

Calendar

Better Breathers

Huffers and Puffers

Chandler

3rd Wed. of each month, 2 pm
Chandler Regional Medical Center
Morrison Building Board Room
1875 W. Frye Rd.

Green Valley

1st & 3rd Fri. of each month, 11 am
600 S. La Canada

Kingman

3rd Fri. of each month, 3 pm
Del E. Webb Conference Room
3269 Stockton Hill Rd.

Phoenix

4th Thurs. of each month, 1:30 pm
John C. Lincoln North Mountain
Hospital
250 E. Dunlap Ave.

Tucson

2nd Wed. of each month, 12 pm
2819 E. Broadway

Yuma

2nd Thurs. of each month, 1:30 pm
Yuma Regional Medical Plaza
1501 N. 24th St.

Tip of the Month:

COPD-friendly

Environment

Keeping your home safe, inside and out, will help you manage your COPD and preserve your current health status. Here are a few things you can do to stay safety around your home:

- Get rid of throw rugs.
- Install safety bars in bathrooms and along walkways.
- Ensure adequate lighting.
- Discard any medication expired or not in use in a safe place.
- Write down emergency numbers and keep them in a visible place.
- Stay away from people who smoke (especially if you are using oxygen.)

Taking the time to keep safe can make a difference.

Get Ready for the Respiratory Rallies



The Respiratory Rallies are an excellent opportunity to learn better ways to manage chronic lung disease. The Phoenix rally is coming up on Saturday, March 21 and will feature Melissa Biggs, a former “Baywatch” beauty and fashion entrepreneur, as the keynote speaker. Biggs has Alpha-1 antitrypsin deficiency (AATD), a genetic form of COPD. Biggs knows what it is like to live with respiratory ailments and is dedicated to raising

awareness of AATD “The sooner people are diagnosed, the sooner they can get the medical help they need to live the best life possible,” Biggs said.

Len Geiger is the keynote speaker for the Tucson rally, on Saturday, April 4. Geiger also has AATD and had a lung transplant when he was 43. Now, his lung capacity exceeds normal standards and he competes in sprint triathlon events. As the director of patient advocacy for Centric Health Resources, Geiger is committed to helping others get the right care. The rallies will also include free medical screenings, lung health information, exhibitors, meals designed with the nutritional needs of respiratory patients in mind. Free valet parking, and fun entertainment and door prizes also will be available. For more information about the Phoenix rally contact Charles Monroe at (602) 285-7505; cmonroe@lungarizona.org. For information about the Tucson rally contact Amber Fahs at (520) 323-1812; afahs@lungarizona.org. Visit www.breatheeasyaz.org to register for the rallies.



The COPD Leadership Advisory Team

Bill Cohagen is dedicated to helping Arizona breathe easier. That is why he is the chairman of the newly formed COPD Leadership Advisory Team. The advisory team has 11 members from all over the state with various professional backgrounds and a common goal – to support the COPD coalition.

The COPD Leadership Advisory Team will be meeting soon to identify the team objectives and strategies. Cohagen said the team will primarily serve as a resource to other COPD workgroups, to help keep other groups focused and motivated. He added that because the team is so diverse, they have many resources for any workgroup that needs extra support. The new COPD Leadership Advisory Team is: Bill Cohagen, Bill Grimm, Bill Lauer, Bill Sayers, Carla Rotering, Elizabeth Page, Jill Jackson, Joe Gonzales, Meryl Salit, Susan Resetar and Paul Enright.

February’s Featured Staff Member Lisa Kaufman,

Lisa is a Registered Respiratory Therapist, who specializes in COPD awareness and tobacco intervention. Being a native and having worked in California where she grew up, Lisa has a background in acute care as well as long term care facilities. Lisa started her career in acute care hospitals then shifted into long term tracheostomy care.

Lisa found that in the clinical setting, she enjoyed teaching new graduates in respiratory therapy and naturally this progressed into educating students in respiratory care at one of the local colleges here in Arizona. Lisa not only has a passion for educating our healthcare workers about COPD and tobacco use, but also providing public awareness to the state of Arizona.