

# COLORADO COPD CONNECTION eNewsletter

January 2011



**Next Meeting Tuesday January 18 2011 @1 PM**

**American Lung Association; 5600 Greenwood Plaza Blvd.  
Greenwood Village, CO 80111(303) 388-4327**

## **COPD IS NOW THE #3 LEADING CAUSE OF DEATH IN THE U.S.**

As bad as this sounds, it can be GREAT news! As with all things in life, the higher the priority, the more attention it gets. Once again, you are encouraged to get involved with patient interest groups that can have some influence on the types and direction that research takes. Unless COPD patients, physicians and other interested people push, there will never be the interest in COPD as that seen in cancer. The only way to influence what's funded is to have a seat at the table, or to influence the person who has the seat. You can do that by getting involved. Let's concentrate on that in the coming year. We owe it to ourselves.—Nick Jones, Editor, the Villages (FL) Airheads

### **AARC RENEWS COMMITMENT TO COPD AWARENESS**

The American Association for Respiratory Care (AARC) renewed its commitment to raise awareness and promote early detection of COPD in the wake of news from the U.S. Centers for Disease Control (CDC) that it is now the third leading cause of death in the United States. The report was issued last week.

Stroke dropped to the fourth leading cause of death, moving chronic lower respiratory diseases, including COPD, into the third position. Heart disease and cancer remain the number 1 and 2 causes. Of the top three, COPD is the only disease that is increasing in prevalence rather than decreasing.

"This news just reinvigorates our efforts to educate the public about this largely preventable cause of death," says Karen Stewart, AARC president. "As respiratory therapists, we want to continue to push for early detection programs and then to educate COPD patients that it is possible to help them decrease and control symptoms."

See Story: <http://www.aarc.org/headlines/10/12/copd.cfm>

# Anthem. 2010 FIGHT FOR AIR CLIMB

Run the Republic • February 28, 2010 **February 27, 2011**

Climb Denver's tallest building, the Republic Plaza! The Anthem Fight for Air Climb takes place on February 27, 2011 and participants climb the 56 floors of Denver's tallest building!

Participants as individuals or teams run or walk to the top of the building in 8-second intervals to arrive at the stunning view of the Denver skyline before heading back down to the lobby to enjoy a party filled with great food, interactive exhibitors and fun.

Run the Republic will raise money for cures, smoke-free kids and clean air in Colorado. Sign up now at: <http://www.lungusa.org/pledge-events/co/denver-climb/>



**Get connected....** The first step in living with lung disease means learning about lung disease. These support groups meet regularly to learn about tips and techniques to better manage their disease. Talk to others who might have the same questions, share stories of support and help, and connect with those in your community with chronic lung disease.

## COLORADO SPRINGS

**BREATH OF LIFE** Joan Bryant-Kennedy or Amy Vogt at Memorial Health System – 719-365-5924. At the Senior Center 1514 N. Hancock, 4th Thursday of each month 5-7pm

**Pikes Peak Alpha Beaters** Alpha1 Association Support Group—Contact: Dorothy M. Roberts 719-948-9848. Pueblo Holly Reynolds 719-471-4077 Colorado Springs Held at Perkins Restaurant, 3295 E. Platte Ave., Last Monday of each month at 1:00 p.m.

## DENVER METRO AREA

**Alpha Beaters** -The Alpha 1 Association Support Group, National Jewish or Janis Berend, RN,MSN,C-ANP @ 303-398-1858

**AIR FORCE Support Group** -Rose Medical Center, 4567 East 9th Avenue . 303-320-2272

**Catch your Breath**, Saint Joseph Hospital (1835 Franklin St, Denver CO), 3rd Thursday/ month, 11:00 AM(pot luck lunch) Tammy Monger 303-318-1333 **EZ**

**Breathers** -Exempla Lutheran Medical Center, Pulmonary Rehabilitation, 3<sup>rd</sup> Friday, 9830 I-70 Frontage Road South, Wheat Ridge, Co. 80033, 303-467-4122

**Wheat Ridge Pulmonary Fibrosis Support Group** Meetings are the last Tuesday of the month 2:00-3:30pm Exempla Lutheran Rehabilitation Center Conference Room 9830 I-70 Frontage Road South, Wheat Ridge, CO 303-467-4122

**A.W.A.K.E. Support Group(Sleep disorders)** 303-425-8574 Exempla Lutheran-- First Thursday of every other month Feb-Dec.

**Rocky Mountain Pulmonary Hypertension Support Group** Second Sunday of every other month Jan-Nov 303-637-0578, Barb Nickels

## LONGMONT

**Easy Breathers**—Longmont United Hospital 2<sup>nd</sup> Wednesday 4:30-5:30 PM Contact: Laura Wesenberg 303-651-5123

LOVELAND

**Breathe Easier Pulmonary Support Group**

Support group meets the second Friday of every other month from 10:00 am to 11:00 am at the McKee Conference and Wellness Center, 2000 N. Boise Ave. in Loveland.  
For more information and meeting dates, please call (970) 635-4053.

PUEBLO

**Better Breathers/AlphaBeaters** –the Alpha1 Association Support Group AARP - 1117 S. Prairie Ave., Pueblo, 3<sup>rd</sup> Tuesday Contact: Dorothy Roberts—719-948-9848

**Interested in starting your own Better Breathers club?**

E-mail [lungdisease@lungcolorado.org](mailto:lungdisease@lungcolorado.org) or call (303) 388-4327 or 1-800-LUNGUSA

for a Better Breathers implementation toolkit.



**Phil Konsella passed away Wednesday, December 29, 2010** at St. Johns Hospice. He was admitted yesterday after a fall at his home. Fran and Laurie wanted you all to know, there will be a Jazz Celebration of his life in the spring, but no services at the present time. If you would like to sent a card---

Fran Konsella  
1202 8th St. Golden CO 80401

His legacy to us is the Wheat Ridge Pulmonary Fibrosis Support Group and the mission to educate, inform, support and build Hope for the individuals and families living with pulmonary fibrosis . Thanks Phil



PLEASE SEND ANNOUNCEMENTS & SUGGESTIONS TO

[ednafiore@msn.com](mailto:ednafiore@msn.com)

720-922-1551