



Caminemos por un "Aire más Limpio"



"Recuerdo cómo mis pulmones sentían el aire cuando era un niño que disfrutaba del salir a jugar al aire libre gracias al siempre buen clima de California. Ahora estoy preocupado por la contaminación atmosférica y el calentamiento global, y estoy luchando por preservar nuestro derecho a respirar aire limpio y saludable. Es por eso que me ofrezco como voluntario para ayudar a la American Lung Association en California y les invito a todos a participar en la caminata por un aire limpio: San Diego Healthy Air Walk.

En California, respiramos el aire menos saludable del país, el que está enviando a niños y a adultos al hospital a un ritmo alarmante. Juntos tenemos el poder para lograr el cambio" - Ed Begley Jr.

Ed Begley, Jr.

Unase a un equipo o organize uno!  
[www.HealthyAirWalk.org](http://www.HealthyAirWalk.org)

Participe en la caminata anual de San Diego Healthy Air Walk, que tendrá lugar el Domingo 15 de noviembre de 2009 en el Embarcadero Marina Park South. La caminata de "Healthy Air Walk" es un evento para las personas de todas las edades que quieren mejorar su vida. ¡Las inscripciones ya están abiertas. Regístrate y ¡Ayuda a difundir la palabra! Para más información, llame al 619-683-8669 o al 1-800-586-4872.

Participe en la  
Caminata: Healthy Air Walk –  
El domingo 15 de Noviembre

## Evite los desencadenantes del asma

El clima empezó a enfriar y esto puede empeorar su Asma. Tome el control. Evite los desencadenantes

Cuando el clima no es favorable el asma se puede controlar mediante la reducción de los desencadenantes. Trate de eliminar a los factores desencadenantes del asma y así podrá reducir la exposición y el peligro.

### Los desencadenantes son:

- El tiempo, en particular, el viento y el aire frío
- Las enfermedades tales como un resfriado o infección respiratoria
- El ejercicio, especialmente cuando se hace en exceso o cuando el clima es frío
- Alergia al polen, moho, mascotas y otras cosas en su entorno
- La contaminación del aire como el humo del tabaco, los niveles elevados de ozono, y el smog del tráfico
- Las emociones, que pueden ser miedo, llorar y/o reír
- Irritantes del hogar, incluyendo el polvo, productos de limpieza, y perfumes
- Medicamentos, incluyendo algunos de receta para aliviar el dolor

En las personas con asma los factores desencadenantes pueden ser diferentes, pero los mencionados son los más comunes. Hable con su médico acerca de los posibles los que pueden ser los factores desencadenantes para usted u otra persona de su familia.

Generalmente los síntomas de asma son más graves en la mañana y en la noche, y pueden mejorar o desaparecer entre episodios.

## No se deben ignorar las señales de peligro

- Usar un Inhalador más de dos veces por semana
- Compresión en el pecho
- Corto de respiración
- Silbido en el pecho al respirar
- Tos crónica

Saber cómo controlar el asma es una habilidad que puede salvarle la vida. Si tiene preguntas acerca del asma de su hijo, llame por favor a la

American Lung Association de San Diego al 619-683-8659.

Aprenda más sobre el control del asma visitando

[www.CaliforniaLung.org](http://www.CaliforniaLung.org)



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](http://www.Center4TobaccoPolicy.org/asthma)

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## 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.

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## 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](http://www.flucliniclocator.org).

The U.S. Food and Drug Administration has approved the new Novel H1N1 (Swine) flu 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](http://www.flu.gov)

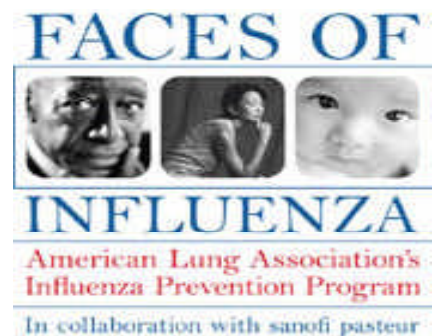
The U.S. Centers for Disease Control and Prevention (CDC) does not expect that there will be a shortage of Novel H1N1 (Swine) fluvaccine, but it is likely that initially, the vaccine will be available in limited quantities. Because of this, certain higher risk groups should be prioritized to receive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

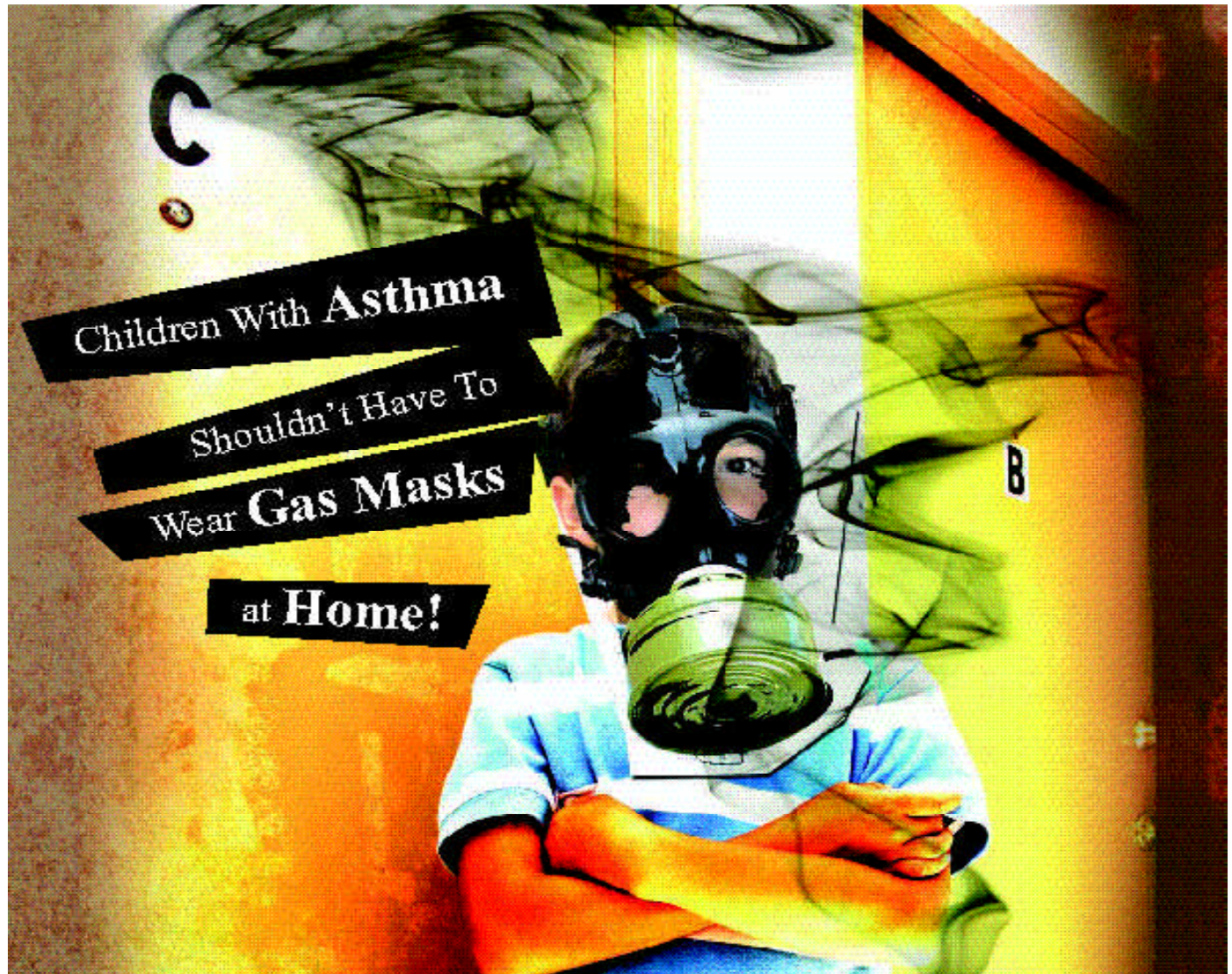
La Mesa City Council member Ernie Ewin was on hand to welcome the TFCC advocates and their smokefree message.

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](http://www.ChristmasSeals.org).



Children With Asthma

Shouldn't Have To

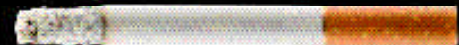
Wear Gas Masks

at Home!

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](http://www.Center4TobaccoPolicy.org/asthma)



for Tobacco Policy  
& Organizing

AMERICAN LUNG ASSOCIATION  
of California

## PRESS RELEASE



### FOR IMMEDIATE 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](http://www.lungusa.org)  
[www.facesofinfluenza.org](http://www.facesofinfluenza.org)  
[www.flu.gov](http://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](http://www.lungusa.org).