

THE  LUNG ASSOCIATION™
British Columbia

Your Health

and the air you breathe

FALL/WINTER 2008



Christmas Seals 100th Anniversary

Coast 2 Coast Challenge '08

Meet an active COPD patient who is committed to conquering her disease and making others aware

Your Health

Volume 88, Issue 2

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British Columbia

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Front Cover Credit:

This Your Health's cover shot is of Katie McMahan and Katie Fedosenko at the recent BMO Grouse Grind Mountain Run. Both "Katies" volunteered for the event, where proceeds go to BC Lung Association. They are both asthmatic and are happy to help promote breathing clean air!



Thank You for Making Our Work Possible

Our mission to prevent lung disease and promote lung health is as important today as it was a century ago when tuberculosis was the deadliest disease in the nation.

Chronic lung disease is the fastest growing cause of hospitalization, disability, and death in Canada today and never before has the body of evidence linking air pollution to respiratory illness been so great.

We are committed to helping those living with breathing problems, offering self-management tools, providing trusted information, community support programs and helping people of all ages quit smoking while encouraging others never to start. We also play a role in the big picture, funding vital lung health research to help find better treatments and advocating for legislation and policies that protect lung health.

Enormous thanks are due to those who make results possible: our donors.

Your continued support and important contributions to the fight against lung disease sustains the work we do.

Thank you all,

Scott McDonald
Executive Director
BC Lung Association



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The BC Lung Association's programs and research are aimed at fighting diseases like asthma, lung cancer, COPD, and tuberculosis, and at protecting the quality of the air we breathe. We advocate for important lung health issues that range from better access to health care to smoke-free public places. And, we provide reliable and trusted information to citizens, governments and health professionals across the province.

FALL/WINTER 2008

mark your calendar

November

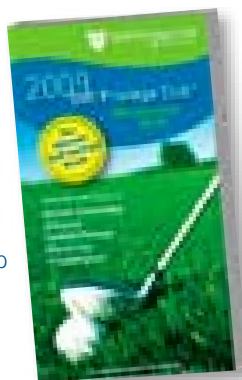
17 Christmas Seals Campaign gets underway

19 World COPD Day

December

1 2009 Golf Privilege Club Book is on SALE!

22 Bicycle Trek 2008 Wrap Party



January

6 Last day to enter QuitNow & Win Contest

18-24 National Non-Smoking Week Begins

17 Weedless Wednesday

19 Country Hearts Campaign Launch

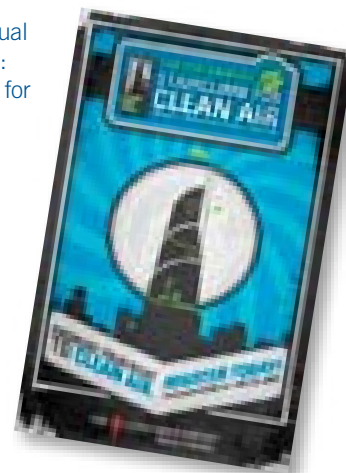
February

3 QuitNow & WIN Contest finishes



quitnow.ca
1-877-888-5300

22 8th Annual Climb the Wall: The Stairclimb for Clean Air



March

24 World TB Day

26-28 13th Annual IUATLD Meeting (International Union Against Tuberculosis and Lung Disease)

news flashes

Six new Directors join BC Lung Association:

Paul Dainton (Castlegar), **Sharon Korol** (Campbell River), **Malcolm Fleeton** (Port Hardy, Upper Island), **Fiona Lindsay** (Kitimat), **Dr. Peter Paré** (Vancouver), and **Lynne Romano** (Golden)

New staff and promotions!

Chris Lam has been named Development Manager, and **Marissa Waghorn** has been promoted to Events Coordinator. Four new staff who recently joined the BC Lung Association are **Cindy Wong**, Memorial Department & Receptionist; **Destin Hayes**, Executive Assistant; **Becky Bruce**, Communications Assistant; and **Tiffany Leong**, Events Assistant.

BC Lung Association is now more eco-friendly!

We now use a Smart Car® to travel to our events and meetings, reducing our carbon footprint and helping promote clean air.



Marissa Waghorn and Tiffany Leong.



the air we breathe

New dirt on air reinforces the need for action

More of what we now know about air pollution and its health effects should be making its way into the public policy arena, says the BC Lung Association.

Dr. Tom Kosatsky, Associate Director of Environmental Health Services for the BC Centre for Disease Control says, “We know that inhaling constant traffic fumes negatively impacts heart and lung health. It has become clear that long-term exposure causes long-term damage. And new research demonstrates air pollution exposure has adverse effects on expectant mothers, infants and young children. This has implications for land use planners and suggests that distance from major roadways become a consideration in the location of day cares, schools and hospitals.”

Dr. Chris Carlsten, Associate Professor at UBC’s School of Environmental Health says, “When we breathe in dirty air, our body has a series of natural mechanisms to protect itself but really fine particulates, ozone and other contaminants, can sneak past the body’s defences and penetrate deep into the lungs. This particulate matter can lead to serious heart and lung problems.”

According to the British Columbia Medical Association, in 2008 air pollution will cause:

- 306 premature deaths
- 1,158 hospital admissions
- 8,763 emergency room visits
- 2,526,900 minor illnesses related to air pollution.

Scott McDonald, Executive Director of the BC Lung Association, “British Columbians too often think if you can’t see these invisible killers, then we’re fine. Nothing could be further from the truth, but getting British Columbians to take air pollution seriously is difficult – particularly if we rely on comparisons to cities and countries with even worse problems.”

Get informed about BC air quality and what you and your community can do to protect and improve air quality. Download the BC Lung Association *2008 Annual State of the Air Report* at www.bc.lung.ca or call 1.800.665.5864 to request a copy.

top tips for smart eco-friendly driving

- 1 Slow down. You’ll use 20 percent more fuel driving at 120 km/h than if you stick to the highway speed limit. Dropping down from 100 to 90 km/h will save an additional 10 percent.
- 2 Pump up. Proper tire pressure can reduce your greenhouse gas emissions by an eighth of a ton a year. Cold temperatures can decrease air pressure in your tires, so get your gauge out more often in the winter.
- 3 Car pool!
- 4 Don’t tire out your tires! Heavily-treaded snow tires suck back more fuel than all-season tires. Unless you live in serious snow country, there’s no need for them.
- 5 Use your feet. Leave your car at home if you’re just going to grab a carton of milk around the corner. If you’re running around doing errands, walk between stores rather than moving the car three blocks.
- 6 Get moving your vehicle ASAP. Modern cars use computer-controlled engines that don’t need to warm up for more than 30 seconds.
- 7 Dump out your trunk. Driving around with golf clubs in winter and a bag of salt in summer only weighs down your car, using more fuel.
- 8 Get out of your car and hop on a bus, train, or bike!

stop taking clean air for granted

Grand Forks gets a big thumbs up!

Stop taking clean air for granted says the BC Lung Association, which released its 4th Annual BC State of the Air Report in October, 2008. This year's report encourages BC communities to take the lead on solving air pollution problems – shining a light on Grand Forks' very own Boundary Air Quality Committee.

The air in Grand Forks contains a high level of fine particulate matter, tiny toxic particles which can be inhaled and deposited deeply inside the lungs with potentially lethal health consequences.

To address the problem, the Boundary Air Quality Committee was established. The committee brings local residents together with industry and government officials to identify, develop and deliver solutions aimed at reducing emissions from a combination of industry sources, residential wood burning and vehicle exhaust. So far efforts have resulted in the installation of a monitoring device to track levels of particulate matter, and a wood stove exchange program which provides incentives to families to swap out their old wood stoves for clean burning, more efficient ones.

“Don't wait for others to solve your air quality problem. Bring your people together. The goal is to oversee

the air shed and manage it like a resource,” says Grand Forks City Councillor Chris Moslin, who sits on the committee.

“The challenge is getting everyone to see how they contribute (to air quality) and then getting everyone to change their behaviour. After all, the mill owner and the mill manager all have kids going to the same school, breathing the same air.”

Moslin says keeping the public in the picture is paramount. In Grand Forks this means engaging and

educating people through public meetings, exhibits, wood stove “Burn It Smart” demonstrations and Clean Air Day. “You have to convince the public that they have a role to play in it.”

The committee has seen the benefits of its hard work. Most important is the shift in public opinion. Moslin says, “It took some time, but now the realization is there that we can all do something to improve our airshed.”

Scott McDonald, Executive Director of the BC Lung Association says, “We breathe 20,000 times a day, that's 10,000 litres of air passing through our lungs – much of it a toxic soup of pollutants, but getting British Columbians to take air pollution seriously is difficult – particularly if we rely on comparisons to cities and countries with even worse problems. Grand Forks is one of a growing number of BC communities that are taking local air quality problems into their own hands.”

Published annually, the BC State of the Air Report is a snapshot of current air quality and its effects on health across the province. It distills important but complex subjects into understandable terms and provides comparative data on common pollutant levels in BC cities and towns.

Contributors to the report include the BC Centre for Disease Control, BC Ministry of Environment, Environment Canada, Greater Vancouver Regional District, Fraser Valley Regional District, BC Ministry of Health and Health Canada. Read the BC State of the Air Report online at www.bc.lung.ca or call the BC Lung Association at 604.731.5864 or toll free 1.800.665.5864 to request a copy.



Boundary Air Quality Committee members with MLA Katrina Conroy. Left to Right: Joy Davies, Michele Caskey, David Simms, MLA Katrina Conroy, Chris Moslin, Cher Wyers and Karin Kilpatrick.

**The more
BC communities
helping the planet,
the better!**

24th Annual Trek for Life and Breath

a grass-roots event



Twenty four years ago a handful of cyclists came together on a sunny September morning to help raise much needed funds for vital lung health research, education programs and clean air initiatives, Unbeknownst to both participants and organizers alike, this inaugural ride would

Whether participating as an individual, a team rider or a volunteer, when taking part in the Bicycle Trek for Life and Breath participants quickly realize that they have become part of something unique: they have become a 'Trekker'. New riders or seasoned vets, young or not so young, everyone has a place in the group. Old friends reconnect after a year apart and new friends form bonds that will last. It is these bonds and friendships that keep the riders coming back year after year and help to make the event a continued success.

The BC Lung Association is proud of all the cyclists, sponsors, volunteers and supporters who made this year such a success. We look forward to seeing you next year for the big 25th anniversary ride!



mark the beginning of what would become an annual and ever growing tradition: The BC Lung Association's Annual Trek for Life and Breath.

Looking back at Trek, one realizes not too much has changed since that first day nearly a quarter century ago. Rain or shine the dedicated riders still complete the beautiful and challenging two day, 200km ride with smiles, laughter, and the occasional tears.

What has changed, however, is the number of people who choose to make a difference for the one in five British Columbians affected by lung disease. This year's ride, which took place on September 6th and 7th, saw the number of riders and volunteers from across British Columbia reach over 400 strong. Together they managed to raise more than \$368,000 to add to the more than \$4 million raised during the event's 24 year history.



did you know?

2009 will be the 25th Anniversary of Trek for Life and Breath. Register now!



Dave Livingstone

volunteers make the Trek possible

If you go to Trek, you cannot help but notice the many “green shirts” lending a helping hand. From the registration tables, to the first aid station, to the BBQ – Trek’s volunteers are there. Who are these smiling “green shirts” who help so much?

Some volunteers, such as the Kopec family, are helping out in honour of their father.

Diagnosed with emphysema in 1993, Norm Kopec’s health quickly deteriorated to the point that he was in need of a lung transplant. When his children found out about his condition, they decided to ride in Trek 2001 to help raise funds for all British Columbians affected by lung disease.

“Knowing that the money raised during this event helps people like our dad to receive the help they need, is amazing,” shared the Kopecs. “You are truly riding for someone’s life and breath. Every day our family thanks you.”

Often a family affair, this grass-roots style event draws both participants and volunteers who have been touched by how precious lung health can be.

A first-time volunteer, Sue Rogers lost her father to lung cancer, and then lost her mother to COPD last summer. “It was a painful decade of watching her breathing become more difficult,” said Sue.

This summer, Sue offered her time to Trek in memory of her mother.

“My mother was always gasping for breath, treated with all sorts of inhalers and antibiotics; never really healing her, only helping to cope. I have a special appreciation of being able to breathe easily, and for those willing to help those who cannot.”

If you are interested in volunteering for next year’s 25th Trek or have questions on how to do so, please contact trek@bc.lung.ca.

total trip: 8,914 + 200km

The extra 200 km must have been a breeze for Dave Livingstone, after completing an 8,914 km bicycle trek across Canada!

Dave, who has been participating in Trek for Life and Breath for 5 years, completed his journey across Canada just in time to join us for this year’s Trek.

His interest in lung health and air quality stems from the passing of his wife due to lung cancer. He is a true promoter of clean air initiatives.

“I’m 66. If, at my age, I can cycle all the way across Canada, then other people should be able to at least cycle to work and stop burning fossil fuels... And if you do have to use a car, use it wisely,” says Dave.

Dave raised \$12,000 this year and every dollar goes to the BC Lung Association.

“Dave is an extraordinary man who is very passionate about lung health. He and his partner Maxine Bowman have been huge supporters of our event for many years,” says Marissa Waghorn, the BC Lung Association’s Events Coordinator. “They truly go the extra mile!”



100TH Anniversary of the Christmas Seal!



The Christmas Seal is having its 100th birthday this year and in celebration, the BC Lung Association has created its own version of the 2008 Christmas Seal.

Association fundraising team member Chris Lam designed the commemorative BC seal and it was so popular with other provincial lung

associations, many have adopted it as part of their local holiday fundraising campaigns.

“I was honoured to be asked to create this year’s BC Christmas Seal,” said Lam. “It’s great to be a part of such a long standing tradition.”

The Canadian tradition of sending holiday greetings stamped with Christmas Seals dates back to 1908. Since then it has been one of the most important ways of raising awareness and funds in support of the fight against lung disease.

Delivered annually to nearly one million BC households, the Christmas Seal campaign is our largest fundraising initiative, raising nearly one million dollars last year.



All proceeds from the campaign go towards educational programs, support for those with lung disease and their families, training programs for health care professionals, and research into the prevention and cure of lung disease. With the help of generous Canadians, Christmas Seals help people live better one breath at a time.

For further information on lung health or to support the Christmas Seal Campaign, call the BC Lung Association at 1-800-665-5864 (LUNG) or visit www.bc.lung.ca.

The commemorative Christmas Seal, designed by Chris Lam, is available in limited quantities along with the National 2008 Christmas Seal as shown in the above photo with Michele Caskey.



“ We raised more than a million dollars last year in BC to fund the fight against lung disease, and we’re working to raise significant funds again this holiday season. The Christmas Seal Campaign is our biggest fundraising campaign of the year, and we’re urging people to give as much as they can to help maintain the important lung health research and community education programs we deliver all year round.”

– Michele Caskey, Volunteer Director for BC Lung Association



lung heroes

Volleyball enthusiasts serve up

\$10,000

for pulmonary fibrosis



Vancouver friends and former co-workers, Scott Carpentier and Troy Oppen held their Second Annual Business Objects volleyball tournament this summer in Vancouver.

This year they raised over \$10,000 in support of pulmonary fibrosis thanks to participants and a roster of sponsors including Business Objects, the Four Seasons Hotel and Volleyball BC, amongst others.

More than 50 friends and coworkers took part, each raising a minimum donation of \$100 and in return enjoying a full day of sport, food, music and prizes.

Pulmonary fibrosis is a lung disease characterized by progressive scarring and deterioration of the lungs, interfering with the ability to breathe. Five million people worldwide suffer from the condition.

A Fire Fighting Lung Hero

Tom DeSorcy has been volunteering for the BC Lung Association for seven years in addition to his ongoing 20 plus year career in the fire service for the District of Hope.

How did you get involved with BC Lung Association?

My mom was the Fraser Canyon Director for as long as I can remember (30 plus years, I believe). I used to work at a radio station in Hope and often did interviews with her and Scott McDonald on my radio show, so I already knew a lot about the Association. When her health would not let her do it anymore, I was asked if I would like to continue in her place, and of course I did. It just seemed a natural fit.

Why do you think the BC Lung Association is important to the public?

Its mission to prevent lung disease and promote lung health is as critical today as it was 100 years ago when tuberculosis was the deadliest disease in the nation. The association plays a very important role as one of Canada's oldest and most respected health charities, and the leading organization for information, research, education, support and advocacy on lung health issues.

What's a favorite or outstanding memory you have of BC Lung Association?

Last year was particularly memorable. I regularly attend Climb the Wall: The Stairclimb for Clean Air, a fundraising event the BC Lung Association holds every February in Vancouver. As both a volunteer BC Lung Association director and Fire Chief I find it very exciting. Last year my own crew of firefighters were "bagpiped" into the Sheraton Vancouver Wall Centre Ballroom where the event is held, it just gave me chills.

Why do you like the Stairclimb for Clean Air event so much?

As the Hope Fire Chief, I see this event as an opportunity to get my volunteer and career firefighters to challenge themselves.

In addition, the event allows firefighters to show the general public what they do (a large contingent of firefighters participate every year, stair climbing to the top of the Wall Centre's 48 floor staircase in full firefighting gear). Of course, firefighters aren't the only ones stair climbing for a cause.



COAST2COAST CHALLENGE08

Langley BC resident Betty Girouard's lungs are so damaged that breathing is a real chore, but she soldiers on. "I may not manage a marathon in my condition, but I'm determined to do what I can to help others avoid this terrible disease and preserve what lung capacity I've got left," says Girouard.

Girouard was one of more than 50 BC-based, Team COPD members who participated in the Lung Association's Coast 2 Coast Challenge, a virtual trek across Canada to raise awareness of COPD. The challenge ended on World COPD Day, November 19th, 2008.

People worry about getting cancer, heart disease or Alzheimer's, but few worry they'll get chronic obstructive pulmonary disease (COPD) says the BC Lung Association. Most people have never heard of it.

"We suggest everyone who is a smoker or ex-smoker, and over 40 be tested," says Scott McDonald, Executive Director of the BC Lung Association.

More than 74,000 British Columbians and 1.5 million Canadians have been diagnosed with COPD. According to a recent Lung Association survey, actual numbers, including Canadians with undiagnosed COPD, are thought to be double that – with COPD affecting as many as three million people nation-wide (six percent of the national population).

"Greater awareness and routine screening is critical because with early detection, we know outcomes can be improved. The numbers of COPD sufferers we continue to see are staggering, and the impact on their families can be devastating – we need to make COPD a priority now," says McDonald.

For more information on COPD contact the BC Lung Association office at 604.731.LUNG (5864) or toll-free 1.800.665.5864 or visit www.bc.lung.ca.

The more you do, the more you CAN do

Vivianne Toupin is the fourth member of her family to have COPD – and feels an obligation to speak out about the disease. Ironically, it was only when she saw her doctor about a heart problem that she discovered she also had COPD. That was 17 years ago. Vivianne is an active member of St. Paul's award winning pulmonary rehabilitation program – and today a strong advocate for COPD.

I feel an obligation to speak out about COPD

Not enough people know what COPD is, its risk factors, and the shocking increase in its incidence, especially amongst women, over the past 20 years. We need more awareness of the disease. Knowledge is a powerful thing: for those with COPD, many things are available to help one live a full, comfortable life – and early diagnosis can help prevent additional damage.

I live by the motto "the more you do, the more you can do"

Whatever activities you can do, do them as much and as often as you can. Research is showing that exercise can really help, and I think the social aspect involved in many exercise pursuits helps too. I say, "get moving," and you'll feel better – even if that means starting by walking down the block and back. I think encouraging more COPD patients to exercise, and covering the cost of exercise programs for all with chronic illnesses, including lung patients, would be tremendously beneficial and would probably reduce hospitalizations.



exercise your lungs for life

Pulmonary rehabilitation is a specialized exercise and training program recommended by all the major medical authorities on lung health as one of the most important ways to manage chronic lung diseases such as COPD and to enhance quality of life.

“In pulmonary rehabilitation programs, lung patients learn how to exercise appropriately and better manage their condition. They learn breathing techniques, how to conserve energy, how to use medication properly, how to recognize chest infections, and how to deal with stress and anxiety,” says Jane Burns, a physiotherapist and coordinator of the Pacific Lung Health Centre’s award-winning COPD management program at St. Paul’s hospital.

“There’s a lot we can and are doing to help patients breathe easier, exercises can be adapted to people at all stages of the disease, even if they are on oxygen,” Burns continued. “Many report trouble doing basic things around the house such as making a bed, due to shortness of breath. But after joining a pulmonary rehab program, they feel better and find themselves managing everyday things much more confidently.”

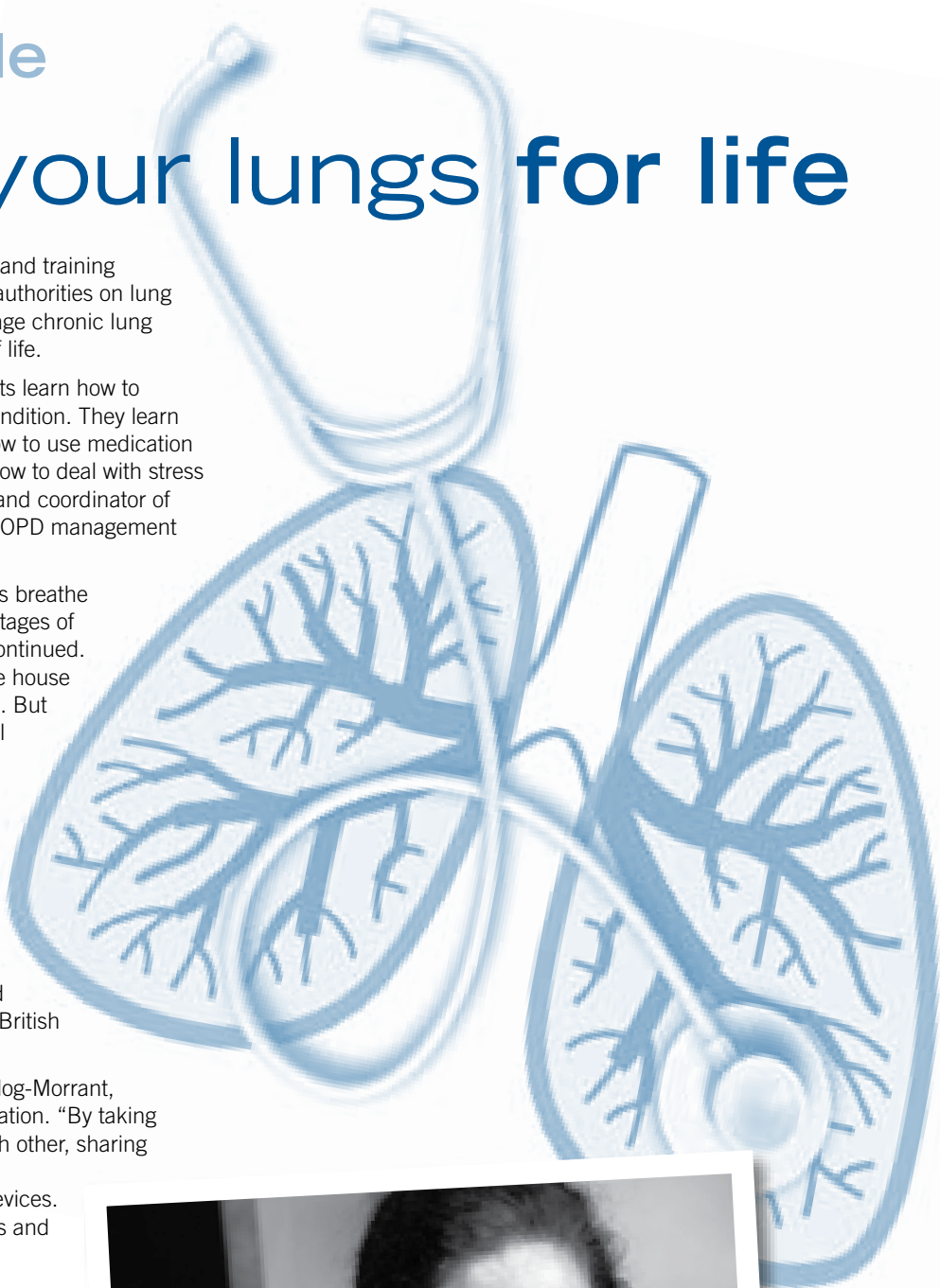
COPD remains a crucial Canadian health issue. More than 1.5 million Canadians (six percent of the population) say they are diagnosed with this devastating breathing disease. More than half of those with COPD say the condition interferes with sleep and or day-to-day activities and for some, COPD affects relationships with friends and family and their ability to work. There are 74,000 British Columbians diagnosed with COPD.

“COPD can be an isolating disease,” says Kelly Ablog-Morant, Health Education Director for the BC Lung Association. “By taking part in a rehabilitation program, patients help each other, sharing ideas on how to use their energy efficiently, sleep comfortably and use different kinds of assistive devices. They also learn to recognize and manage flare-ups and avoid potential hospitalization.”

Last year COPD accounted for the highest hospitalization rate of any disease including heart failure and angina.

Numerous studies have shown rehabilitation offers significant benefits and there’s growing evidence rehabilitation is a cost-effective way to reduce hospitalizations and death. But while we have exemplary programs and lung health professionals in BC — not enough people have access to them.

“The challenge is that less than two percent of Canadians with COPD have access to rehabilitation programs,” says Ablog-Morant. “The BC Lung Association is working to change this — advocating for increased funding and better access to pulmonary rehabilitation programs province and nation-wide.”



Jane Burns, a physiotherapist and coordinator of the Pacific Lung Health Centre's award-winning COPD management program at St. Paul's hospital.

Giving for Life & Breath

OUR DONORS, OUR LUNG HEROES

Thanks to your generous support the BC Lung Association has made great advances in the treatment and prevention of lung disease. We need your support to continue our fight and help the millions of Canadians who live with lung disease.

The BC Lung Association takes its responsibility for donor dollars seriously and works to ensure every dollar is directed to priority areas that will have a real impact on the lung health of British Columbians.


FIGHT LUNG DISEASE WITH A WILL. YOURS.

Bequests are a powerful medicine against lung cancer, asthma, COPD, sleep apnea, tuberculosis, and other disabling lung conditions.

Your gift will mean real progress in fighting and preventing lung disease for future generations.

For more information on leaving a lasting legacy, call the BC Lung Association at 1.800.643.5814 or visit our website at www.bclung.ca.

The British Columbia Lung Association
2675 Oak Street Vancouver, BC V6H 3K3

THE  LUNG ASSOCIATION™
British Columbia

CURE | CLEAR AIR | BREATHE EASIER www.bclung.ca

Butts Out ON CAMPUS

TARGETING TOBACCO TOGETHER



Kwantlen students take up the battle against tobacco

Kwantlen Polytechnic University and the British Columbia Lung Association have joined forces to launch an initiative to help reduce and prevent tobacco use among post-secondary students.

BC Lung Association is leading the initiative on behalf of the BC Healthy Living Alliance and ActNow BC to work at reducing tobacco use in the 19 to 29-year-old age group. A recent survey by Statistics Canada showed smoking in this age group is several points higher when compared to the provincial average.

This pilot initiative aims at increasing student access to cessation support resources and strengthening campus tobacco control policies at up to ten universities and colleges across the province.

“Smoke-free policies and tobacco use varies by campus,” says Tyler Janzen, Project Manager for the initiative. “As such, we are taking different approaches on each campus to improve upon existing tobacco control policies and help students quit smoking.”

At Kwantlen, the Wellness Centre is taking charge by involving students from the nursing program to help deliver the initiative. This program provides innovative learning opportunities that promote health and wellness in partnership with communities.

“We are so excited to be a part of something that will help improve the health of Kwantlen’s students and staff,” says fourth year nursing student, Denise Alves.



Nursing students support the initiative during Kwantlen's Welcome Week. From left: Brittany DesBrisay, Heather Broch, Cindy Sahota, and Denise Alves.

quitnow & WIN

**Quit Smoking & be a Winner!
...over \$20,000 in prizes**

For contest details
visit www.quitnow.ca

The BC Lung Association has been dedicated to its mission of promoting and improving lung health for all British Columbians for over 100 years. Here are some of the things we've been up to lately...



2

Left to Right: Past BC Lung Association Volunteer Presidents Don Joy and Bill King of Parksville, BC and Doug Hill of Qualicum Beach, BC.



4

Left to right: BC Lung Association Executive Director Scott McDonald, the Honourable George Abbott, Minister of Health Services, UBC Professor Dr. Tony Bai and Head of the UBC Division of Respiratory Medicine, Dr. Mark FitzGerald.

1. Reminding BC businesses to post official no smoking signage

To help out, The BC Lung Association is providing local businesses with official, no smoking signage FREE-of-charge. Veda Peters, Tobacco Education Coordinator for the BC Lung Association applauds the toughening of Vancouver's smoke-free bylaw, "Banning tobacco use in public places not only protects people from harmful second-hand smoke, but makes it difficult and inconvenient for those who do smoke, and can be an effective motivator for smokers to quit."

1



To obtain copies of signage produced by the BC Lung Association call 604.731.5864, toll free 1.800.665.5864 or visit bc.lung.ca to download copies of the signs

2. Recognizing the volunteers we depend on

Three past Presidents of the BC Lung Association are Vancouver Island neighbours. All three got together recently at a BC Lung Association Board meeting held in Parksville, and continue to support and advocate for the cause.

3. Fostering a community of lung health professionals to work smarter

The BC Lung Association offers ongoing education programs for healthcare professional (physicians, nurses, physiotherapists, respiratory therapists, occupational therapists and pharmacists) whose practice includes the care and management of people with lung conditions.



3

Snapshot from a recent BC Lung Association network and learn event

4. Advocating for government to invest more in lung health

Lung health leaders recently met with the Honourable George Abbott, Minister of Health Services, to provide an update on the state of lung health and to recommend additional resources be dedicated to reducing the health and economic costs of lung disease in the province. In attendance were Dr. Mark Fitzgerald, Head of the UBC Division of Respiratory Medicine, Respirologist and UBC Professor Dr. Tony Bai, and Scott McDonald, Executive Director, BC Lung Association.

5. Completing the 24th Annual Fresh Air Photo Contest with London Drugs

The Lung Association and London Drugs wrapped up their annual Fresh Air Photo Contest, August 2008. The contest challenges photographers from across Western Canada to send in their best fresh air photo to win fabulous prizes. First, second and third prizes were awarded in four categories: Kids, Clean Air, Animals & Nature and Travel & Adventure, with one overall Grand Prize for the photo judged best overall. Visit www.bc.lung.ca to check out the winning photos.

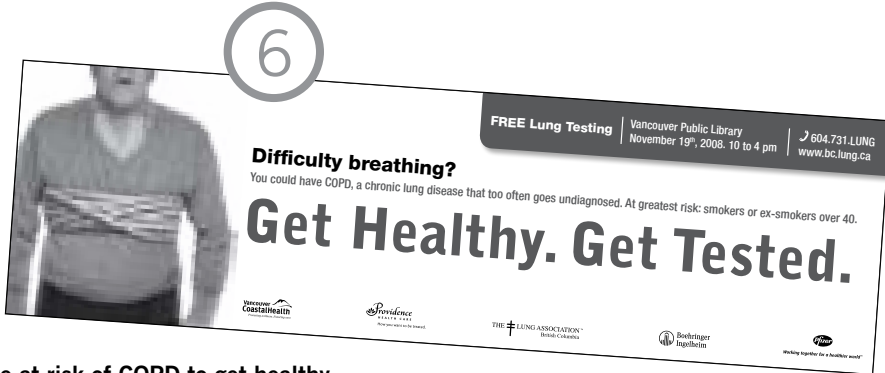
5



Grand prize winning photo by Angeline Stark



7



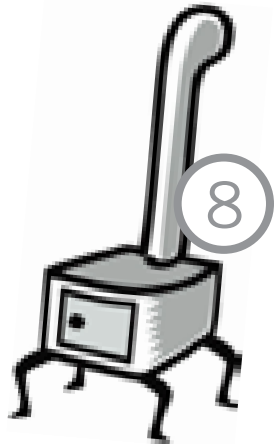
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6. Urging those at risk of COPD to get healthy and get tested

COPD is the fourth leading cause of death in Canada, and the incidence of the deadly lung disease continues to climb. Adding to the problem, says the BC Lung Association, is the fact that few British Columbians know what it is, whether they're at risk, or how to get tested. Working with Vancouver Coastal Health, Providence Health Care and others, the BC Lung Association encouraged British Columbians 'at risk' to take advantage of Free Lung Testing clinics organized across the Lower Mainland during the first two weeks of November 2008.

7. Helping British Columbians get to know their air

The BC Lung Association reminds British Columbians of the need to get to know the air they're breathing. Working with local and provincial government agencies, the Lung Association is currently running a campaign to raise awareness of www.airhealthbc.ca. Home to the BC Air Quality Health Index, the airhealthbc.ca website is a new public health tool which provides real-time air quality ratings in 14 BC communities, including related health messages for at-risk groups and the general public.



8. Urging British Columbians to burn smart

Many BC families rely on wood burning as a form of heat and energy, and value the comfort provided by a warm fire. Unfortunately, wood smoke is an important cause of air pollution, particularly in rural BC. Burning wood releases harmful pollutants into the air, especially when poor burning techniques and inefficient wood-burning appliances are used. For those who do heat their homes with wood fires, it is critical to burn smart. To learn more burn smart tips visit www.bc.lung.ca.

9. 18th annual BMO Grouse Grind Mountain Run

The BC Lung Association was once again the official charity partner for the annual BMO Grouse Grind Mountain Run on September 21, 2008. This Vancouver classic unites "grinders" of all ages and this year attracted more than 600 ambitious outdoor lovers who took on the challenge with race participants ranging in age from seven to 78.



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Top: BMO Grouse Grind Mountain Run winner Sebastian Salas
Below: BC Lung Association Fundraising Team Members Katie Fedosenko with Tiffany Leong and Katie McMahan

10. Getting the whole province involved in promoting lung health

Long-time BC Lung Association Volunteer Director Michele Caskey had the towns of Grand Forks as well as Rock Creek learning all about lung health this September. Here is a photo of Michele at the Rock Creek Fall Fair with several newly recruited lung health ambassadors visiting from Naramata, BC.



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Left to Right: Heidi Robertson, Anne Jo Grandbois, Michele Caskey and Haylee Robertson



Dear Scott ?

July 10, 2008

I just wanted to say thank you so much for helping me with the patient grant as I was preparing for my double lung transplant. Pat MacDiarmid, from the Cystic Fibrosis Clinic at St. Paul's Hospital and the B.C. Lung Association have been so generous and caring throughout my journey? I waited on the B.C. Transplant list for 18 months when we decided to come to Toronto, in hopes to have a better chance of being transplanted sooner. It was huge decision, both financially and emotionally. Your generosity has helped relieve a lot of the financial stress thank you?

I'm ecstatic to report that I received the beautiful gift of new lungs on April 22, 2008 ? I'm doing well and enjoying every big, wonderful breath I take? I will still be having to stay in Toronto for several more months, but I am looking forward to coming home to B.C. before Christmas? Thank you again your kindness is appreciated more than you could know!

Sincerely, Cheryl Nilsson

www.bc.lung.ca

THE  LUNG ASSOCIATION™
British Columbia

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