-impact way to let the restaurant know that you'd appreciate a smoke-free patio," Hosford said.

California voters know that secondhand smoke is harmful and they support less smoking in outdoor

areas of bars and restaurants:

- 88% believe that second hand smoke is harmful to those who inhale it in outdoor areas.
- 60% have been bothered by secondhand smoke in outdoor dining areas in the past year.
- 56% support restricting smoking in the outdoor areas of bars and restaurants.

Joe Kellejian, the former Mayor and a current council member of Solana Beach, encouraged more cities to adopt smoke-free dining patio policies. "Solana Beach's policy is soon to take effect, and we challenge to other elected officials to do the same thing. Smoke-free environments are more family-friendly and customer-friendly. Solana Beach has shown that smokefree policies are a winner." During his term as Mayor in 2003, Kellejian championed the Solana Beach ordinance that created the first smoke-free public beach on the US mainland.

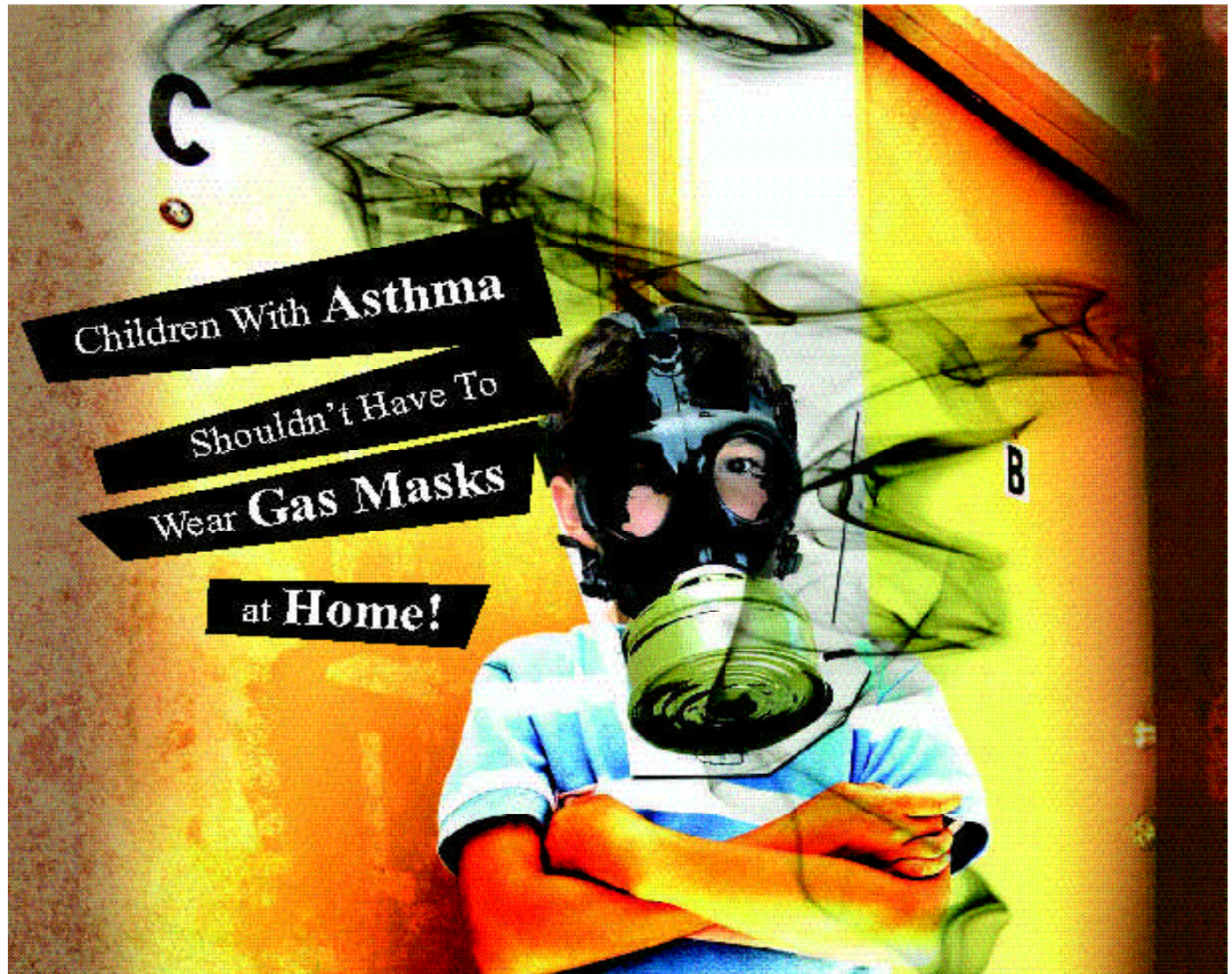
La Mesa City Council member Ernie Ewin was on hand to welcome the TFCC advocates and their smokefree message.

The Tobacco-Free Communities Coalition (TFCC) works in the San Diego region to reduce tobacco use and exposure to secondhand smoke among San Diego County children, youth, and adults. The TFCC is joined in these efforts by the Tobacco Control Coalition (TCC) and the Tobacco Control Resource Program (TCRP) of the County of San Diego Health & Human Services Agency

Christmas
Seals –
Celebrate
Another Year

For over 100 years public support for the Christmas Seals campaign of the American Lung Association has brought the gift of healthy lungs and air to millions.

Now you can celebrate another year with Christmas Seals online, including e-cards that use a Christmas Seal from your favorite year. You can also get gift tags, Christmas cards, and tree ornaments at www.ChristmasSeals.org.



In apartments, there's nowhere to hide when your neighbors smoke. Why? Because cigarette smoke easily travels from one apartment to another through windows, doors, ventilation systems, baseboards and even electrical outlets.

Secondhand cigarette smoke is a leading trigger of asthma attacks.

Should California's almost one million kids with asthma be forced to wear gas masks? Or should we work to get secondhand tobacco smoke out of apartment buildings?



Join our efforts
to **help people**
with **asthma** living in
apartments, go to:

www.Center4TobaccoPolicy.org/asthma



for Tobacco Policy
& Organizing

AMERICAN LUNG ASSOCIATION
of California

PRESS RELEASE



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Influenza and H1N1: ALERT for People with Lung Disease and Their Caregivers **People with Lung Disease at Higher Flu Risk – Advised to Get Vaccinated and Watch for Signs of Illness**

WASHINGTON, D.C., October 19, 2009 — People with lung disease like asthma and COPD are at particular risk to develop serious symptoms from both seasonal flu and H1N1 (swine) flu. According to the Centers for Disease Control and Prevention (CDC) more than half of adults hospitalized with the H1N1 strain of influenza had conditions such as asthma and chronic lung diseases. **CONTACT YOUR HEALTH CARE PROVIDER IF YOU FEEL THE ONSET OF FLU SYMPTOMS AND SUFFER FROM LUNG DISEASE.** You should be especially alert to changes in your breathing.

If you do become sick with the flu, continue taking your normal medications, unless your health care provider makes other or additional recommendations. **KEEP THE CONTACT INFORMATION FOR YOUR HEALTH CARE PROVIDER WITH YOU AT ALL TIMES AND CONTACT THEM AS SOON AS SYMPTOMS START** so they can decide about use of anti-flu medication. As always, maintain a list of all medications you take as well as the dosages and frequency.

Remember these tips to protect *your* health and prevent *spread* of the flu:

- Get vaccinated for both the seasonal flu and H1N1 flu.
- Remember to cover your nose and mouth with your arm when you cough or sneeze.
- FREQUENTLY WASH YOUR HANDS WITH SOAP AND WATER.
- ALCOHOL-BASED HAND CLEANERS ARE EFFECTIVE WHEN WASHING IS NOT POSSIBLE.
- Avoid large crowds if possible. Ask family and friends to be mindful of your higher risk and not expose you to their sickness if they are ill.
- The CDC recommends staying home if you have flu like symptoms for seven days or until you are clear of symptoms for 24 hours.
- Always watch for public health advisories, as these recommendations may change.

For those with asthma, please remember to refer to and maintain your Asthma Action Plan as necessary. The American Lung Association has a template you can download to create your Asthma Action Plan at:
<http://www.lungusa.org/atf/cf/%7B7A8D42C2-FCCA-4604-8ADE-7F5D5E762256%7D/AAP.PDF>.

For Related information about Influenza and H1N1 please visit:

www.lungusa.org
www.facesofinfluenza.org
www.flu.gov

About the American Lung Association

Now in its second century, the American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease. With your generous support, the American Lung Association is “Fighting for Air” through research, education and advocacy. For more information about the American Lung Association, a Charity Navigator Four Star Charity and holder of the Better Business Bureau Wise Giving Guide Seal, or to support the work it does, call 1-800-LUNG-USA (1-800-586-4872) or visit www.lungusa.org.