

BREATHING

matters

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COLD AIR BREATHING TIPS

The changing seasons and air quality affect our ability to breathe. If you have asthma or COPD, you may struggle even more with the weather and seasonal changes. Here are some quick tips to help you this winter:

Adapt to the cold weather

When going from heated buildings into cold weather, dress warmly and cover your nose and mouth. Take measures to keep temperature fluctuations as minimal as possible.

Avoid triggers you can control

If you smoke, take steps to quit. If not, do your best to avoid secondhand smoke and other potential irritants, including fumes from idling cars, smoke from wood burning stoves, dust, scented candles and cleaning products.

Use medications if needed

If you have asthma, COPD, or other chronic lung conditions talk to your doctor about medications to help you manage weather-related breathing difficulties.

Medications commonly prescribed include:

- Bronchodilators
- Anti-inflammatory agents
- Oxygen
- Antibiotics

Embrace a healthy lifestyle

There are things you can do every day to help you breathe easier: maintain a healthy diet, commit to a regular exercise routine, take steps to prevent respiratory infections and control stress.

Know when to see your doctor

Even though it may seem normal to have more difficulty breathing when weather conditions are extreme, there are times when you should seek medical help. Any new shortness of breath should be immediately evaluated, as should any shortness of breath that can't be explained by the cold or flu or by just being 'out of shape'. If you notice you are having difficulty breathing, seek medical care to have your symptoms further evaluated.



**Visit [BreatheNH.org/lung-health](https://www.breatheNH.org/lung-health)
for more information and
resources regarding lung health**

Adapted from Cleveland Clinic

SERVICE LEARNING PROJECT SPOTLIGHT

Respiratory Therapy students at North Shore Community College, chose Breathe New Hampshire's **Bag the Butts™** for their fall 2021 service learning project. One of the students, Amie St. Laurent, shared her experience of cleaning up a local park with her children:

With the help of Batman, Spiderman, and Spiderhank, we were successful in collecting cigarette butts. The superheroes and I went to a park in Methuen, Massachusetts and were able to fight off geese and deter them from consuming some of the harmful cigarette butts. The park was meant to be a place to relax and enjoy nature, but the overwhelming amount of cigarette butts and trash has made that somewhat impossible. During our collection time, the superheroes learned what the cigarette butts came from and how harmful they are for our bodies as well as our land. Cigarette butts take up to ten years to decompose and puts toxins in water and the ground and compose a little over forty percent of the trash collected in urban cleanups. The biggest lesson we took from this project is to be aware of the surroundings and the litter. We can always be proactive and bring out the trash we bring in to minimize waste as well as more education on the harmful effects of cigarettes not only through smoking but through the environment too.

Contact Breathe New Hampshire at info@BreatheNH.org to request a free toolkit to Bag the Butts™ this spring!



JANUARY IS RADON ACTION MONTH



Radon is the leading cause of lung cancer deaths among nonsmokers in America and claims the lives of about 21,000 Americans each year. Exposure to radon is a preventable health risk and testing radon levels in your home can help prevent unnecessary exposure. Free radon test kits available at: aelabs.com.nh

VACCINES FOR (ALMOST) ALL AVAILABLE



By now, COVID-19 vaccines are available for those age 5 years and older. It's hard to believe a year ago only specific groups were eligible. Between record high cases of COVID-19 this winter and peak flu season it's important to get vaccinated, including your booster. Remember the vaccine not only protects you, it helps keep your friends, family and community healthy.

In addition to getting vaccinated against COVID-19, the basic precautions - wearing masks, washing hands, physical distancing, staying home when you're sick are just as important now as they were at the start.

For more information call 211 or vaccines.nh.gov

LEGISLATIVE UPDATE

This Legislative session, Breathe NH will monitor several bills that include the following topics of interest to the organization and our constituents:

- Lowering the amount of revenue from cigars required of cigar bars-for 2 years.
- State enforcement of Federal vaccine mandates.
- Climate change policies.
- Legislative oversight over the emergency powers of the Department of Health & Human Services.
- Changes to the enforcement authority of liquor enforcement officers (in NH liquor enforcement officers also oversee tobacco enforcement).
- Eliminating the enforcement division of the Liquor Commission.
- Pharmacist administration of vaccines.
- Limiting the authority of Town Health Officers.



CONGRATULATIONS TO CLAIRA MONIER ON HER RECENT BIA LIFETIME ACHIEVEMENT AWARD



Breathe New Hampshire is proud to have Clairia on our Board of Directors and has benefited immensely from her hard work and dedication to lung health. We were proud to join her as she received this great honor.

BUY A 2022 FUN PASS COUPON BOOK & SAVE ALL YEAR LONG!



For only \$35 (*1st class shipping is included*), get deals and discounts at more than 90 New England family attractions! Favorites like Story Land, LEGOLAND Discovery Center Boston, Mount Washington Cog Railway, Davis Farmland, Pats Peak, Ragged Mountain, Whale's Tale, Altitude Trampoline Park, Water Park of New England, Connecticut Science Center and many more are in the book!

Most coupons admit a child 12 and under free or at a discounted rate with a paying adult. Story Land offers a BOGO (Buy One, Get One Free) so with just that one coupon, you cover the cost of the entire book.

Purchasing a Fun Pass is a triple win! You save money AND, you are supporting Breathe New Hampshire, a lung health organization, AND local attractions too!

**To order, go online to
www.BreatheNH.org/fun-pass
or call our office at 603-669-2411.**



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SAVE THE DATE:

- Continuing Medical Education Conference:
Wednesday, June 1st
- Eager Breather's Fresh Air Cruise:
Thursday, September 8th
- Fairways for Airways Golf Classic:
Monday, September 19th



Schedule Vaping Unveiled™ in your community, contact info@BreatheNH.org

THE END OF AN ERA



After seventeen years as Breathe New Hampshire's President and CEO, Daniel Fortin has announced his intentions to retire in 2022. Before joining Breathe New Hampshire, Dan volunteered, beginning in 1992, and served as a member of the Development Committee and the Golf Committee. His initial involvement led to becoming a member of the Board of Directors and serving as the Treasurer for six years and then as Board Chair.

During Dan's tenure, he successfully transitioned the organization to becoming Breathe New Hampshire, after the Board of Directors voted unanimously to end its franchise agreement with a national organization. As Fortin reflects on that major decision, he indicates that remaining an independent public health organization was the best way to serve the people of New Hampshire. "It was the right decision at the right time," he says. In addition, Fortin was instrumental with the acquisition and build-out of Breathe New Hampshire's Manchester office. The decision to purchase the Hollis Street property and build it out as a LEED Certified office helped posture the organization for the long-term. His passion and leadership will be greatly missed.

A search for Fortin's successor by the Board of Directors will begin in January. Details will be shared as they become available.



Breathe New Hampshire is sad to announce the passing of a longtime volunteer, Claudette Laliberte. Claudette was introduced to Breathe New Hampshire through her employer, PSNH and she continued to volunteer long after she retired. Claudette along with her sister Diane were heavily involved in events and supported the bike trek, golf and cruise just to name a few. Claudette's zest for life and her laughter will be greatly missed by all who knew her.