



AUGUST 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)



AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

Vaccines Bolster Immune Systems That Weaken With Age

Think adults don't need vaccinations? Guess again. Even healthy older adults are at increased risk for serious lung diseases like pneumococcal pneumonia and influenza, because the body's immune system naturally weakens with age. August is [National Immunization Awareness Month](#), and the American Lung Association, in partnership with Pfizer, is dispelling the myth that vaccines are just for children.

A preventive healthcare measure, vaccines work by teaching the body's immune system to recognize and defend against harmful viruses or bacteria before getting an infection, and reduce the chance of getting certain infectious diseases. Older adults and those with weakened immune systems or certain chronic health conditions – like [asthma](#) or [COPD](#) – are especially vulnerable to infectious disease. In fact, for adults 65 and older living with COPD, the risk for contracting pneumococcal pneumonia is 7.7 times higher than their healthy counterparts, and those with asthma are at 5.9 times greater risk. [Read More](#)

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# Back to School With Asthma

For the more than 6 million children living with asthma, gearing up for another school year involves much more than picking out a new pencil case and backpack. Asthma, a leading chronic condition that causes more than 10 million lost school days every year, can directly affect their academic success. With better asthma management, children are able to feel healthy and safe, and are ready to learn!

The American Lung Association recommends the following free resources to get ready for a successful school year for families with asthma:

- [Back to School with Asthma Toolkit](#)
- [Back to School with Asthma Checklist](#)
- [Asthma Action Plan for Adults](#)
- [Asthma Action Plan for Kids \(Home and School\)](#)

## IMPORTANT FACT:

The [Asthma Burden Report](#) says that the National Asthma Education and Prevention Programs Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma recommends that people with asthma should have a written asthma action plan (especially those with moderate or severe persistent asthma) and yet less than 50% of children receive an asthma action plan and less than 33% of adults receive an asthma action plan.

## ANNOUNCEMENTS

**We invite you to attend our kickoff for the**



# LUNG FORCE WALK™



## PHOENIX

Thursday, August 24, 2017

Dave & Buster's

Tempe Marketplace

2000 E. Rio Salado Parkway

Tempe AZ 95281



6pm – Registration, Fundraising Fair, and Light Dinner

7pm – Program

Each attendee will receive a \$10 Power Card at registration

There will be a cash bar available

**REGISTER AT [PHOENIXEVENTS@LUNGS.ORG](mailto:PHOENIXEVENTS@LUNGS.ORG)**

**We hope to see you there!**

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American Lung Association in Arizona is looking for

GREAT VOLUNTEERS

Do you want to help children with asthma?

OPEN AIRWAYS FACILITATOR TRAINING

Open Airways For Schools® is a program that educates and empowers children through a fun and interactive approach to asthma self-management. The program teaches children with asthma ages 8 to 11 how to detect the warning signs of asthma, avoid their triggers and make decisions about their health

What is an [Open Airways Facilitator](#)?

Interested? Come to our Training!

Wednesday, September 13th

10:30 a.m. – 1:30 p.m.

American Lung Association Office

102 W. McDowell Rd., Phoenix, AZ 85003

To register or ask questions please contact Stacey Mortenson at 602-258-7507 or Stacey.Mortenson@lung.org.

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### STOCK Albuterol Allowed in Schools Starting This Fall

HB 2208, which passed this spring, and addresses emergency inhalers in schools recently went through the rulemaking process with the Arizona State Board of Education. The board adopted the rules on August 4<sup>th</sup> when they were then submitted to the Secretary of State to incorporate the rule into the Administrative Code. The statute went into effect on August 9<sup>th</sup>. They address a variety of key topics including immunity from civil liability, procedures for the administration of inhalers in emergency situations, procedures for annually requesting a standing order and the prescription for the inhaler and holding chamber, annual training on recognition of symptoms of respiratory distress, administration of inhalers and more. The rules can currently be found [here](#) and additional items related to this bill can soon be found on the Arizona Asthma Coalition website – [www.azasthma.org](http://www.azasthma.org) – to help schools implement this life saving measure. Stay tuned as we will keep you posted here as well!

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WANTED Better Breathers Club Facilitators



The American Lung Association in Arizona is looking for Respiratory Therapists, Nurses, Health Educators, Public Health Workers, and Community Health Workers who will receive hands on experience facilitating a monthly support group. The Facilitator of a Better Breathers Club® (BBC), a support group for people with chronic lung disease and their caregivers, will work directly with the Chronic Lower Respiratory Disease (CLRD) Program Manager to help build lasting relationships with our community partners and increase participation in BBC meetings. This position comes with an

opportunity for continuing education and networking with other healthcare and health education professional facilitators throughout Arizona. [Click Here for more information](#), or contact Candace Alexander, M.Ed., CHES, Program Manager at Candace.Alexander@lung.org or 602.429.0005.

EVENTS

Save The Date!

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#### ***LungForce Walks***

***Tucson, AZ, Saturday, September 23, 2017***

***Phoenix/Mesa, AZ, Saturday, November 18, 2017***

American Lung Association's LUNG FORCE unites women and their loved ones across the country to stand together for lung health and against lung cancer. Lung cancer is the #1 cancer killer of both men and women in the U.S., and every five minutes a woman in this country learns she has lung cancer. More must be done to raise awareness and research funding to defeat lung cancer once and for all.

Join us as we walk together to raise awareness and funds to defeat lung cancer and raise our voices for lung health. Together, we are a FORCE to be reckoned with! We encourage you to form a team, register as an individual or participate virtually.

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The Arizona Asthma Coalition hosts

Arizona Asthma & Allergy Clinical Conference

“Wheezing & Sneezing in the Desert”

Saturday, October 7th 2017

7:15 a.m. to 4:00 p.m.

Mayo Clinic, Scottsdale, AZ

The Arizona Asthma & Allergy Conference provides education and networking for clinicians who care for patients living with asthma. This conference will:

- provide patient care providers the most current information on asthma management, education and research
- offer sessions in various areas of emphasis regarding asthma management in clinical practice, school of asthma management and pharmacology
- empower participants to improve care in Arizona and apply updated asthma therapy options

For more information, a full brochure and registration information, visit our [conference webpage](#) today. You may also feel free to contact Jeri Royce at the AZ Asthma Coalition by email at azasthmacoalition@gmail.com or by phone at [602-321-7044](tel:602-321-7044).

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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.

## NEWS

[Study: Most COPD Patients Not Receiving PAP Therapy Despite Benefits](#)

[Chronic Pesticide Exposure At Work Tied To Breathing Disorders](#)

[Health Care Politics, Environment Take The Air Out Of Asthma Sufferers](#)

## 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 [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 Airways Clinical Research Center](#) - has evolved into an internationally renowned, comprehensive Center of Excellence that combines the highest caliber of research, clinical care and teaching
- The [Alpha-1 Foundation](#) can help you learn about Alpha-1 Antitrypsin Deficiency. To attend the Alpha-1 Support Group Meeting in your area contact: Karen Bennington, Leader 480.349.6323
- The [Asthma Resources Page](#) is a page dedicated to helping you find what you need, asthma-related for your family, your patients, your community, your school and more.

- 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.
- DignityHealth St Joseph’s Medical Center hosts [FREE 6-Week Workshop Series](#) for Adults and/or caregivers with COPD, Diabetes, Arthritis, High Blood Pressure or any other Chronic Health Condition. Weekly, 2.5 hour sessions, held at convenient locations in Chandler, Gilbert, Tempe, Mesa and the surrounding communities, are forming soon!
- [Live Well Arizona](#) – Dedicated to identifying, celebrating and connecting efforts to improving well-being in Arizona.
- [Lung HelpLine](#) Registered nurses, respiratory therapists, certified tobacco treatment specialists and counselors make up our helpline staff. They are ready to assist with your lung health questions. Get detailed and accurate information about lung cancer, asthma, COPD, quitting tobacco and multiple other lung health topics. Contact Stacey Mortenson @ [smortenson@lungs.org](mailto:smortenson@lungs.org) and ask about making fax referrals to the HelpLine on behalf of your clients! We’ll send you fax forms to start incorporating into your work.
- [UnitedHealthcare®](#) is holding free telephonic, comprehensive caregiver education sessions throughout the year! These sessions are free to the public in English and Spanish.



**Stay Cool...Stay Hydrated...Breathe Easy!**

