

HAWAII COPD COALITION

NEWS

Info & resources on Chronic Obstructive Pulmonary Disease, emphysema & chronic bronchitis

Volume 1, Issue 1

November 2008

COPD Education Day— Sleep, Eating, Exercise, Meds & Living Actively

Second Annual Event held September 22

COPD and Sleep presented by pulmonologist Roger Yim, MD (Director of Queen's Sleep Clinic and Pulmonary Function Laboratory) was the keynote address at the second annual COPD Education Day held at Queen's Conference Center. Other speakers were John Cheung, MPH, RD on **Exercise and COPD**, Kourtney Inoue, MS, RD, CDE on **Nutrition and COPD**, Cindy Minakami, MBA, PharmD, AE-C, CDE on **Medications and COPD**, and patient/caregiver speakers Lindsay Meganhardt and Gwen Atkinson talking about **Living Actively with COPD**. Our moderator, Beth-Ann Kozlovitch, Director of Development for American Lung Association of Hawaii and HPR Talk Shows Executive Producer, kept the program lively and on time.

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Breathing Hui

Support Group on breathing and cessation

Everyone is invited to attend the Breathing Hui meetings held monthly at Kaiser Honolulu (1010 Pensacola), meeting room 2A/B, **2nd Friday of the month from 10-noon**. The meetings are led by experienced respiratory therapists, Joan Loke and Jo Ann Ikehara and cover a variety of topics including exercise, travel, oxygen supplies, medications, latest research, legislation about breathing issues, and much more! There is no charge for the meetings; refreshments and supplies are included. There is a nominal \$3/3 hour parking fee.

Free Breathing Test Clinics

The Hawaii COPD (Chronic Obstructive Pulmonary Disease) Coalition in collaboration with Longs Drugs offers free breathing tests. Priority will be given to smokers, former smokers, and adults with breathing problems. Testing is performed by trained, licensed healthcare professionals. The last clinic for 2009 will be at Friday, December 5, 10-1pm at Longs Kaneohe Bay, 47-047.

For more information about the clinics or support groups, contact **Longs Clinical Services** at 988-2439 or **Hawaii COPD Coalition** at 699-9839. Clinics for 2009 are being scheduled and will be posted soon. Check <http://hawaiicopd.org>.

The program was recorded, as was COPD Education Day 2007. If you'd like to view a copy of either or both, please contact the Hawaii COPD Coalition at 699-9839 or copd.hawaii@yahoo.com.

Over a hundred patients and caregivers attended, as well as over sixty healthcare providers, volunteers and exhibitors. Thanks to the planning committee, sponsors and donors who made this possible. Co-hosts Hawaii COPD Coalition and Longs Drugs thank Platinum Sponsors: Boehringer-Ingelheim, Department of Health—Tobacco Prevention & Education Program, Kaiser Permanente, and Queen's Medical Center. Other major sponsors were CSL Behring, Pfizer, Inc., Talecris Biotherapeutics, and Tobacco Prevention & Control Trust Fund of the Hawaii Community Foundation.

For a more in-depth discussion of any of the topics covered and more, come to our Breathing Hui meetings (see page 1 article).

Mark your calendar for next year's COPD Education Day 2009. It will be on **Saturday, November 7, 2009 at Queen's Conference Center.**

World COPD Day

Wednesday, November 19, 2008 is World COPD Day. We hope to see you at our free public celebration from 10-1pm at Longs Kaneohe, 45-480 Kaneohe Bay Drive! More information at Hawaii COPD Coalition's website, <http://hawaiiicopd.org>. See what else is happening to celebrate World COPD Day, <http://www.goldcopd.org/WorldCOPDDayinYourCountryItem.asp?l1=5&l2=0&intl=1849>.

Research Opportunities

Two Hawaii research projects are currently looking for participants to sign up—call now before the study is full and cannot accept more people.

One is a twelve-week project to find out how using computers with coaching can help reduce shortness of breath. Participants can

can be loaned computers and provided reimbursements. For more information, call Deborah Mark, PhD RN at 988-0889.

Another research project will provide free lung and allergy testing to participants. For more information, call Marianne Yoshida, RN at 295-3213.

The COPD Foundation Research Registry is accepting confidential registrations at <http://www.copdfoundation.org/registry/> or by calling the toll-free COPD Information line (866) 316-COPD (2673) for more information. A form and COPD information can be mailed to you at no charge.

Medications— greater heart risk?

Thanks to the American College of Chest Physicians and all the researchers and speakers who made the symposium on Spiriva and Atrovent and cardiovascular (heart) risks possible. These medications are widely prescribed throughout our COPD community. This topic is very timely, as there have been several conflicting studies and news articles published in 2008 on possible increased risk of heart problems related to Atrovent (ipatropium bromide) and Spiriva (tiotropium bromide); the two medications are in the category called "anticholinergics."

A good summary of the symposium on anticholinergics and cardiovascular risks is in the Tuesday Daily News from the ACCP conference at this link: <http://chestnet.org/downloads/CHEST/NewsBriefs/ChestDay2.pdf> (scroll to page 3, top article entitled: "Investigators Discuss Results of Studies on Anticholinergic Inhalers"; Adobe Acrobat is required for viewing).

Many COPD patients have taken Atrovent and/or Spiriva for years and been following the issue of the safety and benefits of these medications with great interest. The symposium presented several of the major studies relied upon with a leading researcher from each.

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NATIONAL COPD SURVEY

While a new survey shows increasing awareness of COPD, most surveyed didn't realize that smoking increased their risk of COPD.

<http://www.nih.gov/news/health/nov2008/nhlbi-13.htm>

CALENDAR OF EVENTS

WORLD COPD DAY CELEBRATION

PLACE LONGS WINDWARD CITY, 45-480 KANEOHE BAY DRIVE

TIME 10 AM – 1 PM

Free breathing testing, blood pressure readings, oxygen saturation readings, COPD & cessation resources, prizes, balloons and more!

DECEMBER BREATHING TEST CLINIC

PLACE LONGS KANEOHE BAY, 47-047 KAM HIGHWAY

TIME 10 AM – 1 PM

FREE BREATHING TESTING, BLOOD PRESSURE READINGS, OXYGEN SATURATION READINGS, COPD & CESSATION RESOURCES

BREATHING HUI MEETINGS—2ND FRIDAYS

PLACE: KAISER – HONOLULU, 1010 PENSACOLA STREET, CONFERENCE ROOM 2A/B

TIME 10 AM – 1 PM

DATE: 2ND FRIDAY, EVERY MONTH

Free monthly support group meeting run by experienced respiratory therapists. For more information, contact Hawaii COPD Coalition by e-mail copd.hawaii@yahoo.com or Joan at catnap@hawaii.rr.com. You can also call Valerie at 699-9839. If you have suggested topics or guest speakers, please let us know. You can also mention them at any of our meetings.

SAVE THE DATE—2009 COPD EDUCATION DAY

PLACE QUEEN'S CONFERENCE CENTER, 510 S. BERETANIA ST.

DATE: SATURDAY, NOVEMBER 7, 2009

Medications—heart risk?

This panel was the first time the leading researchers were brought together in a group to speak publicly about this important issue. The symposium brought these researchers face-to-face in a panel for the first time to discuss their conflicting results. The take-home messages were:

- (1) Smoking cessation remains the BEST and primary means to treat COPD (slowing progression and reducing risk for heart conditions);
- (2) In deciding whether to take Spiriva or Atrovent, patients and healthcare providers need to work together to consider:
 - a. How much the patient symptoms improve;
 - b. What other conditions the patient has;
 - c. Current quality of patient's life;
 - d. How comfortable the patient is with the medication; and
 - e. Potential benefit vs. possible increased risks.
- (3) Patients and their healthcare providers should periodically reassess the above, as the patients' lung and other conditions change and the risk/benefit may shift as well.

This information can be a useful aid for a meaningful conversation with physicians to help us more accurately weigh benefits and risks.

Send suggestions, comments, suggested articles to Hawaii COPD Coalition News; contact information is on page 4 (return address).



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ADDRESS CORRECTION REQUESTED

COPD Study in Hawaii

Hawaii has been invited to participate in an on-going international study. It will help determine how common COPD is. Hawaii is only the second state ever invited to participate. Twelve sites around the world have completed their data collection and recording to date with many more in progress. Hawaii COPD Coalition is working on funding and details—stay tuned for updates!

Many thanks to **Longs Drugs/ CVS Caremark** for the great partnership in spreading COPD awareness and resources! Your collaboration has been invaluable!

Legislative Update

Cardiac and pulmonary rehabilitation will be covered by Medicare in January 2010—regulations are in progress.

The Centers for Disease Control are considering adding COPD as a separate chronic disease IF funding is allocated. In March, Hawaii COPD Coalition will participate with 250 patients, healthcare professionals in meeting with Congress on this issue. You can help by writing letters and testimony. More information is available from Joan Loke of the American Association of Respiratory Care at catnap@hawaii.rr.com or call Hawaii COPD Coalition at 699-9839.