

Challenge

Winter 2007

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From left: Joel Africk, CEO, Respiratory Health Association, Cook County Commissioner Mike Quigley, Chicago Alderman Ed Smith, and restaurateurs Ina Pinkney and Dan Rosenthal celebrate the passage of Smoke-free IL.

January 1 to Ring In Smoke-Free New Year

Illinois can't lay claim to being the first state in the country to adopt smoke-free legislation—we are number 22—but on January 1, 2008, when the law goes into effect, we can boast of having one of the nation's strongest laws on the books.

"Our legislation offers greater protection from secondhand smoke than any other state in the country," said Matt Maloney, Director of Health Policy for Respiratory Health Association of Metropolitan Chicago. "Regardless of where you work, you are protected. This includes offices, casinos, bars, prisons, and factories." California's lung cancer rates dropped 19% during the ten-year period following enactment of a state law. New York City, which passed legislation in 2003, attributes decline of 8% in hospitalizations for heart attacks to the passage of its smoke-free law.

Maloney advises caution however, as special interests seek exemptions. "The minute the law passed, opponents started working to carve out exceptions and water down the legislation," said Maloney. "If we want to remain a strong smoke-free state, we must support the legislation."

Maloney suggests that our volunteers make thank you calls to their elected officials.

And finally, encourage friends to make calls, too. The more calls they receive, the more resistant legislators will be to make exceptions.

Association staff and volunteers have worked toward this history-making moment for more than twenty years. Dr. Diana Hackbarth, a former Board Chair of RHAMC, remembers

2008 CHICAGO AUTO SHOW'S
First Look
for Charity

February 7, 2008

hustle
up the
hancock
Chicago's World Class Stair Climb

February 24, 2008!



Message from the CEO

JOEL J. AFRICK
President & Chief Executive Officer

The past year has been a year of great accomplishment and change at Respiratory Health Association of Metropolitan Chicago. The biggest highlight was the passage of a statewide Smoke-free Illinois law that makes Illinois the 22nd state to prohibit smoking in workplaces, including our restaurants, bars, and sports arenas. As a Chicago lung cancer doctor told one of our volunteers, the people who made Illinois smoke-free saved more lives than any one doctor could in an entire career. Congratulations and thanks to our supporters who made that victory possible. We share this victory with all of you.

The biggest change this year has been our new name. For almost 15 years we were known as American Lung Association of Metropolitan Chicago. Before that, we were Chicago Lung Association. On July 1, we ended our affiliation with American Lung Association and became a

locally-focused independent lung health charity. Although it has taken some time for us to get accustomed to our new name, we haven't missed a beat in serving our mission of promoting healthy lungs and fighting lung disease. In fact, in our first few months as an independent organization, we were awarded a contract with the Centers for Disease Control for tuberculosis research, a grant from the Aetna Foundation to work on lung cancer prevention in Chicago's Hispanic Community, a grant from the VNA Foundation to provide flu shots to underserved populations, plus support from many other individuals and organizations throughout metropolitan Chicago.

We also launched a new research funding partnership with the prestigious American Thoracic Society, and we have developed important partnerships with lung health organizations around the United States. Needless to say, we are excited and energized about our future.

Special thanks are due to our board of directors and all of the volunteers who breathe life into our organization. We are fortunate to have your support and commitment to the fight against lung disease. Thanks to all of you.

Joel Africk
President and Chief Executive Officer

Aunt Myrtle Keeps Him Hustling Up the Hancock



When Scott Kargol (left) sits down to play cards with his family on Saturday nights, he thinks of his Aunt Myrtle. She hosted family game nights at her home in Wrigleyville for decades before passing away from lung cancer in February 2005.

"She was the heart of our family—a warm, wonderful grandmother," said Scott. "I honor her memory when I participate in Hustle Up the Hancock, which falls near the anniversary of her death."

On February 24, Scott will join 4,000 climbers racing 94 floors to the top of the John Hancock Center. Chicago's most popular stair climb was founded by Respiratory Health Association of Metropolitan Chicago ten years ago, and is one of our major fundraising endeavors. As a lung health champion, Scott has committed to raising \$1,000 for lung disease research and education. A third-year climber, Scott's goal is to raise over \$3,000 through the support of his family and co-workers at O'Hare Airport. The hardest part of Hustle Up the Hancock is not fundraising, the months of training at the gym, or even the 94 floor climb itself. "The most difficult part," Kargol says, "is the overwhelming emotion the event brings up."

When his muscles tighten and he has 20 flights to go, he takes a picture of Aunt Myrtle out of his pocket to remind himself why he is climbing. "After that, I climb stronger and faster," he declares. "And when I reach the top, my family is there cheering for me."

The 2008 Hustle Up the Hancock full climb sold out in less than an hour in early November, but there are still openings in the 52-story half climb, and there are still some spots available in the full and half climbs for lung health champions, those who agree to raise \$1,000 for our lung disease research and programs. Please visit www.lungchicago.org for more information.

Englewood Groups and RHAMC Launch Asthma Education Campaign

Black children are five times more likely to die from asthma than white children and nearly three times as likely to visit an emergency room. That disparity has prompted Englewood community groups and Respiratory Health Association of Metropolitan Chicago to launch a radio, TV and billboard campaign to publicize asthma symptoms and encourage visits to healthcare providers.

The campaign started in early November with public service announcements on Chicago radio and TV stations and billboards in Englewood, in addition to TV news coverage.

“Asthma hits the African American community particularly hard,” says Dr. Stephanie Whyte, the campaign spokesperson and a pediatrician with Mobile C.A.R.E. Foundation, one of our partners. “But until caregivers recognize the symptoms, we can’t help asthma patients manage the disease.”

Representatives from Teamwork Englewood, Pastors of Englewood, Respiratory Health Association of Metropolitan Chicago, University of Chicago, School of Public Health, Mobile C.A.R.E. Foundation, and Chicago Asthma Consortium supported the initiative.

“Asthma has more than just health consequences, it’s one of the leading causes of missed school days,” said Respiratory Health Association President Joel Africk. “If kids aren’t in school they can’t learn. It’s a vicious cycle that we are trying to break.”

Respiratory Health Association produced the media material with a grant from Chicago Asthma Consortium. For more information, visit www.lungchicago.org or call Maureen Damitz, RHAMC Senior Programs Director at (312) 628-0229.



From left: Rev St John Chisum, Pastors of Englewood, State Rep Esther Golar (D-6 IL), Respiratory Health Association CEO Joel Africk and Dr Stephanie Whyte, campaign spokesperson and physician with Mobile CARE announce asthma education campaign.

In the News

1 in 3 College Athletes Has Exercise-Induced Asthma

A recent study found that one-third of college athletes suffer from exercise-induced asthma and most have no history of the illness. Symptoms include wheezing, coughing and shortness of breath, typically occurring between 5 and 20 minutes after vigorous physical activity. Now that such a wide asthma prevalence has been detected, researchers are calling for formalized asthma management and training for athletes and coaches.

Research conducted by Ohio State University Medical Center

Chemical in Microwave Popcorn Found to Impair Lung Function

A chemical used in the butter flavoring of popular brands of microwave popcorn has been found to cause severe lung damage. Diacetyl, used in the butter flavoring, can cause a serious lung condition called bronchiolitis obliterans. Employees of popcorn producers are at the highest risk. In September 2007, major popcorn companies removed diacetyl from their products.

Source: USA Today

Gene Study Sheds Light on Lung Disease of Premature Babies

An estimated 20–40% of premature babies experience abnormal lung development causing bronchopulmonary dysplasia (BPD). Using advanced gene analysis technology, researchers believe they may have found a connection between BPD and a disrupted chromatin remodeling pathway, much like that found in COPD patients. More studies are needed, but researchers believe this may lead to improved prevention and treatment strategies.

Study conducted by Children’s Hospital Boston

For more information, please email Meghan Bradley at mbradley@lungchicago.org.

Interactions **Q&A**



WITH **DR. EDWARD GARRITY**
Vice Chair, Clinical Operations
University of Chicago Medical Center

Lung Transplantation in Chicago

When the University of Chicago School of Medicine decided to launch a lung transplant program in 2005, officials recruited Dr. Edward Garrity, then director of a very successful Loyola University School of Medicine program and a pioneer in lung transplantation. Dr. Garrity is a former member of our board of directors.

Dr. Garrity, you are highly regarded as an expert in lung transplantation but you are not a surgeon. Could you briefly describe your role and those of your team members?

I'm Vice Chairman of the Department of Medicine at the University of Chicago. Dr. Sangeeta Bhorade is the team's Medical Director. I'm responsible for my share of the clinical work and a good deal of administration. Our Surgical Director is Dr. Wickii Vigneswaran. The rest of the team includes nurses, clerical staff, and lots of support from other areas.

In the early days, surgeons replaced hearts and lungs in one procedure, now that's not the case. What has that changed?

Heart and lungs are anatomically connected, so in the early 1980s when Stanford University surgeons were

inventing the procedure it was considered easier to replace both organs. Based on experience and advances in medicine, we now do many more double and single lung transplants. Heart-lung transplant has become quite uncommon.

How do the survival rates for lung transplants compare with those for other organ transplants?

While lung survival rates measured one year out are improving—about 84%—kidney, heart and liver survival rates are higher. Double lung transplant patients tend to live longer than single. And unlike kidney transplants, which are life-altering, lung transplantation is life-saving. Most lung transplant candidates are likely to die in a relatively short period of time if a transplant is not performed.

Is lung transplantation becoming more common?

For many years, lung transplantation surgery in the US grew slowly. In the last few years it has stabilized at around 1,400 procedures annually because of donor availability and patient selection.

What's your biggest challenge?

Deciding who should receive an organ. Because the demand for lungs is greater than the supply, we agonize over who receives them. A significant number of patients still die while on the waiting list.

How do you make that decision?

We give each prospective recipient a Lung Allocation Score which incorporates a variety of factors such as age, risk, extent of disease, likelihood of success. We try our best to be objective and ethically responsible. At one time we didn't replace a lung in anyone over 60, now it's more dependent on an individual's overall health.

Thank you.

If you would like more information on lung transplants, call Respiratory Health Association at (312) 243-2000.



IL-1040

Supporting lung cancer research has never been easier. This tax season, simply mark the lung cancer check-off box on your Illinois state income tax form. Your donation will go directly toward funding much-needed medical research in the quest for improved treatments and a cure for the devastating lung disease.

Respiratory Health Association Year in Review

2007 was a tremendous year for RHAMC. Our tireless efforts for Smoke-free Illinois resulted in victory, and our lung health initiatives and special events reached more people than ever. A special thanks to our community partners, volunteers and event participants who made it all possible.



Charles Collins and Diane Cook were among the 500 COPD patients and family members who enjoyed lunch and a skyline cruise as part of our 2007 COPD Social Event. The event was so popular that a second boat was added to accommodate the group.



The Catch Your Breath Women and Lung Health Initiative continued to grow in 2007. In addition to being the official charity of Cooking Light's FitHouse this summer in Lincoln Park, hundreds of people touched by lung disease joined medical experts and business professionals for a conference and reception in May. Event Chair Dr. Laura Rogers (left) and committee members Courtney Romero and Deb Bullwinkel (right) were among those who attended.



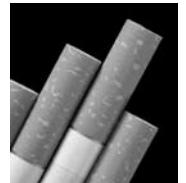
Our first annual Hike for Lung Health was a smashing success with 13 community lung health organizations joining our effort to raise awareness and funds for lung disease research and education. Nearly 900 people including Shannon Blonski and Hayley Cessna (pictured l-r) participated at the Chicago and Palatine locations, raising over \$135,000.

Smokers Urged to Get Flu Shots

Smokers are more likely to catch the flu and should protect themselves with a flu shot.

“Smokers have higher influenza rates than the general population and are likely to have a tougher time fighting the flu when they get it,” said Respiratory Health Association President Joel Africk. “Recent research shows cigarette smoking suppresses the immune function and underscores why it’s particularly important for smokers to receive their flu shots this season,” he continued.

The influenza season starts in mid-October and continues through February. Although some people prefer getting vaccinated early in the season, experts say it is a good preventative measure at any time.



Researchers have found several links between smoking and influenza. One study found influenza rates among smokers is 21% higher than the rate among non-smokers. And smokers who catch the flu have a more difficult time fighting the infection. They also face a greater risk of death from influenza, which causes 36,000 deaths a year in the United States.

Respiratory Health Association of Metropolitan Chicago, in conjunction with the Chicago Department of Public Health, conducts one of the state’s largest flu immunization programs. They expect to vaccinate almost 30,000 local residents this year.

Information regarding flu shot locations may be obtained by dialing 311 (in Chicago only), by visiting www.lungchicago.org or calling the Association at (312) 243-2000.

Thank you!

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

Mr. & Mrs. Darryl Bradford
Drs. Manuel P.A. & Adelina Claudio
& the Northwest Team
The Haderlein Family & Friends, in memory of
Tom Haderlein
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Cannondale Bicycle Corporation
Diamond
Federal Chicago Moving and Storage
Jewel Osco
NBC5 Chicago
Windy City Sports

Flu season is approaching.



Make sure you and your family are protected. Call 311 for flu vaccine sites in your community or visit our website at www.lungchicago.org.



Act Now to Maximize Your Year-End Gift and Tax Savings!

Charitable giving before December 31st will provide meaningful support to Respiratory Health Association of Metropolitan Chicago to fight lung disease and promote healthy lungs through research, advocacy, and education. As an added benefit, your year-end donation can significantly reduce your 2007 income taxes.

What should you give?

- **Cash.** Donations of cash (or checks) are the most common type of gift. Cash gifts can reduce your taxes if you itemize your charitable deductions.
- **Stocks & Bonds.** Stocks, bonds, and/or mutual funds are other donation options that can yield substantial tax savings. If you donate appreciated securities owned for more than one year, you may deduct the full fair market value of your donation as a charitable contribution, and avoid paying capital gains taxes on the appreciation.
- **Retirement Accounts (IRAs).** For donors over age 70½, the Pension Protection Act of 2006 enables tax-free charitable gifts directly from your IRA (up to \$100,000). These gifts are exempt from income or estate taxes, which may make it possible to give more without additional out-of-pocket costs..
- **Other Assets.** Appreciated real estate, other personal property, and life insurance are other donation vehicles that can help maximize your charitable tax deductions.

Make a difference this year

Use the enclosed envelope to send your donation today. Gifts must be received by December 31st to qualify for 2007 tax savings. Contact Audrey Eisenberg at (312) 628-0214 for more information.

This article is not intended as legal, accounting, or other professional advice. RHAMC recommends that donors planning gifts with tax and other financial implications should consult appropriate advisors.

RHAMC Raises Awareness of COPD Among Legislators

Respiratory Health Association of Metropolitan Chicago brought respiratory therapists and two physicians to Springfield to help raise awareness among legislators of chronic obstructive pulmonary disease (COPD), better known as chronic bronchitis and emphysema. RHAMC offered legislators and staff spirometry testing, a simple breath test that detects COPD.

COPD is the fourth leading cause of death in Illinois, affecting an estimated 500,000 individuals, fewer than half of whom have been formally diagnosed.

Twenty-five senators and representatives joined us at the State Capitol to learn about COPD and participate in the non-invasive screening, which takes less than 15 minutes. Legislators were surprised to learn about the impact of COPD and the high rate of undiagnosed cases.

COPD is primarily caused by smoking but other factors such as workplace toxins and secondhand smoke may trigger the disease. Spirometry detects very subtle changes in breathing habits, often before individuals notice a variation.

For more information about COPD or RHAMC's COPD Initiative, visit www.copdchicago.org or call (312) 342-2000.



RHAMC board member H. Ari Jaffe interpreting spirometry test results for IL Sen. Maggie Crotty.

Ground-breaking Summit Tackles Smoking Rates

Carol Southard knows how hard it is for smokers to quit. As a tobacco cessation specialist at Northwestern Memorial Hospital and passionate RHAMC volunteer, she is always looking for new strategies to help people quit. She explains, "When I learned that the first-ever tobacco cessation summit took place in Los Angeles last year, I was determined to make sure the second one was in Chicago."

Southard partnered with RHAMC and the Chicago Department of Public Health to organize *Chicago Second Wind*, the Chicagoland Smoking Cessation Initiative. To kick off the effort, RHAMC hosted a local summit with the support of the Smoking Cessation Leadership Center and Pfizer. Nearly 50 doctors, cessation specialists and advocates were in attendance.

The summit was the first time Chicagoland experts came together to coordinate city-wide cessation strategies.

Summit participants explored ideas on expanding the smoking intervention efforts of health care providers, partnering with more community organizations, and launching a comprehensive public awareness campaign.

By the year 2010, the group hopes to decrease teen smoking by 6% and increase quit attempts by 20%. "These goals are attainable and will have a huge impact on Chicago public health," explains Stacy Ignoffo, RHAMC Senior Director of Programs. "By helping people quit we are preventing lung disease and saving lives."

If you would like more information on the Chicagoland Smoking Cessation Initiative call Stacy Ignoffo at (312) 628-0205.

For cessation resources including quit tips and a complete list of cessation programs visit www.lungchicago.org.

New Grants Fund Community Projects

VNA Foundation has renewed its funding commitment for Respiratory Health Association's Comprehensive Influenza and Pneumonia Prevention Program which offers free influenza and pneumococcal vaccinations to diverse individuals throughout metropolitan Chicago who are underserved, uninsured, or at high-risk for influenza or pneumococcal disease.



Aetna Foundation has funded the Latino Lung Cancer Prevention and Awareness Project, which will educate residents of South Chicago, East Side and Humboldt Park about lung cancer prevention through smoking cessation, radon testing/mitigation, and about the dangers of secondhand smoke. In addition, the project will develop bilingual educational materials for Chicago's Latino population.

Centers for Disease Control has announced new funding for tuberculosis research. RHAMC was one of only two sites receiving a contract for research to examine the effectiveness of using QuantiFERON-TB Gold (a blood test to detect TB) to test those who have had close contact with someone who has infectious TB.




NEW YEAR (from p. 1)

leading protests against cigarette sponsorship of tennis tournaments. “In those days, it was acceptable to smoke in movie theatres and supermarkets. It took a lot of effort but we changed the culture.”

RHAMC was present at every milestone in the fight for a smoke-free Illinois. “One of our first initiatives was simply giving Illinois communities the right to decide if they wanted to go smoke-free,” said Maloney.

Janet Williams and other board members testified before the Skokie and Wilmette village boards. Those were among the first communities to go smoke-free. Success in the suburbs set the stage for the Chicago and Cook County campaigns. We collected signatures, provided testimony, held rallies, engaged the faith community, organized restaurants, and conducted one-on-one meetings with legislators. The campaigns marked the tipping point in the march to a smoke-free state.

As Maloney says, “On January 1 when we wish everyone a happy, healthy new year, we’ll have a special reason to celebrate—and a lot of people to thank.”



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1440 W. Washington Blvd., Chicago, Illinois 60607
312.243.2000 www.lungchicago.org

Douglas A. Graham, *Board Chair*
Joel J. Africk, *President & Chief Executive Officer*
Kevin B. Tynan, *Deputy Executive Director/Marketing*
Meghan Bradley, *Manager of Communications*

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

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Chicago's Lung Health Leader Since 1906

Respiratory Health Association of Metropolitan Chicago (RHAMC) has been a local public health leader since 1906. Known previously as American Lung Association of Metropolitan Chicago, RHAMC ended its affiliation with American Lung Association on July 1, 2007, and now operates as an independent lung health charity with a local board of directors.



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Mark Your Calendars

Now through September 2008 CTS Lecture Series

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.

February 7, 2008 First Look for Charity

Support Respiratory Health Association by purchasing tickets to the black tie gala preview of the Chicago Auto Show. Tickets are \$225 and corporate packages are available. Contact Kendra Meyer at (312) 628-0207 for more information.

February 24, 2008 Hustle Up the Hancock

Don't miss your chance to participate in Chicago's World Class Stair Climb. The full-climb has sold out but spots are still available for Lung Health Champions, those who agree to raise at least \$1,000 in pledges. Visit www.lungchicago.org for more information.

Save the Date: May 1, 2008 Inspiration: A Benefit to Support Women's Lung Health

Join us for a reception and silent auction to support our Women and Lung Health Initiative. In addition to raising awareness of the disproportionate effect of lung disease on women, this event helps support local research to discover innovative treatment options. For information and tickets, contact Audrey Eisenberg at (312) 628-0214.