

B R E A T H E
PENNSYLVANIA

Fresh Air

A newsletter for Breathe PA's supporters and friends



From the Executive Director Mr. John P. Rupp:

Fall is upon us, and along with the change in season comes a need for increased lung disease awareness. The quickly changing temperatures can create dangerous situations for those living with a respiratory diagnosis. As you will read on inside, there are precautions you can take to protect yourself from unnecessary COPD exacerbations or ER visits for asthma flare-ups. Being aware is one of the best lines of defense you can have in your effort to properly manage your disease.

If you are heading back to school, as a student or teacher, there are many resources Breathe Pennsylvania provides to help make the transition a smooth one. If you have not had the opportunity to have one of our asthma education programs introduced to your school district, let us know. We also work with school nurses to provide each district in our service area with emergency rescue inhalers and nebulizers for their asthmatic students.

Starting in November, our cold weather masks for COPD patients will be available. The simple, foam mask has been a Breathe Pennsylvania staple for over 30 years. The mask works as a barrier against the cold air, working to warm the air before it enters your lungs, to avoid a potential COPD flare-up. Read on inside for more information, and please do not hesitate to contact our Clinical Director, Marianne Drevna, BS, LRCP with any lung disease questions at 724-772-1750.

Just as we gear up for another season of programming and services to our community, we are also kicking off our annual fundraising campaign. Your donation will help us to continue to advance our 110 year mission of providing our 10-county service area of *Allegheny, Armstrong, Beaver Butler, Fayette, Greene, Indiana, Lawrence, Washington, and Westmoreland counties* with lung disease education, programming and assistance.

We work every day to help our community breathe smarter, not harder. Be a partner with us this year!

Camp Huff-n-Puff celebrates 30 years



The 30th annual Breathe Pennsylvania Camp Huff-n-Puff was held this past August at Jumonville Conference and Retreat Center in Hopwood, PA. Forty campers and counselors spent four fun-filled days partaking in traditional summer camp fun such as rock-climbing, archery, swimming, gaga ball, 9 square, s'mores, soccer, and so much more! What makes Camp Huff-n-Puff so special is that amongst all the traditional fun, campers receive asthma education as well as constant monitoring by the volunteer medical staff. This year, we were honored to have 18 medical professionals donate their personal time and efforts to make the camp a success. The camp's mission is to provide a traditional summer camp

experience to children ages 8-13 with an asthma diagnosis.

We could not do so without help from the following:

Blackburn's Physician Pharmacy; Don Shaw, Director of Materials Management at Washington Health System; Stacey Edwards, RD, LDN, CNSC, Jamie Gilbert, RD, LDN Hometown Medical Equipment; Giant Eagle (Monroeville); and The Pittsburgh Passion.

Thank you to our medical volunteer staff:

Dr. Robert Allison

Dr. Josh Ferrell

Dr. Charles Koliner-Camp Medical Director

Dr. Mark Mamros

Dr. Kunar Patel

Dr. T. Grant Phillips

Joe Barkovich, RN

Lisa Hershelman, RRT-NPSM CPFT

Adam Kufen, RN

Rose Lanzo, RRT

Kira Lee, CRT

Katie Papuga, NREMT-P

Angelique Richards, RRT

Heather Strope, MSN, RN

Stay tuned for more information about the 31st annual Camp Huff-n-Puff to be held in August 2015. Visit our Flickr page to see more photos from camp!



Patient Assistance Update

Through August 2014, Breathe Pennsylvania provided 350 single unit air conditioners to qualifying individuals and families in our 10 county service area. With monetary and delivery donations from Lowes (McCandless Crossing) and The Home Depot (Cranberry Twp.) we were able to double our patient assistance program this past year.

The air conditioning units are made

available on a first-come, first-serve basis to financially qualifying individuals with a verified respiratory diagnosis and no in-home air conditioning.

The purpose of providing this type of support is to ensure that the recipient has a cool, personal space to reside in when the heat and humidity peak during the summer.

Most recipients use the single room unit in their bedroom or common living space. Past survey results have shown

that the assistance has reduced COPD and asthma symptoms, ER visits and improved quality of life.

In addition to air conditioners, Breathe PA provides nebulizers and medication to qualifying individuals who are referred to our organization by a verified agency. If you would like more information on how to obtain assistance, or if you would like to make a donation to help a local resident in need, please visit us at breathepa.org or call 724-772-1750.

MANAGING ASTHMA IN SCHOOLS

As a parent, having a child with asthma can be worrying enough when you are around to help them control it, but what about when they head off to school? It's important that school officials, from nurses to teachers, are actively involved in helping students with asthma live their best life. Without this involvement, asthma can, and will, continue to be one of the leading causes of missed school days, with over 14 million each year.

Here's a few things you can do to keep your child safe and healthy at school:

Provide your child's school with an asthma action plan developed by their physician. This plan will include:

- A list of medications the child takes, noting times and doses
- A list of asthma triggers
- A plan of action for an asthma episode, as well as how to monitor the child's peak flow
- Emergency procedures and phone numbers

Teachers and other staff should be kept up-to-date on your child's condition and they can also help you be on the lookout for changes in your child's asthma.

HOW TO: EXERCISE DURING FALL/WINTER MONTHS

Strenuous exercise is a common trigger that can exacerbate symptoms in many asthmatics or COPD patients – Add to that the dry, cold air of fall/winter months that can constrict airways and make breathing difficult, and it seems nearly impossible to keep up with a fitness routine once daylight savings time ends.

Fortunately, even if you do suffer from a chronic lung disease like COPD or asthma, you still have options for staying in shape once the temperatures drop.

Make sure symptoms are properly controlled. Before you begin any fitness routine or exercise regimen, it's important to talk with your doctor and take steps to make sure that your symptoms are being properly managed.

Avoid outdoor, cold-weather sports like skiing, snowboarding or ice skating. While these activities are

Depending on school rules and the age of your child, giving your child the responsibility to self-administer their medication may be a good idea if they are educated properly about their asthma.

Talk with teachers about concerns for triggers in the classroom – chalk dust, dust mites, open windows letting pollen in, etc. Working with your child's teacher and other appropriate staff members can help alleviate some of these triggers.

Ensure that physical education (PE) teachers/coaches understand the risk of exercise-induced asthma and how to properly manage your child's asthma. Modifying activities if necessary, keeping an eye out for warning signs, yet still encouraging them to participate as long as their asthma is controlled will be important for PE teachers.

It may be wise to also work out a procedure with your child's teachers for dealing with any schoolwork that may be missed as a result of unplanned asthma-related absences.

With assistance from the school, proper care and precautions, your child will be able to fully participate in school, gaining valuable knowledge and life skills.

If you are interested in having Breathe Pennsylvania work with your school or district, please contact Jeannie Simms, Director of Field Service at 724-772-1750 or visit our website at breathepa.org for more information.

great cardiovascular workouts, the exposure to the cold air could cause symptoms to flare up.

Ensure that your inhalers are always kept warm to avoid a cold air spray.

Be sure to sufficiently warm up and cool down by stretching and walking to give your lungs a chance to adjust.

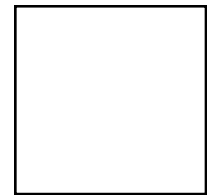
Drink plenty of liquids, especially water, before, during and after a work out to keep airways from becoming dry.

Stick to indoor exercises when temperatures drop – Take a yoga or Pilates class, or give water aerobics a try to switch up your routine!

The best way to stay in shape and keep up with your exercise routine during the winter months is to take it slow. Use your bronchodilator inhaler, like albuterol, 20 minutes before you begin exercising to keep symptoms at bay and always make sure you have your rescue inhaler nearby in the event of a flare-up.



Cranberry Professional Park
201 Smith Drive, Suite E
Cranberry Twp, PA 16066



Back to school time is here!

If you are interested in having a Breathe Pennsylvania asthma education program in your school, contact Jeannie Simms, Director of Field Services at 724-772-1750.

Please visit our website for an asthma action profile, asthma tool kit request form or asthma checklist if you are heading off to college this fall. Also, check out our How To videos on our YouTube channel.



Breathe PA's asthma education at Bon Air Elementary.

Mark your calendars to order your cold weather mask!

Before the winter hits, be prepared and order your cold weather mask starting November 3, 2014. The soft, foam masks are free to residents with a respiratory diagnosis that live within our 10-county service area. Masks are \$5.00 if you live outside the service area. Bulk ordering is also available.

Cold weather masks can be ordered through our online store at www.store.breathepa.org or by calling 1-800-220-1990.