

Summertime Breath Savers

Here in western Pennsylvania, it doesn't take long for Spring to quickly change into Summer. The hot, sticky, sometimes sizzling, days of summer can cause many breathing problems for COPD patients. To avoid them, think about keeping cool and relaxing when the humidity and temperature start to climb.

The ideal situation, of course, is to stay inside any air conditioned place. Air conditioning makes breathing easier by both cooling the air and helping to filter out pollens and other irritants that can aggravate a breathing problem.

If you don't have an air conditioner, use a fan while at home and plan to spend the hottest part of the really bad days at an air conditioned place such as a shopping mall or movie theater. (If your exercise routine includes walking, doing it on a hot day in the air conditioned comfort of a shopping mall solves two problems at once.)

Room air conditioners can also be purchased rather inexpensively these days, especially if you shop early. If you wait until the hottest days of July and August, most reasonably priced units are no longer in stock and only the "top of the line" ones (= most

expensive) are all that are available. Plan ahead... summer comes every year--- some hotter than others. If your family or friends can't decide what to buy you for your birthday or other gift-giving holiday, suggest an air conditioner or a gift certificate to a store that sells them. Even gift cards in small denominations add up and within no time you could accumulate \$100 or more to invest in a small room air conditioner. (See "Fan" Club on page 3)

If you already have an air conditioner, remember to clean the filter regularly as recommended by your service manual. Also remember to clean your car's air conditioner since it can become a source of mold and dust. To solve this particular problem, simply run your car

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Smooth Sailing

13th Annual Cruise for Respiratory Patients



**New England and Canada
aboard the Carnival Victory
from New York City
Saturday, September 29 -
Saturday, October 6, 2007**

Trip includes:

- 7 nights aboard the *Carnival Victory*
- 4 Ports of Call: Boston, MA; Portland, ME; St. John, NB; and Halifax, NS
- All on-board meals
- Shipboard gratuities (a \$70 value/person)
- Port and Departure taxes including security fees
- Oxygen and Equipment, if needed
- Educational seminars (optional)
- Volunteer Medical Staff
- All baggage handling

Inside stateroom (Category 4C) is \$1,199.00 per person/double occupancy (pp/do); Balcony/Oceanview stateroom (Category 8A) is \$1,399.00 pp/do. Oxygen, other respiratory equipment (except vents, BiPAP and CPAP), and standard wheelchairs will be provided free of charge. Trip cancellation insurance is offered and we strongly encourage you to enroll when you make your reservation to qualify for the waiver of the pre-existing medical conditions clause.

The above fares do **NOT** include roundtrip motorcoach transportation from Western Pennsylvania to New York City. Estimated cost for roundtrip ground transportation is \$125-\$150 per person, depending on the number of travelers from our area.

To receive a cruise packet, please call:

1-800-220-1990



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a/c for ten minutes once in a while when you're not in the car. Keep windows open allowing mold and dust to escape into the air. Another alternative would be to have your auto air conditioner cleaned by an authorized service center.

More cooling ideas...

- ▶ When it comes to clothes, think "light"-light weight...light colors.
- ▶ Bathing or showering cleans your pores so you can perspire freely. It's a great relaxer.
- ▶ Again, think "light" when eating. Eat salads or cool sandwiches. Fresh fruits and vegetables are cool and refreshing and won't heat up the kitchen.
- ▶ Try to drink at least six to eight glasses of water a day. Avoid carbonated beverages with high sugar content that will make you more thirsty and alcohol that will make you too warm.
- ▶ Dampen a wash cloth with cold water and apply it to your wrists and forehead as needed.
- ▶ Schedule housework or yard work early in the morning or in the evening. Take frequent breaks to cool off and avoid strenuous jobs.
- ▶ Placing a block of ice in front of a fan is another old trick that provides cooling breezes.
- ▶ Draw the curtains and pull the shades during the day to help keep the heat out. When you go out, wear a broad-brimmed hat or carry an umbrella to keep the sun off your head so you can really enjoy summer's weather!



Inspired, My Personal Asthma Journal

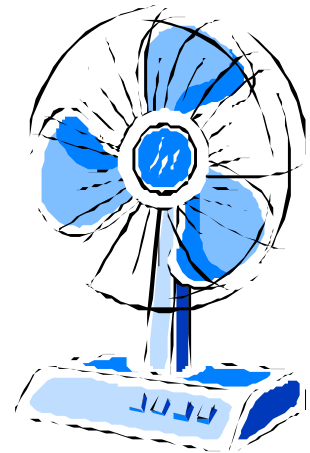
Whether you are newly diagnosed with asthma or have been dealing with it for many years, "Inspired" provides a simple, convenient way to track daily asthma triggers and symptoms. Produced by the American Respiratory Alliance, each 5"x7", spiral bound, 200-page journal has over 6 months of entry pages, and includes tips, facts, trivia, and product information for the individual with asthma.

Each journal is \$7.00. Order yours today. Please make checks payable to the ARA and send it to 201 Smith Drive, Ste. E, Cranberry Township, PA 16066, Attn: Inspired.



Start Your Own "Fan" Club

Sometimes it's difficult to ask your family and friends for help. This can be especially true when one of the things that could help you breathe easier is an expensive appliance such as a room air conditioner. Many people would find it difficult to spend a hundred dollars or more for a single gift. But collectively, many individuals contributing a small amount, can accomplish the same thing. That's where the "Fan" Club comes in! Make copies of the information below, and hand it out to family, friends, and anyone willing to help. Fill in the information necessary and before you know it, you'll be out purchasing your very own room air conditioner and you may even have enough for professional installation.



----- Cut here. Copy and hand out to potential "Fan" Club members! -----

Please Join My "Fan" Club

Please know that I always appreciate any gifts that you give me, but now I have a simple request. Become a member of my "Fan" Club and help me purchase an air conditioner that will allow me to breathe easier during the hot summer months. It's really very easy... anytime you want to buy me a little gift, whether it's for my birthday, Christmas, Hannukah, Mother's Day or Father's Day, or for no special reason at all... just buy a gift card or certificate in any denomination from my designated store (see below). They don't have to be for huge amounts, gifts of \$5 and \$10 can add up pretty quickly, especially when all my "Fan" club members pitch in. Before you know it, I'll be able to purchase an air conditioner that suits my needs, and breathe a little easier thanks to all of you.

I prefer gift cards/certificates from: _____

Thank You!

Inhaler Madness

Word Search Puzzle

A T S Y Z G Y L G F A N H N T W F T
W L B H U T R O C L A S A N R L R I
W F B D K P N O W T M Z X N O N D L
S A L U U L M R N R A V Q V C G S A
Q I Z P T B W E C X M X E B O L B D
U T I M I E V V N D E N S N N F M E
V K D V A O R J J I T N G K I I H H
F J E X R C R O X B C P E R H V Z O
Q N L T C G O S L O J U M P R L P P
T A A I Q O F R A R O L V A O K I F
S H W F T D Z F T E F M E K X X M I
X S D U O N E B C A A I N U U A N E
L Y G Y P J E R C E M C T W C T I R
T H G S E R E V E N T O O R A X I R
L I D A R O F K O H R R L L Y A P Z
C N M T P R M V V R D T I X V G K V
R X B O S B S F E W P H N D V J J N

ADVAIR
AEROBID
ALBUTEROL
ATROVENT
AZMACORT
COMBIVENT
DUONEB
FLOVENT
FORADIL
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MAXAIR
NASALCORT
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