

## BREATHE LA September Newsletter: Fall into Healthy Breathing Habits



### Marc My Words

*Back to School Lung Health*  
Letter from President and CEO



As summer wraps up, the children that BREATHE LA serves are going back to school. We're excited to return to their classrooms to teach them about air pollution and lung health this academic year. Living in the most polluted region in the nation, it's critical that our children know how they can protect their lungs and help reduce air pollution with small but mighty steps.

I've been helping my own as they return to school and I know this can be a stressful time of year for many families, especially those impacted by asthma. When students are not in the comfort of their own homes, their asthma symptoms can be triggered by unfamiliar temperatures, increased exposure to pollen and dust, and academic stress. And the anxiety that parents have leaving their kids in the hands of adults who may not be familiar with asthma symptoms and triggers, is real.

If you want to learn ways to manage your child's asthma outside of the classroom, come join our Lung Power program in the Fall! It gives your family the chance to spend quality

time together, while learning ways to make it easier to cope with their asthma. In the meantime, look below for some tips for ensuring that your children with asthma stay safe at school.

You can stay updated on our upcoming events by following BREATHE LA and me on social media at [@BREATHELAC](#) and [@mcarrel](#). Here's to a healthy and exciting new school year!

In Health,



**Marc Carrel**  
President & CEO

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## Parents Corner: Back-to-School Asthma Plans for Students

Gathering classroom supplies, ordering reading materials and picking out new outfits are all part of the back-to-school process for parents and their students.

While putting together a checklist of everything before the first school bell rings, parents must ensure their children with asthma have a solid plan for this upcoming academic year, as asthmatic emergencies can arise in the classroom or on the playground and preparation is key.

BREATHE LA has compiled a quick cheat sheet for you and your child to study and review here:

**Prevention First, Action Second:** If your student has seasonal allergies, staying ahead and starting medications early on will help alleviate symptoms later. Check with your children's doctors on what medication is right for during school hours.

**Keeping A+ Air Quality:** Ensuring your home has clean air will prepare your child's lungs for healthy growth during the school year ahead. Once school begins, meeting with your child's school officials on the state of air quality inside the classroom will adequately allow you to prepare from your end.

**Asthma Education 101:** Before the school year begins, most students are advised to have a yearly check-up with their doctor. If your child has asthma, use this time to prepare an "asthma action plan" with your doctor and make sure your child knows how to properly use their asthma inhalers and medications. Make sure to meet with your child's teacher and other key school staff (e.g. school nurse) and go over the relevant portions of the action plan with them.

**Self-carry:** California has a law allowing students with asthma to carry and administer their prescribed medicines. Direct access to medication could help prevent dangerous situations. Written approval from the physician and the parent/guardian must be on file and it must be updated annually or whenever the medications or procedures change.



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## Give the Gift of Clean Air & Lung Health Now

Start the school year by donating to help Southern California's communities that need it the most

BREATHE LA can provide crucial support for residents suffering with lung health issues as well as clean air advocacy for all thanks to ongoing support from you.

As we begin a new season, consider donating today. Your gift will help to enhance BREATHE LA programs and services focused on improving lung health and promoting clean air initiatives.

Give now through these quick and easy options:

- Online [here](#)
- By mail at: BREATHE California of Los Angeles County, 5858 Wilshire Blvd., Suite 300, Los Angeles, CA 90036
- By phone at: (323) 935-8050 ext. 247 (with a credit card)



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## 11<sup>th</sup> Annual California COPD & Lung Health Conference



The [Emphysema Foundation of America](#), [BREATHE LA](#) and the [Trudeau Society](#) are proud to announce that the 11<sup>th</sup> Annual California COPD & Lung Health Conference will take place on Saturday, November 2, 2019 at Cedars-Sinai Medical Center.

The accredited health professional event gives corporate and healthcare partners the opportunity to showcase new and improved treatments, research, and technologies in the management of Chronic Obstructive Pulmonary Disease and other lung health diseases.

All are welcome to join us this year for an educational and exciting day focused on lung health. Trudeau Society members receive complimentary admission. Join the Trudeau Society for a discounted rate today!

For more information, including questions or reservations, please contact Deborah Maxwell by phone at (323) 935-8050 ext. 256 or by email at [dmaxwell@breathela.org](mailto:dmaxwell@breathela.org)

Register for the conference here: <https://breathela.org/copd-conference-2019/>

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## Trudeau Society: Crossing into Orange County

Last month, BREATHE LA's Trudeau Society hosted its first networking reception and lecture in Orange County for local medical professionals to learn about asthma treatments and BREATHE LA's array of programs.

Dr. Catherine Sassoon and Dr. Bahman Saatian of University of California, Irvine and VA Long Beach Healthcare System moderated the panel featuring:

- Dr. Warner W. Carr (Allergy & Asthma Associates of Southern California)
- Dr. Cedric "Jamie" Rutland (Pacific Pulmonary Medical Group)
- Dr. Rohit Katial (AstraZeneca Respiratory Medical Affairs)

Attendees, panelists and moderators also learned a little about the 98-year history of Trudeau Society, and what's ahead for its continuing education and community events.

Thanks to our exhibitor sponsors Insmad and Genentech for supporting Trudeau Society and BREATHE LA!





**"For a community to be whole and healthy, it must be based on people's love and concern for each other" -  
Millard Fuller**