

Breathe Easy Arizona

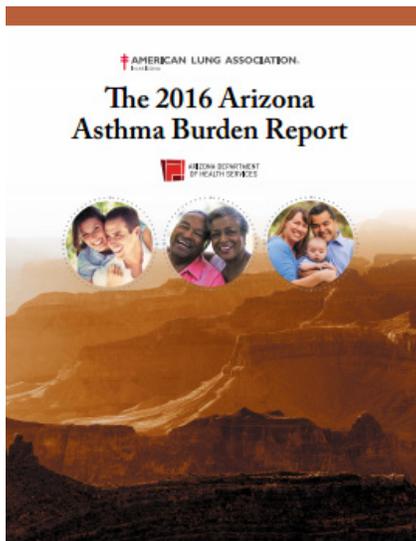
American Lung Association in Arizona

VOLUME 7, ISSUE II

FALL/WINTER 2016-2017

Eye-Opening Report Released About Asthma in Arizona

Did you know it's estimated one in every 11 Arizona residents has asthma? That's just one of several key findings published in the *2016 Arizona Asthma Burden Report*, a new in-depth report released by the American Lung Association in Arizona (ALAA). The report was developed with support from the Arizona Department of Health Services and includes the most up-to-date information about the chronic respiratory condition, its prevalence in our state, and its impact on Arizonans.



The 2016 Arizona Asthma Burden Report

Among the *The 2016 Arizona Asthma Burden Report's* findings:

- By gender, asthma is more prevalent among adult females than males.
- By race/ethnicity, American Indians have the highest rates of adult asthma prevalence.
- By age group, 45-54 year olds have the highest rates of adult asthma prevalence.
- More than 27,000 emergency department and hospital discharges were attributable to asthma in 2014. The estimated cost of this care: \$115 million.

Individuals are at an increased risk for developing asthma based upon a number of factors including family history, tobacco use, body mass index, exposure to secondhand smoke, exhaust fumes or other types of pollution, and exposure to chemicals used in farming, hairdressing, and manufacturing. While there is no cure for asthma, the condition can be controlled with quality health care, good self-management skills, and correct medications.

To learn more about this highly prevalent chronic respiratory condition or to get involved in decreasing the impact of asthma in Arizona, visit www.BreatheEasyAz.org and download a copy of the 2016 Arizona Asthma Burden Report or call the American Lung Association in Arizona at (602) 258-7505.

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Did You Know?

[There are new recommendations for the 2016-2017 flu season](#)

There are two influenza vaccine options in the United States, but the Centers for Disease Control and Prevention (CDC) says only one of them should be used during the current flu season.

According to the CDC, research showed FluMist was much less effective when compared to a regular flu shot. As a result of its ineffectiveness, many health providers won't be providing the needle free nasal spray vaccine this year.

November is COPD Awareness Month

Do You Know the Symptoms?



Chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema, is a chronic lung disease that makes it hard to breathe. The disease is increasingly common, affecting millions of Americans, and is the third leading cause of death in the U.S. There is good news though. COPD is often preventable and treatable.

Many people don't recognize the symptoms of COPD until later stages of the disease. Sometimes people think they are short of breath or less able to go about their normal activities because they are "just getting older." But shortness of breath is never normal. If you experience any of these symptoms, or think you might be at risk for COPD, it is important to discuss this with your doctor.

- Chronic cough
- Shortness of breath while doing everyday activities
- Frequent respiratory infections
- Blueness of the lips or fingernail beds
- Fatigue
- Producing a lot of mucus (also called phlegm or sputum)
- Wheezing

Remember: Don't wait for symptoms to become severe because valuable treatment time could be lost. Early detection of COPD is key to successful treatment.



What's Tweeting

@BreatheEasy_AZ In Arizona, it's estimated that more than 615,000 people have asthma. That's 1 in every 11 residents!

Save the Date:



Is your New Year's resolution to quit smoking? Start the year off right by attending one of two Freedom From Smoking® Group Clinics in Flagstaff. Both courses run seven weeks.

Freedom From Smoking® Group Clinic #1

When: 5 PM - 7:30 PM
Every Monday 1/2/2017 - 2/13/2017
and Wednesday 1/25/2017

Where: Flagstaff Medical Center
1200 N. Beaver St.
Flagstaff, AZ 86001
West Campus, 4th Floor, Gold Room

Contact: Email Tara.Shy@nahealth.com or call 928-779-3366 Ext 13138 to register

Freedom From Smoking® Group Clinic #2

When: 4:30 PM - 6:00 PM
Every Tuesday 2/7/2017 - 3/21/2017
and Thursday 3/2/2017

Where: North Country Healthcare
2920 N. Fourth St.
Flagstaff, AZ 86004
Room: Bert's Place

Contact: Email jquezada@northcountryhealthcare.org or call 928-522-9893 to register

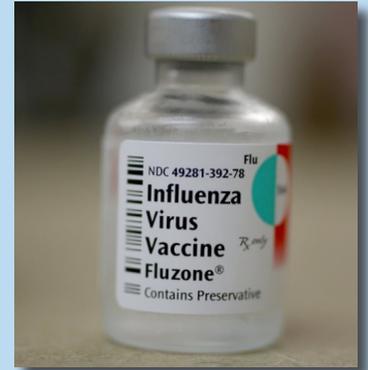
Freedom From Smoking® Clinics help you learn how to overcome tobacco addiction. Clinics are held in small group settings and cover topics such as medicines that can help you stop smoking, lifestyle changes that make quitting easier, managing stress, and how to stay smokefree for good. People who use the program are six times more likely to be smokefree one year later than those who quit on their own.

Can't attend the Freedom From Smoking® Group Clinics in Flagstaff? An online version of the course is available at www.freedomfromsmoking.org.

Q&A: Flu Vaccines

Can a flu shot give you the flu?

No, a flu shot cannot cause flu illness. Flu vaccines given with a needle are currently made in two ways: the vaccine is made either with a) flu vaccine viruses that have been 'inactivated' and are therefore not infectious, or b) with no flu vaccine viruses at all (which is the case for recombinant influenza vaccine). The most common side effects from the influenza shot are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur. If these reactions occur, they usually begin soon after the shot and last 1-2 days.



Do I really need a flu vaccine every year?

Yes. The Centers for Disease Control (CDC) recommends a yearly flu vaccine for just about everyone 6 months and older, even when the viruses the vaccine protects against have not changed from the previous season. The reason for this is that a person's immune protection from vaccination declines over time, so an annual vaccination is needed to get the "optimal" or best protection against the flu.

Is it too late to get vaccinated after Thanksgiving (or the end of November)?

No. Vaccination can still be beneficial as long as flu viruses are circulating. Flu is unpredictable and seasons can vary. Seasonal flu disease usually peaks between December and March most years, but disease can occur as late as May.

Is it better to get the flu than the flu vaccine?

No. Flu can be a serious disease, particularly among young children, older adults, and people with certain chronic health conditions, such as asthma, heart disease or diabetes. Any flu infection can carry a risk of serious complications, hospitalization or death, even among otherwise healthy children and adults. Therefore, getting vaccinated is a safer choice than risking illness to obtain immune protection.

Why do some people not feel well after getting the seasonal flu vaccine?

Some people report having mild reactions to flu vaccination. The most common reaction to the flu shot in adults has been soreness, redness or swelling at the spot where the shot was given. This usually lasts less than two days. This initial soreness is most likely the result of the body's early immune response reacting to a foreign substance entering the body. Other reactions following the flu shot are usually mild and can include a low grade fever and aches. If these reactions occur, they usually begin soon after the shot and last 1-2 days. The most common reactions people have to flu vaccine are considerably less severe than the symptoms caused by actual flu illness.

Is the flu vaccine effective?

While how well the flu vaccine works can vary, there are a lot of reasons to get a flu vaccine each year. Flu vaccination can keep you from getting sick with flu and also reduces the risk of flu-associated hospitalization, including among children, people with chronic lung disease, and older adults. A study published in the summer of 2016 showed that people 50 years and older who got a flu vaccine reduced their risk of getting hospitalized from flu by 57%.

Visit www.cdc.gov/flu to learn more

The Better Breathers Club You Can Join Online or By Phone

Can't make it to a Better Breathers Club, but wish you could still participate? The Better Breathers Club at Cancer Treatment Centers of America (CTCA) in Goodyear has you covered. CTCA's Better Breathers Club meets the second Thursday of every month from 6:30 - 7:30 pm, but not every member attends in person. The facilitators of CTCA's Better Breathers Club have opened up their meetings to anyone who wants to join by phone or online.

To join by phone:

Call (563) 999-2090 and enter access code 493467

To watch the presentation online:

Search for "Better Breathers Club @ WRMC" on Facebook. Once you're on the page, click the green "Join Group" button. Here's what you'll see:



Join this group to see the discussion, post and comment. [+ Join Group](#)

The administrator of the group's Facebook page will receive your request and grant you access.

"The beauty of our system is that the presentations are stored," said Sarah Rodriguez-Aguilar, one of CTCA's Better Breathers Club facilitators. "Therefore, if you happen to be interested in a specific topic but couldn't participate in the meeting, you can always come back and view the presentation at a later time."

For more information about joining CTCA's Better Breathers Club, call (623) 207-3094.

CONTACT US

American Lung Association in Arizona
 (602) 258-7505
 BreatheEasyAz.org

Longtime Facilitator Says Goodbye After 30+ Years

After more than three decades with Banner Boswell Medical Center's Better Breathers Club (BBC), facilitator Kathy Patterson has stepped down. We are so grateful for Kathy and her support all of these years. We asked Kathy to reflect on her time with the BBC. Here's what she shared with us:

Breathe Easy Arizona: What did it mean to you to be able to run the Better Breathers Club for so long?

Kathy Patterson: When you are involved in something like that, you are always amazed at how much you get back from it. You learn as much as you teach. You are encouraged as much as you encourage. I loved it. It was a part of me, but sometimes you just know when life is getting too complicated and you must choose between tasks.



BEAZ: How has Banner Boswell Medical Center's BBC changed since you first joined the group?

KP: I ran the BBC for over 30 years. It was already running when I took over. It was called "Huffers and Puffers" and was an educational hour. [That group] was followed by a true support group called "The Second Wind" which was led by one of the members just to share information and encourage each other.

BEAZ: What else would you like to share about your time with Banner Boswell Medical Center's BBC?

KP: It was hard to lose people, but so wonderful to have known them and learned from them. That was the part that took me the longest to adjust to. How do I tell everyone that someone is not coming back? Somehow the group consoled me by reacting bravely and knowing that it was a part of life. We have to accept it because we can't change it. We can only honor the person by remembering the good things they taught us or the good times we had with them.

Beverly Kramer is now the facilitator of Banner Boswell Medical Center's BBC. You can contact Beverly at 623.832.5390 or Beverly.Kramer@bannerhealth.com.

Better Breathers Clubs

I N F O R M A T I O N

Better Breathers Clubs offer the opportunity to learn ways to better cope with COPD while getting the support of others who share in your struggles. These support groups give you the tools you need to live the best quality of life you can. We hope to see you at a meeting this month.

BENSON

Benson Hospital
450 S Ocotillo Ave
Benson, AZ 85602
4th Wed. of the month; 10:00 – 11:00 am
Renee Haught, RRT — (520) 586-2261 ext. 252

CASA GRANDE

Banner Casa Grande
1800 E. Florence Blvd
Casa Grande, AZ 85122
3rd Thursday of the month; 10:00 – 11:00 am
Eddie Smith Jr., RRT— (520) 381-6330

COTTONWOOD

Verde Valley Medical Center
269 S Candy Ln
Cottonwood, AZ 86326
3rd Wednesday of every other month; 6:00 – 7:00 pm (Meetings in Dec., Feb., April)
Pamela Diffin, RCP — (928) 639-5391

FLAGSTAFF

Flagstaff Regional Medical Center - West Campus
Gold Room
1200 N Beaver St
Flagstaff, AZ 86001
3rd Thursday of every other month; 3:15 – 4:45 pm
Tara Shy, RRT-NPS, ACCS, CPFT — (928) 779-3366 x 13188

KINGMAN

Kingman Regional Medical Center, Cerbat Conference Room
3269 N Stockton Hill Rd
Kingman, AZ 86409
2nd Tues. of the month; 3:30 – 4:30 pm
Tina M. Tharp, RRT and Karen Daugherty, RRT— (928) 681-8555

LAKE HAVASU CITY

Mohave County Library, Lake Havasu City Branch, Administration Room
1770 McCulloch Blvd N
Lake Havasu City, AZ 86403
3rd Tuesday of every month; 1:00 – 2:00 pm
Dixie Velner — (928) 505-0926

PHOENIX METRO LOCATIONS

Banner Boswell
10503 W Thunderbird Rd, Suite 301, Education Room
Sun City, AZ 85351
Medical office building directly west of the main hospital
2nd Thurs. of every month; 1:30 – 3:00 pm
Beverly Kramer, RRT — (623) 832-5390

Banner Del E. Webb
The Colonnade Way in Sun City
19116 Colonnade Way
Surprise, AZ 85374
2nd Mon. of the month; 2:00 – 4:00 pm
Rochelle Swenson, RRT — (623) 524-4048

Beatitudes Campus
1610 W Glendale Ave
Phoenix, AZ 85021
2nd Mon. of the month; 4:00 – 5:00 pm
Barbara Carpenter – (602) 544-8593

Cancer Treatment Centers of America
14200 W Celebrate Life Way
Goodyear, AZ 85338
2nd Thurs. of the month; 6:30 – 7:30 pm
Betti Grab – (623) 207-3094

Chandler Regional Medical Center
Morrison Building, Conference Room #1
1955 W Frye Rd
Chandler, AZ 85224
3rd Wed. of the month; 2:00 – 3:00 pm
Mack Rector, RRT, CPFT – (480) 728-3256

GateWay Community College
Arizona Center for Chest Diseases
5090 N 40th St, Ste. 122
Phoenix, AZ 85018
3rd Thurs. of the month; 5:30—7:00 pm
Kathryn Patterson, BS, RRT – (602) 286-8507

HealthSouth Scottsdale
9630 E Shea Blvd
Scottsdale, AZ 85260
2nd Tues. of the month; 11:30 – 1:00 pm
Debra Knotts, RRT — (480) 551-5400, ext. 5488

HonorHealth John C. Lincoln North Mountain Hospital *(resumes in January)*
The Cowden Center
9202 N 2nd St
Phoenix, AZ 85020
4th Thurs. of the month; 1:30 – 3:00 pm
Michael Clark, RRT — (602) 870-6060, ext. 5793

Mayo Clinic Hospital
5777 E Mayo Blvd
Phoenix, AZ 85054
Room 1-212
2nd Wed. of the month; 10:30 – 11:30 am
Amelia Lowell, BS, RRT — (480) 342-2348

Tanner Terrace
7138 N 45th Ave
Glendale, AZ 85301
3rd Monday of the month; 1:00 – 2:00 pm
Gretchen Stanton, RRT – (602) 628-5800

PRESCOTT
Yavapai Regional Medical Center
Spruce Room
1003 Willow Creek
Prescott, AZ 86301
2nd Mon. of the month; 1:00 – 2:00 pm
Jennifer Smith, RRT — (928) 771-5264

TUCSON
The Forum
2500 N Rosemont Blvd
Tucson, AZ 85712
Last Monday of the month; 1:00-2:00 pm
Liesen Clemons – (520) 325-4800

Banner University Medical Center
1501 N Campbell Ave, Respiratory Science Building, Room 2343
Tucson, AZ 85724
3rd Wed. of the month; 3:00-4:30 pm
Linda Bohlin-Barber, RRT — (520) 694-0919

WICKENBURG
Wickenburg Community Hospital
520 Rose Ln
Wickenburg, AZ 85390
2nd Monday of the month; 2:00-3:00 pm
Stephen Bond, RCP — (928) 684-5421

Connect with Us



Visit Breathe Easy Arizona on Facebook at [Facebook.com/BreatheEasyAZ](https://www.facebook.com/BreatheEasyAZ) and “like” us to connect with Better Breathers Club members and facilitators in Arizona. We look forward to connecting with you!



Fall/Winter 2016-2017