



FEBRUARY 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)

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](#).

EVENTS

Join Us!



LEARN • SHARE • CARE

The **2017 LUNG FORCE Expo** is a great opportunity for patients and healthcare professionals to learn more about the latest trends, resources and research surrounding lung cancer and COPD. The one-day event features experts from a variety of lung health-related fields presenting on current research and hot topics, an exhibitor showcase and a chance for patients, caregivers and the local medical community to connect.

7 CEUs/CMEs have been applied for through NAHEC & AzSRC
 Oxygen Refills and wheelchairs will be available throughout the day*
 *(please bring your oxygen prescription with you on event day)

Saturday, March 25, 2017

Sheraton Mesa Hotel at Wrigleyville West

860 North Riverview | Mesa, AZ 85201

Professional Track	\$75/\$100 after 3/09/2017	7:30am – 4:00 pm
Patient Track	\$10	8:00pm – 2:00pm

Breakfast & Lunch Included

[Register Here](#)

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## **Leading-edge health info from leading experts.**

### **FREE Doc Talks**

These are free events. Please register at  
BannerHealth.com/DocTalk or 800-230-CARE (2273).

Appetizers and beverages will be provided.

**Take a deep breath: Is a cure for asthma on the horizon?**

**February 28 • 5:30 – 7:30 p.m.**

**Westin La Paloma**

**3800 E Sunrise Drive | Tucson, AZ 85718**

**Presented by Monica Kraft, MD**

- Who gets asthma, what are risk factors and what we can do
- Personalizing asthma treatment to ensure it will be effective

**Work being done by UA and Banner – University Medical Center to find a cure**

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Greetings Community Providers & Case Managers!

UnitedHealthcare is holding **free telephonic sessions for caregivers in English & Spanish.**

Are you, or someone you know, providing home care for a loved family member or friend?

If so, we'd like to invite you to join our comprehensive caregiver education sessions throughout the year! These sessions are free to the public. [Learn more](#)

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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, are held once per week, at convenient locations in Chandler, Gilbert, Tempe, Mesa and the surrounding communities.

NEWS

[New inhalers to treat lung diseases](#)

[Tool helps challenge the stigma of lung cancer](#)

[Researchers Hoping Valley Fever Vaccine Won't Just Go to the Dogs](#)

[UA doctors hold talks focusing on medical advancements](#)

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](#)

Community Partners

- [American Lung Association](#) – saving lives by improving lung health and preventing lung disease – HelpLine 800-LUNGUSA
- 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 [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 [Arizona Community Health Outreach Worker Network](#) (AzCHOW) has supported the sustainability of the CHW workforce in Arizona for over 20 years
- [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 [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.
- 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.
- 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.

