

Challenge

Summer 2007

In This Issue

- 2 *Message from the CEO*
- 3 *Parents Have New Resource to Help Teens Quit Smoking*
- 4 *Interactions Q&A*
- 5 *Innovative Program Teaches Students Basics of Asthma*
- 6 *New Grants Fund Community Projects*
- 7 *RHAMC Cleans Up Local Diesel School Buses*



Join us on September 23!
See page 2.



Hustle Up the Hancock
See page 8 for registration dates

Behind Our New Name

Drive by our offices at the corner of Washington Blvd. and Ogden Ave. and you'll notice quite a change. Building signs and street banners display a fresh new name and logo—Respiratory Health Association of Metropolitan Chicago.

Inside, you'll notice an air of excitement and a buzz of activity, as a staff of 40 or so health professionals confer with community partners, develop new programs, teach classes and otherwise work to protect the lungs of eight million people in our six-county metropolitan area.

You can read more about the reasons for our name change in CEO Joel Africk's letter on page two, but you may be asking, what does the transition mean to our donors, volunteers and partners?

In a sentence, we're improving and expanding our lung health programs with a goal of better meeting the diverse lung health needs of area residents. The excitement comes from our ability to scour the country in search of the best, most successful programs to help people break their smoking addiction. We're excited about incorporating new research into presentations to better inform schoolchildren about the hazards of tobacco. And as you'll read in an adjacent story, we are proud of the new educational material we're creating to help children and teenagers better manage their asthma.



Message from the CEO

JOEL J. AFRICK
President & Chief Executive Officer

With this issue of *Challenge*, we want to welcome you to Respiratory Health Association of Metropolitan Chicago. On July 1, we ended our affiliation with American Lung Association and changed our name to Respiratory Health Association of Metropolitan Chicago.

This decision by our board of directors to end our affiliation with American Lung Association was unanimous, and was prompted by ALA's recent efforts to regionalize all of its local Lung Association offices into large multi-state regions. Simply stated, we don't think that is the best way to fight lung disease.

Our successes in metropolitan Chicago have come from *local initiatives* such as our project addressing childhood asthma in Chicago's Englewood neighborhood, our work with local communities and the Chicago City Council to pass local smoke-free ordinances throughout Cook County,

culminating in the passage of Smoke-free Illinois, and our successful efforts to raise funds for lung cancer research at the Cancer Research Center at the University of Chicago. Each of those accomplishments was made possible through local community efforts and local governance by our volunteer board of directors. That is the formula that has worked for us for 101 years.

In this issue of *Challenge* and in future issues, you will learn about some exciting programs we will continue to offer, including our local programming for COPD patients, which has been a model for the nation, and our popular Catch Your Breath® Women's Lung Health Initiative. You also will read about our Hustle Up the Hancock stair climb and our CowaLUNGa bike tour, two local

events we will continue to offer, which together have raised almost \$4 million for our work in metropolitan Chicago.

Finally, you also will read about some new asthma and tobacco cessation programs we will offer. As an independent organization, we are now free to choose from among the best programs in the nation—or to develop our own programs that best meet the needs of metropolitan Chicagoans.

None of this would be possible without the support of our volunteers, donors, and community partners. Thank you for your support.

Joel Africk
President and Chief Executive Officer



Join Us For the First Hike For Lung Health

The first annual Hike for Lung Health will kick off at 10 am on Sunday, September 23rd to raise funds and awareness to fight lung disease. This Hike is a family-friendly, walk hosted by Respiratory Health Association of Metropolitan Chicago and a group of community charity partners united by their dedication to fighting chronic lung disease.

The Hike will be held along Chicago's lakefront at Montrose Harbor and in Palatine at the Deer Grove Forest Preserve. Each walk site will include food, music and other entertainment for families, exhibit space for sponsors and walk teams, and a healthy dose of mission. Paths for one-mile and three-mile walks will be marked.

This year's event is expected to attract 2,500 participants for a fun-filled day of activity.

Proceeds from the Hike for Lung Health will support lung disease research and educational programs. Funds raised will benefit all participating charity partners and their missions. This year's goal is to raise \$200,000.

To support the event or to sign up now, please visit www.lungchicago.org. Registration is only \$10!



Parents Have New Resource to Help Teens Quit Smoking

416,000 teens in the United States start smoking every year and of those, one-third will eventually die of a tobacco-related illness. For most parents of teens who smoke, it's a terrifying statistic.

Respiratory Health Association can be a valuable resource in helping teens quit smoking. This fall, we are offering a new program specifically designed to help teens quit smoking. *Project Ex*, developed by University of Southern California, is a six-week, school-based tobacco cessation program for high school youths ages 14-19. It incorporates group activities like mock talk shows and yoga to teach mood management and ultimately build self-esteem.

"This program is effective because it addresses the issues that make it hard for teens to quit—peer pressure and stress," explains Stacy Ignoffo, RHAMC Director of Medical Education. "Teens cannot participate in an adult cessation program and expect success. Nicotine replacement therapy, for example, is not permitted for people under 18 years of age. This program has been evaluated and is effective in helping teens quit smoking," she added.

If you would like more information on getting *Project Ex* implemented in your child's high school, contact Stacy Ignoffo at (312) 628-0205.

RHAMC publishes a complete list of quit smoking tips for people of all ages. Visit www.lungchicago.org and click on "Resources" for more information.



In the News

Global Warming May Contribute to Asthma Epidemic

A recent report states that higher temperatures and increased carbon dioxide levels due to climate change may increase the amount of pollen, which is a known allergy and asthma trigger. Ragweed planted in an urban, polluted environment produced five times the pollen of rural plants and was more toxic. Experts call for more research and believe the link between climate change and asthma is multi-layered.

Report published in August by Intergovernmental Panel on Climate Change

Study Finds Link Between Cured Meats and Lung Damage

Research shows that people who eat cured pork products at least 14 times a month are nearly twice as likely to develop lung disease than those who never eat them. Researchers believe that nitrates, which are used to cure meat, can cause lung damage resembling emphysema.

Information on this study can be found in American Journal of Respiratory and Critical Care Medicine

Estrogen May Play Role in Lung Cancer Survival

Researchers found that post-menopausal women with lung cancer live longer than men the same age and believe that estrogen levels may be the reason. Studies suggest that the less estrogen the body produces in comparison to its normal level, the better it responds to chemotherapy. While this finding is an exciting development for women with lung cancer, it could also impact treatment for men. Men's bodies naturally produce small amounts of estrogen.

Data presented at June meeting of American Society of Clinical Oncology

For more information, please email Meghan Mahan at mmahan@lungchicago.org.

Interactions Q&A

WITH JOE WISHNOFF

RHAMC Volunteer, Age 28, IPF patient

Young Man Fights Rare Lung Disease with Determination and Courage



What is IPF?

Idiopathic pulmonary fibrosis is a lung disease where the lung tissue prematurely scars and ages. It is called 'idiopathic', because they have no idea where it comes from.

What were your initial symptoms?

My fighting partner flipped me in martial arts class. She was a nurse and noticed that my fingernails were blue and said that I should go to the doctor, and that's when I found out.

Are there treatment options?

My case is pretty severe, and the available medicines wouldn't do anything for me.

How did you feel when you first learned you had it?

I was pretty depressed and closed off to people. My disease doesn't normally occur

in people my age. So, when I want to relate to someone my options are pretty limited.

How has IPF changed your life?

I carry oxygen with me at all times. My lung capacity is 30 percent, which would be unbearable for someone twice my age. But I haven't slowed down. I still go to school and work everyday and I stay active.

What are your biggest fears concerning this disease?

I have to get a lung transplant. When that happens, I may have one day, one year, or ten years. I just don't know.

Where do you find your inspiration to fight this disease?

I can't let this diagnosis stop me from pursuing my goals. I need to be able to look back on my time and know that I did everything I wanted. No regrets.

If you would like more information on IPF, visit www.lungchicago.org and click on "Resources."

GET THE LATEST NEWS & INFORMATION ABOUT CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

To sign up for RHAMC's free quarterly *Inspiration* newsletter, contact Kristen Donnelly at kdonnelly@lungchicago.org

Inspiration
Summer 2017
A newsletter for people with COPD and those who love them

RESPIRATORY HEALTH ASSOCIATION
of Metropolitan Chicago

Eating Better to Feel Better

How can you eat better? Try these tips:

- Eat a variety. Lean meats, vegetables, fish and grains can be easy to prepare and delicious without adding empty calories, cholesterol or salt.
- Drink plenty of fluids. Avoid caffeine and alcohol, as they can dehydrate and interfere with medications.
- To save money, buy store brands and products on sale. In-season produce can be very economical.
- Plan meals in advance to make shopping easier. You'll have everything you need when it's time to cook.
- Make double batches and freeze leftovers so your efforts go further.
- Limit salt, as it can make you retain water and make breathing more difficult. Use herbs or salt-free seasonings instead.
- Don't overeat, and avoid foods that cause bloating such as soda, fried or spicy foods, and some vegetables including beans, broccoli, cabbage and onions. Gas can make breathing difficult.
- If you use oxygen, wear your cannula while eating. Eating and digestion use energy, and your body needs the extra oxygen.

When you are managing COPD, food can make a difference. Food is your fuel—eating well gives you more energy for everything from breathing to exercise, helps you maintain a healthy weight and aids in fighting infection.

When you have COPD, it takes ten times as many calories just to power your breathing. If you're underweight or undereating, you may feel too tired to do much of anything. Your doctor can help determine how many calories you need every day.

TABLE OF CONTENTS

- 1 Inspirations from the Editor
- 2 Safe, Simple Cleaning
- 3 Patient's Perspective
- 4 Ask the Doctor
- 5 Knowing How To Exercise
- 6 Advances & Updates

Innovative Program Teaches Students Basics of Asthma

Amanda Defilippo, a 15-year-old sophomore at Taft High School, never imagined she'd be a role model for students nationwide. But Amanda is one of sixteen students who are the models featured in a new, innovative asthma program, *Fight Asthma Now!* (or simply *FAN!*), developed by Respiratory Health Association of Metropolitan Chicago.

Photographs of the local area students—many of whom have asthma—are featured in the *FAN!* program workbooks to help demonstrate the proper way to use asthma inhalers, asthma spacer devices and other asthma equipment.

The *FAN!* program is available for two age groups: pre-teens and teenagers, and is available in English and Spanish. *The FAN!* program will be used by asthma educators in the Chicago area, and eventually around the country, to help school children better control their asthma.

"We're proud of this program," said Maureen Damitz, Director of Community Education. "This is the first asthma education program to target urban teens and pre-teens."

"Plus, the models are real kids," said Damitz. "They truly represent the culture and diversity found in Chicago and other urban areas."

Starting in September the Association will offer one-hour asthma education classes in asthma management to all public and private schools in metropolitan Chicago. RHAMC will also provide free training in August for educators.

FAN! was reviewed by a medical advisory panel of pediatricians, asthma educators and respiratory therapists, and it has been tested extensively. The development of the program was underwritten by a grant from the Chicago Asthma Consortium.

For more information or to schedule a *FAN!* class for your school, contact Maureen Damitz or Lilliana DeSantiago at (312) 243-2000.



COPD Social Event a Record Breaking Success

Nearly 500 COPD patients cruised Lake Michigan this June for a fun afternoon of lunch and entertainment as part of the COPD Social Event organized by RHAMC's COPD Initiative. The annual event brings people living with COPD together from throughout Illinois to enjoy a day on Lake Michigan and share experiences with other COPD patients.

For more information on the COPD Initiative or to learn about the upcoming Respiratory Rally for COPD patients on November 13, visit www.copdchicago.org or call Kristen Donnelly at (312) 628-0227.



A second boat was required to accommodate patients from 26 different pulmonary rehab programs throughout Illinois.



Gail Harris, Samuel Donner, Loretta Odom and Charles Collins (from left) enjoy the view from aboard the *Odyssey* cruise ship at Navy Pier.



Mt. Prospect resident Donna Edmonds chats with celebrity emcee, Rob Johnson of CBS2 Chicago.

RHAMC Welcomes a New Board Member

RHAMC would like to welcome the newest member of our Board of Directors and thank him for joining us in the fight against lung disease.

Robert Cohen, MD
John H. Stroger Jr. Hospital
of Cook County

Thank you!

Thank you to a few of our recent partners, donors and sponsors. Your generosity helps Chicago breathe easier.

Baxter
The Boydston Family
Clif Bar
Drs. David and Christina Cugell
Exelon
Gurnee Mills
Michael Hawes and Friends, in memory of
Barbara Hawes
Hilton Suites Chicago Magnificent Mile
The Levenstam Family and Friends, in memory
of Seymour Levenstam
Matthew Riccio and Friends
The Skagerberg Family
Stewarts Private Blend Foods
Whole Foods

Flu season is approaching.



Make sure you and your family are protected. Call 311 for flu vaccine sites in your community.

New Grants Fund Community Projects

The Chicago Community Trust recently approved an expansion of our *Asthma Friendly Child Care* project to help caregivers provide an asthma-friendly environment for children ages 3-5 years through staff education and on-site assistance. Partner agencies will adopt asthma-friendly policies and utilize web-based tools for improving agency compliance with asthma-friendly standards.

GlaxoSmithKline funded a program to allow RHAMC to prepare business leaders for dealing with a pandemic influenza outbreak. Executives from major Chicago corporations discussed the health impact and recommended strategies for addressing pandemic flu. Special thanks to Navigant Consulting for coordinating the business roundtable.

Grand Victoria Foundation is supporting our *Metropolitan Chicago Rail Yard Clean Diesel Survey and Awareness Effort*. The project includes a survey of switcher locomotives operating in metropolitan Chicago, including which of these engines are currently equipped with anti-idling devices or plan to add them in the near future. A report of findings and recommendations will follow.

Otho S.A. Sprague Memorial Institute has renewed its funding commitment for the Respiratory Health Association's Stakeholders Collaboration to Improve Student Health, which convenes 300 nonprofit organizations that provide health services to Chicago Public Schools, links them with individual schools and advocates for school health policy improvements.

Otho S.A. Sprague Memorial Institute also has announced funding for a new pilot project: *Planning for Action on Asthma and Other Health Disparities in Humboldt Park*. The project will include delivery of bilingual asthma and smoking cessation education to patients and caregivers in Humboldt Park.

Lung Health Hero: Mary Lyman of Wilmette

If the path to a smoke-free Illinois were a line of dominoes, one could say Mary Lyman pushed over one of the first pieces.

Mary, a RHAMC volunteer and Wilmette resident, was one of the driving forces behind passage of Wilmette's 2003 comprehensive smoke-free law, which became a model for smoke-free campaigns statewide.

She tirelessly collected petition signatures, hosted meetings, testified at hearings, sent letters to the newspaper, distributed flyers, recruited volunteers and delivered yard signs. She did all this with a mix of passion and humor that kept other volunteers engaged and entertained, and village trustees aware and informed.

Following passage of the Wilmette legislation, she didn't stop. She could be found testifying at a hearing in Oak Park or button-holing Chicago aldermen.

Mary, we salute you, and appreciate your time, talent and, of course, your boundless energy! It was instrumental in one of Illinois' greatest public health victories—going smoke-free as of January 1, 2008.



Lyman (left) collects signatures for Smoke-free Wilmette in 2003.



RHAMC Cleans Up Local Diesel School Buses

More than 6,000 local students will breathe easier this school year because of an RHAMC-led coalition called the *Greater Metropolitan Chicago School Bus Project*. Funded by a grant from the Environmental Protection Agency, RHAMC, in partnership with four public school districts in Lake County, IL and Jones School Bus Service, will retrofit 43 school buses with pollution control technology to reduce diesel pollution both inside the cabin and outside the bus.

“This is an exciting and important project,” says Brian Urbaszewski, RHAMC Director of Environmental Health Programs. “We will virtually eliminate the students’ exposure to diesel pollution while riding the bus.” A recent study found that school children receive greater exposure to particulate matter pollution during their ride to and from school each day than the average person receives during an entire day.

In Illinois, fine particles from diesel emissions cause 878 deaths per year. In Lake County alone, over 17,000 children have asthma and nearly 900 asthma attacks are attributable to diesel soot annually.

The *Greater Metropolitan Chicago School Bus Project* also includes working with Lake County school administrators to implement an existing no-idling policy. “By educating parents, staff and bus drivers on the dangers of diesel pollution, this project will have a long-lasting impact on lung health,” states Urbaszewski.

To learn more about RHAMC’s efforts to limit diesel pollution, visit lungchicago.org and click on “Policy.” You will find facts sheets on diesel and lung health, and learn how you can get involved in RHAMC’s Clean Diesel Campaign.

Donate Now to Make a Difference

Margaret Mead once said, “Never doubt that a small group of thoughtful committed citizens can change the world.” RHAMC’s supporters include patients and caregivers, children and seniors, medical and business professionals. Although they represent different walks of life, all of these people share a common bond. They have been touched by our mission or community programs, and they have chosen to make a difference.

As we launch new programs this fall, and continue our outreach as Chicago’s lung health leader, we will: support research projects at local hospitals and universities; teach asthma management skills to children and caregivers; empower COPD patients to cope with the stigma of their irreversible disease; and convene key stakeholders to address barriers to care and influence policy decisions to improve indoor and outdoor air quality.

Please consider how you can contribute to our mission: You can donate online at www.lungchicago.org. Or, you can call Lysette at (312) 628-0226 to donate by phone. For your convenience, this newsletter also includes an envelope in which you can mail your gift.

Other creative ways to give include memorial and tribute gifts, workplace gifts, matching gifts, benefactor events, appreciated stocks and securities and estate gifts

Contact the Development Department at (312) 243-2000 to learn more about these options. However you choose to contribute, your gift makes a difference! Thank you.

NEW NAME (from p. 1)

Chicago is a patchwork of neighborhoods that vary dramatically by income, education, ethnicity and access to healthcare. Each has a different lung health profile. In some areas asthma rates are extremely high and access to care is low, in other neighborhoods asthma rates are low but COPD is a significant challenge. Our intimate knowledge of our community means we can create effective programs and services that would be difficult for large regional associations to duplicate.

Although we're refocusing programs, our vision hasn't changed. We remain committed to finding a cure for lung cancer, researching new treatments for COPD, exploring better techniques for asthma management and cleaning up polluted air.

What's in it for you? Healthier lungs and a healthier community.

We've been Chicago's lung health leader since 1906 and that's not going to change.

Mark Your Calendars

Now through September 2008

Chicago Thoracic Society is hosting a scientific lecture series on topics like COPD and lung cancer. For more information, visit www.lungchicago.org or call Barbara Sudzus at (312) 628-0218.

September 23, 2007

Hike for Lung Health

Gather your friends and family for the Hike for Lung Health to support the fight against lung disease. The walk features a one-mile and three-mile path along Chicago's lakefront and in Palatine at Deer Grove along with a family funfest. For more information and registration, visit www.lungchicago.org or contact Stephanie Russell at (312) 628-0223.

November 1-2, 2007

Asthma Educator Workshop

If you are a healthcare professional preparing for the asthma educator certification (AE-C) exam, don't miss this two-day workshop based on current

NIH guidelines and AE-C content outline. This course is sponsored by RHAMC and its Nursing Assembly. For more information and registration, contact Jeanine Solinski at (312) 628-0235.

November 13, 2007

Respiratory Rally

Join us for the Respiratory Rally for COPD patients, their families and caregivers. Education sessions focus on aspects of living well with COPD and exhibits feature cutting-edge health technology. For more information, visit www.copdchicago.org or contact Kristen Donnelly at (312) 628-0227.

Save the Date—February 24, 2008

Hustle Up the Hancock Chicago's World-Class Stair Climb

Early registration opens on October 1 for Lung Health Champions, who agree to raise at least \$1,000 in pledges. General registration opens on November 1. For more information, visit www.lungchicago.org and click on "Events."

Challenge

Challenge is published by the Respiratory Health Association of Metropolitan Chicago, 1440 W. Washington Blvd., Chicago, Illinois 60607 312.243.2000 www.lungchicago.org

Board Chair

Douglas A. Graham

President & Chief Executive Officer

Joel J. Africk

Deputy Executive Director/Marketing

Kevin B. Tynan

Manager of Communications

Meghan Mahan

Please direct all comments and questions concerning this publication to Meghan Mahan at mmahan@lungchicago.org. We welcome your feedback.

Graphic Design: Allegro Design Inc.

Photography: David Larson, various



RESPIRATORY HEALTH ASSOCIATION™
of Metropolitan Chicago

1440 W. Washington Blvd.
Chicago, IL 60607

Non Profit Organization
U.S. Postage

PAID

Chicago, IL 60607
Permit No. 2302



Printed on 100%
recycled paper

Chicago's Lung Health Leader Since 1906