

BREATHING *matters*

A PUBLICATION OF BREATHE NEW HAMPSHIRE | SUMMER 2023

SUMMER SAFETY TIPS FOR PEOPLE WITH BREATHING PROBLEMS

Hot summer days and poor air quality can be hard for people with chronic obstructive pulmonary disease (COPD), asthma, pulmonary fibrosis, and other lung conditions. When you put that together with the increased chance of fires, it's important to take extra precautions.

- ✓ If the Air Quality Index is 101 or higher, stay indoors. (Check AQI in newspapers, weather forecasts, or on airnow.gov (choose NH).
- ✓ Stay indoors when the temperature reaches 100 degrees. Lung disease and the medications used to treat it can interfere with the body's natural ability to cool down and can increase sensitivities to heat.
- ✓ Stay cool. If you don't have air conditioning at home, go to a mall or a friend's house that does. Air conditioning also helps take humidity out of the air, making it easier to breathe.
- ✓ Keep window coverings closed during the day. This helps air conditioning units work better.
- ✓ Keep in contact with family and friends. Interaction relieves the isolation of being stuck in the house on hot days.
- ✓ If your pulmonary rehabilitation program includes exercise therapy, do light exercises in your home with resistance bands.
- ✓ Pace yourself when you exercise. It's OK to avoid working yourself too hard on hot days.
- ✓ Stay hydrated throughout the day. If you're monitoring your fluid intake for other health-related conditions, talk with your physician about the best hydration options.
- ✓ Plan outside activities during the coolest part of the day. If you must be out and about, do so early in the day to avoid the high temperatures.
- ✓ Park in shady areas. Never sit or rest in a car parked outdoors or in an enclosure where temperatures can soar.
- ✓ Carry an umbrella or floppy hat for instant shade. It's also best to wear loose-fitting clothing made of cotton along with sandals or lightweight socks and shoes.
- ✓ Cool off with a fan or mister. You can also put a cool, damp washcloth on the underside of your wrist or on your forehead or neck.
- ✓ Remember to take medication in the early stages when you feel your breathing symptoms are getting worse.



Above all, know your triggers, monitor your symptoms and be aware of how you feel. Call your physician's office if you have increased shortness of breath. Don't delay getting to urgent care or an emergency department if your symptoms worsen and medication isn't working.

VAPING UNVEILED™

PRESENTED AT MORE MIDDLE SCHOOLS THIS SPRING

Breathe New Hampshire continued to receive an increase in Vaping Unveiled™ program requests over the past several months, particularly from middle schools. These schools experienced an uptick in students vaping on school campuses, along with more youth acknowledging trying these products. Teens and young adults are especially susceptible to nicotine addiction. As more vape products are sold with continually higher nicotine levels, youth use of these products continues to be very concerning to us. Currently there is no limit as to the level of nicotine these products can contain. (*see Truth Initiative information).

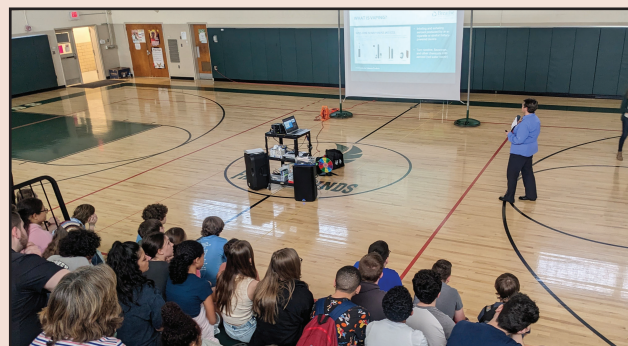
In addition to school outreach, Breathe New Hampshire collaborated with new partners and overall delivered 70 programs throughout 14 communities. These included homeschool co-op programs, Student Assistance Programs Counselors, and presenting at the NH School Nurses Association annual conference.

Thanks to grants from The Jack and Dorothy Byrne Foundation and Cogswell Benevolent Trust, Breathe New Hampshire is currently developing online modules of Vaping Unveiled™ this summer. These modules are intended for upper elementary and middle school students, and will increase the organization's capacity to provide more vaping prevention education and help NH youth make healthy and informed decisions.

More e-cigarettes are entering the market with increasingly high concentrations of nicotine and concerning trends appear in national e-cigarette sales data:

- More unique vape products are available for sale.
- Products contain increasingly high concentrations of nicotine.
- Number of unique e-cigarette products more than quadrupled from 453 to 2,023 between June 2021 and June 2022.
- Disposable e-cigarettes were the most used device among middle school and high school students in 2022.
- Average nicotine strength increased the most in disposable e-cigarettes, increasing from 2.1% to 4.8%.

Source: Truth Initiative, May 2023



27TH ANNUAL EAGER BREATHER'S FRESH AIR DAY CRUISE™



Register Now for the Eager Breather's Fresh Air Day Cruise™ on Thursday, September 7, 2023. Join Breathe New Hampshire for our 27th annual cruise on Lake Winnepesaukee this fall.

The \$30 registration fee includes a buffet lunch, live music, and on-board expo. Learn more and register at: BreatheNH.org/programs/cruise or call 603-669-2411 info@BreatheNH.org



FAIRWAYS FOR AIRWAYS GOLF CLASSIC™

Monday, September 18, 2023
Lake Winnepesaukee Golf Club, New Durham, NH

Register online: BreatheNH.org/events/golf-classic



LEGISLATIVE UPDATE

New Hampshire Legislation

During this legislative session, much emphasis focused on the state of NH budget bills and Medicaid Expansion. Topics of interest to our organization included tobacco policy, vaping policy, climate change, respiratory health and tobacco prevention and cessation funding. Many pieces of legislation did not make it through the full process.

- **HB 1-A** making appropriations for the expenses of certain departments of the state for fiscal years ending June 30, 2024, and June 30, 2025.
- **HB 2-FN-A-L** relative to state fees, funds, revenues, and expenditures. Breathe NH monitored regarding tobacco cessation programs, vaping programs for youth, and other public health funding.

On June 8, 2023, the New Hampshire Senate voted unanimously to pass HB 1 and HB 2, the two-year state operating budget.

Federal Legislation

In May 2023 Breathe New Hampshire signed on to a letter initiated by The Campaign for Tobacco Free Kids that was sent to Senator Shaheen and Senator Hassan. This letter makes them aware that we support the Food and Drug Administration's (FDA) proposal to prohibit the sale of menthol cigarettes and flavored cigars and asked both Senators to support this proposal.



BAG THE BUTTS™

Thank you to the following coalitions and community groups for participating in our Bag the Butts™ this spring:

Keene Youth Services

NeighborWorks - Southern New Hampshire

Raymond Coalition for Youth



Keene Youth Services participates in Bag the Butts™ as part of the community's Earth Festival on April 22

JOIN OUR TEAM

PATIENT FEEDBACK GROUP

Have you ever had a piece of medical equipment that doesn't fit in your life? On your bad days, does it feel like an elephant is on your chest?

We want YOUR input on a Home device so we can help your day-to-day life & keep you out of the hospital.

ABOUT US WE ARE VAPOTHERM



Our technology is used in hospitals around the world to help treat COPD Patients in the emergency room. We want your voice to be heard as we develop our Home Product.

PROGRAM SPECIFICS

Participate as much as you want from the privacy of your own home! We value your advice - **group members will be compensated.**

You must have severe COPD, be using oxygen at home, and have had multiple ER visits or hospitalizations for COPD exacerbations.



JOIN OUR TEAM: Call 207-619-3309 or Email TVou@Vtherm.com

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Join Breathe NH This Fall!

Public Safety Awareness Day

Story Land Glen, NH
Sunday Sept 24 2023

9:30 am - 5:00 pm

A Fun-Filled Day of Awareness,
Education, Resources, Games, &
Giveaways!



www.breathenh.org

Story Land

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NEW HAMPSHIRE

FAMILY FUN • SAVE MONEY • SUPPORT A CAUSE

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THE FUN PASS FROM BREATHE NH OFFERS INCREDIBLE SAVINGS AT FAMILY AMUSEMENT & THEME PARKS, ADVENTURE PARKS, FARMS, ZOOS, MUSEUMS, WATER PARKS, SCENIC RAILROAD TOURS, AND WHALE WATCHES! THE SAVINGS EVEN INCLUDE ACTIVITIES LIKE ROCK CLIMBING, ZIP LINES, ROPES COURSES, TRAMPOLINE PARKS AND MORE!

WWW.BREATHENH.ORG

ALL PROCEEDS SUPPORT

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