



APRIL 2017 CLRD E-BLAST

Announcements, Events, News and Resources in your community, for people living with and serving those with Chronic Lower Respiratory Disease (CLRD)

Read All About it!

The Breathe Easy Arizona Spring/Summer newsletter has just been released! See the attached PDF or visit our [website](#) to view a copy. Great information about new legislation, air quality, clinical studies, inhaler recalls and more. You won't want to miss it.

Observances This Month

April 3-9: National Public Health Week

April 24-28: Air Quality Awareness Week

Tell us how you observed these weeks! Email

PhoenixPrograms@Lungs.org.

Also, get ready for May – Asthma Awareness Month!

[The Asthma and Allergy Foundation of America has a variety of messages and tools you can use to educate others and call attention to this chronic disease](#)

State of the Air® Report Release

The American Lung Association's annual report shows what's in our air—by location—and how the air we breathe continues to threaten the lives and health of millions of Americans. A few highlights include:

- Maricopa County failed for ozone and particle pollution, but levels of pollution in the area have improved
- Tucson improved its rankings for both year-round particle and ozone pollution, tying at 80th and 71st, respectively, for most polluted
- Santa Cruz County, though, received an F in short-term particle pollution and Tucson moved up in the most-polluted rankings to 26
- The most notable national findings of the 18th annual report were lower overall ozone levels and lower year-round particle levels, offset by a continued trend of extreme short-term spikes in particle pollution, often related to wildfires or

droughts. The report finds that the health of 43 million people across the country are at risk from these dangerous spikes in particle pollution.

Check out the report to learn more

Check Out Our New Calendar Page!

ON THE BREATHE EASY ARIZONA WEBSITE

Stay up to date with important events including Better Breathers Club meetings, Freedom From Smoking® courses, seminars and [more](#).

Focusing on Earth Day the EPA Reminds us to Focus on Indoor Air Quality

[EPA's Indoor Environments Division provides great information and guidance on healthy indoor environments from home to work to school. Take a look at what you can do and share with others information that could affect your health and help prevent asthma episodes.](#)

EVENTS

2 Seats Still Remaining...Join Us!



FACILITATORS' CERTIFICATION TRAINING COURSE

Thursday, May 4, 2017 & Friday, May 5, 2017

8:30 am – 4:00 pm

8:30 am – 12 noon

Both days are required for our 3-year certification.

American Lung Association

102 W. McDowell Road

Boardroom

Phoenix, AZ 85003

Fee: \$250.00*

[Register Here Now!](#)

*Fee includes:

Continental breakfast on both days and Lunch on day 1 only

(1) Facilitator's Guide; (1) Participant's Workbook; and (1) Relaxation CD

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### **Are You Ready to Be a Winner?**



Quitting smoking isn't easy – but it's easier with the right help. The American Lung Association's **Freedom From Smoking®**, program gives you options, resources and support to quit for good!

**Freedom From Smoking® 7-week in-person Group Clinic Course** is the premier smoking cessation program from the American Lung Association. It helps you develop a plan of action that leads to your

quit day. You'll also get the support you need to remain smoke-free for life! Check the [Breathe Easy Coalition Calendar](#) for upcoming clinics around the state.

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Take Control of Your Chronic Condition and Get Your Life Back!

FREE 6-Week Workshop Series

For Adults and/or caregivers with COPD, Diabetes, Arthritis, High Blood Pressure or any other Chronic Health Condition.

Series are forming soon! Sessions are 2.5 hours each, and are held once per week, at convenient locations in Chandler, Gilbert, Tempe, Mesa and the surrounding communities.

Save the Date

Arizona Asthma & Allergy Clinical Conference Saturday, October 7, 2017

SAVE THE DATE!!!! The Arizona Asthma Coalition will hold its 11th Annual Asthma & Allergy Clinical Conference on Saturday, October 7, 2017, from 8 a.m. to 4 p.m. at Mayo Clinic, Scottsdale Shea Campus. The conference will address:

- Opportunities to improve asthma care in Maricopa County and across Arizona
- Treatment options for different asthma phenotypes
- The correlation between asthma and allergies
- Asthma triggers at schools, and what to do about them
- An update on research, national guidelines and new cutting edge therapies

CME/CEU credits will be applied for: physicians, PAs, nurses, nurse practitioners, asthma educators and respiratory care practitioners. Watch for registration materials in July!

For further information contact Barbara Burkholder at barbburk5@msn.com

NEWS

[Norton Thoracic Institute's Lung Transplant Program Busiest in U.S.](#)

[CVS MinuteClinics to relieve stress on Phoenix VA, open doors to many veterans in Arizona](#)

RESOURCES

Breathe Easy Arizona

- [Breathe Easy Arizona](#) is a large coalition of individuals and organizations with a common interest in decreasing the impact of Chronic Lower Respiratory Disease (CLRD) among Arizona residents. Learn more about our vision, mission, and goals on our [Coalition page](#).
- Find out about upcoming community events related to CLRD on our [new calendar page!](#)
- Follow us on:
 - [Facebook](#)
 - [Twitter](#)

[YouTube](#)

- The [Community Referral Program](#) is a **new** American Lung Association public health program that supports high quality continuity of care. The program allows direct care providers and allied health professionals to refer their patients to our staff of registered nurses and respiratory therapists for health education and disease management assistance.

Community Partners

- The [Alpha-1 Foundation](#) can help you learn about Alpha-1 Antitrypsin Deficiency. To attend the Alphazonies Support Group Meeting in your area contact: Karen Bennington, Leader 480.349.6323
- The [Arizona Asthma Coalition](#) (AAC) is a non-profit partnership founded in 1996. It serves as a catalyst to decrease the burden of asthma in Arizona through awareness, advocacy and education. Coalition members include state and local public health departments, state and local environmental departments, the Indian Health Service, the American Lung Association of Arizona, health plans, faculty from colleges and universities, community non-profit organizations, pharmaceutical companies, individual physicians, school nurses, pharmacists, respiratory therapists, asthma educators and parents.
- The [Arizona Community Health Outreach Worker Network](#) (AzCHOW) has supported the sustainability of the CHW workforce in Arizona for over 20 years.
- The [Arizona Living Well Institute](#) is a public-private partnership encompassing all sectors of the healthcare community. The mission of the Living Well Institute is to advance evidence-based programs for Arizona communities through structured communication, multi-level coordination and facilitator coaching.
- [American Lung Association](#) – saving lives by improving lung health and preventing lung disease – HelpLine 800-LUNGUSA.
- The [Arizona Rural Women’s Health Network](#) is an organization where healthcare professionals of varying levels can personalize health care, collaborate, receive and promote health education. We are a vertical and horizontal Network of healthcare professionals dedicated to the health of women living in rural Arizona.
- [Arizona Smoke-Free Living](#) is a group of leading health organizations and community advocates who work hard to protect every Arizonan from the dangers of secondhand smoke.
- The [ASHLine](#) allows you to talk to expert coaches who walk you through the quitting process. Call a Quit Coach now! Our services are FREE and we offer FREE medication to help you QUIT. 1-800-55-66-222
- The [COPD Foundation’s](#) mission is to prevent and cure Chronic Obstructive Pulmonary Disease and to improve the lives of all people affected by COPD.
- [Live Well Arizona](#) – Dedicated to identifying, celebrating and connecting efforts to improving well-being in Arizona.
- [UnitedHealthcare®](#) is holding free telephonic, comprehensive caregiver education sessions throughout the year! These sessions are free to the public in English and Spanish.
 - [University of Arizona Asthma and Airway Disease Research Center](#) has evolved into an internationally renowned, comprehensive Center of Excellence that combines the highest caliber of research, clinical care and teaching

