



JUNE 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)

Observances This Month

National Men's Health Week, June 12-18

[Quitting smoking essential for health.](#)

[American Lung Association encourages men to go smokefree during National Men's Health Week, offers proven effective quit smoking methods](#)

ANNOUNCEMENTS

Launch of the First-Ever COPD National Action Plan

On May 22, 2017, the National Heart, Lung, and Blood Institute (NHLBI) announced the first ever COPD National Action Plan. The American Lung Association served as a lead partner on the Action Plan. The plan was shared at the [American Thoracic Society annual conference](#) in Washington D.C. alongside the American Lung Association and stakeholder organizations, with key goals of the plan that include the call for greater public awareness of COPD risk factors, improved quality of care and increased research efforts surrounding chronic obstructive pulmonary disease (COPD). [For more on this announcement...](#)

[COPD National Action Plan Goals](#)

[COPD National Action Plan](#)

EVENTS

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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## 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](mailto:barbburk5@msn.com)

## NEWS

[Death Rate Drops for Americans Hospitalized With COPD](#)

[Did Arizona make the grade?](#)

[Current and Former Smokers: Eat Your Fruits and Vegetables](#)

[America's new tobacco crisis: The rich stopped smoking, the poor didn't](#)

## 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 Alphazonies 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 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!**

