



Winter 2009

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## *SIMPLE-y Inspiring*

The SIMPLE program is a program like no other, is how Trish Barlow-Arcaro sums up the New Brunswick Lung Association's SIMPLE Driver Stewardship program.



"I already knew some information about how we, humans, affect our planet, but the SIMPLE workshop brought it to another level by showing how much we really consume and

ideas on how we can reduce our carbon footprint." Trish, from Bonar Law Memorial School in Rexton, is one of 25 Youth Ambassadors from around the province this year, and one of 100 students to participate since the program's inception four years ago.

SIMPLE is an acronym that stands for six behaviours that can have a big impact on fuel efficiency, thereby lowering emissions that impact air quality, climate change, and human health. Not to mention, the tips help save money at the fuel pump. Youth Ambassadors are taught the science behind climate change as well

as the principles of Community-Based Social Marketing. Then they are unleashed upon their communities to educate the masses and acquire commitments from people who promise to adopt the SIMPLE behaviours.

### The SIMPLE behaviours:

**Speed limit** – Slow down! Fast and aggressive driving wastes fuel.

**Idling** - Excessive idling pollutes. Turn off your engine when not in use.

**Match vehicle to need** – Try to buy the most fuel-efficient vehicle that meets your needs and budget.



**Pressure** – Measure your tire pressure once a month.

**Leave your car at home** - Before you drive, consider alternatives.

**Engine and vehicle maintenance** - Get regular tune-ups



### Did You Know?

More than 750,000 Canadians are diagnosed with COPD, Chronic Obstructive Pulmonary Disease, yet many more unknowingly suffer with the disease and remain undiagnosed.

## *Chemicals and Your Health*

An ongoing concern for members of the Canadian Network for Human Health and the Environment (CNHHE) is the use of a chemical that makes plastic hard, called Bisphenol A, or BPA. This chemical is found in everything from baby bottles and other plastic drinking bottles to food cans. The problem

with BPA is that the chemical may leech into the food or drink placed into a container made with BPA, which is then consumed. Similarly, the same holds true for plastic wrap. Harmful by-products, called dioxins, are released when heated. To protect yourself, we recommend microwaving in glass containers instead of plas-

tic and do not microwave with plastic wrap. To learn more about the ongoing dialogue on Bisphenol A, go to the following website: [Government of Canada Protects Families With Bisphenol A Regulations](http://www150.statcan.gc.ca/n1/pub/95-662-x/2008001/article/2466911-eng.htm).



## What Stinks?

I can tell you that it certainly isn't radon gas. Why? Because radon gas is odorless, colourless, and tasteless. This allows it to seep into people's homes undetected. So why should you care? Long-term exposure to radon gas is the leading cause of lung cancer among non-smokers. Smokers: long-term exposure to high levels of radon increases your risk of lung cancer from 1 in 8 to 1 in 3!

Radon



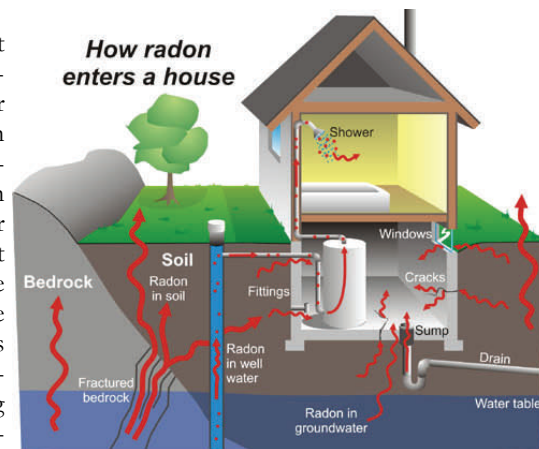
don concentration is measured in becquerels per cubic metre. Health Canada warns that if the concentration of radon exceeds 200Bq/m<sup>3</sup>, corrective measures should be taken.

Fortunately, testing for radon in your home is easy and inexpensive. Ask for a radon detector at your local hardware store or you can purchase one from the New Brunswick Lung Association for \$35 (quantities are limited!). Just put the detector in the lowest occupied room of your home and let it get to work. It takes three months (yes it works slow, but a long-term test is far more accurate).

If you find the level of radon is

too high, don't fret! Call a qualified contractor experienced in radon remediation to come in and inspect your home. You might have to do some renovations like sealing any cracks in your foundation or installing a ventilation system.

Winter is the best time to test for radon so give us a call at 1-800-565-LUNG (5864) and get your radon detector today! Visit [www.nb.lung.ca/radon](http://www.nb.lung.ca/radon) for more information.



## Problems with Mould

Recently, a friend had a leaky patio door replaced in her bedroom. Through this, it was discovered that the wood underneath the carpet was very mouldy. Like many people, my friend is sensitive to mould, which meant that her sinuses were always blocked. Fortunately, by replacing the door, she eliminated the cause of the mould,

and a big source of her misery, the mouldy carpet and wood.

Mould is everywhere and very useful in nature, as it helps break down leaves into rich humus and makes lovely strong cheeses for example. However, it is not healthy to be overexposed to it in one's home, especially if one's sinuses get clogged, or asthma, headaches,

fatigue or general malaise sets in. The solution to a mould problem is to remove the cause, which is moisture. Therefore, land should not slope towards your house, leaks in roofs, walls and basements should be repaired and ventilation should be increased so that moisture does not build up from showers and cooking.

Once the cause is repaired, if there is a large area of mould present, hire a professional company for clean up. If mould occurs in an area smaller than a square metre, you can clean it yourself with baking soda or detergent. For a complete guide to dealing with mould, consult the following webpage [Fighting Mould - The Homeowners' Guide.](#)

## Lung Association Starts Class Action

In 2005, the Department of Education, in collaboration with the New Brunswick Lung Association, announced a province-wide no-idling policy for school buses. The Class Action program builds on the success of this policy with a goal to eliminate all idling on school grounds.

We teach participants how burning fossil fuels affects our environment and respiratory health. Then, the students measure how much idling occurs at their school. Next, they do an "outreach" event where they explain idling to adults and why they should try to stop. They follow up this event

with more observations to see if a change has been made. Finally, they present the results to their peers.

Here's what our participants from St. Thomas had to say: "...it encompasses the acknowledgment of the issue, the action and the education...

which all together help people begin to understand why it is so important. And in doing so, you have a much healthier, safer and cleaner campus!" – Julianne Butt, STU Students for Sustainability, Student Union.

## Setting an Example



Jane Eaton, owner of Jane's Place Day Care in Fredericton, demonstrates her steam cleaner.

Jane Eaton, owner of Jane's Place Day Care in Fredericton, had already undergone an energy audit and started implementing energy-saving renovations when she became a par-

ticipant in the New Brunswick Lung Association's Healthy Child Care Program. She has begun several new initiatives to improve indoor and outdoor air quality. For example, she now uses an inexpensive steam cleaner to wash her floors, which reduces the use of chemicals. She also stopped using scented plug-ins, installing ventilation fans instead. She no longer has problems with parents idling their cars since she implemented her no-idling policy.

There has been some pressure

brought to bear on smoking parents, who have either quit or are being more careful not to smoke around their children.

To reduce waste, which in turn reduces air pollution from manufacturing, she has replaced paper towels with colourful face cloths and throw-away changing pads with personalized reusable ones. Everything that can be recycled is, and this summer she started composting. Through her example, the children are learning how to be socially and environmentally responsible.



Healthy Child Care Program

The Childcare Action Kit is very useful in helping you have the healthiest indoor and outdoor environment possible for your child care facility. To download your free copy, please visit [www.nb.lung.ca/html/childcare](http://www.nb.lung.ca/html/childcare).

## Winter with Asthma and COPD

Winter is a time of year that can be particularly difficult for people living with chronic lung diseases. People with Asthma and COPD must have an action plan in place for dealing with flare-ups brought on by colder weather. Take good care of yourself, eat healthy foods, exercise, get enough sleep and stay away from people who are sick. Take all of the medications prescribed by your doctor. Talk to your doctor about creating an action plan. Get a flu shot every year. Ask about getting a pneumonia vaccination. Avoid triggers that can make COPD and asthma worse, like air pollution, cigarette smoke and breathing very cold or humid air. A change in symptoms for COPD might include some or all of the following: mucus

(phlegm) that is yellow, green or brown, an increase in the amount, thickness or stickiness of your mucus, chest pain, fever, swollen ankles, needing to sleep sitting up instead of lying down, morning headaches, dizziness, trouble sleeping, confusion, blue lips or

fingers, an unusual increase in shortness of breath and feeling sick. If you notice any of these signs, go to the hospital emergency department if you can't reach your doctor. For persons with asthma, watch for the following warning signs: struggling for breath,

blue rescue inhaler doesn't help, it's hard to speak- you can't finish a sentence, sucking in skin above breastbone and between ribs, nostrils flaring out, pale, grey, sweating, blue lips or nail beds, really tired, lethargic or unconscious. Call 911 and keep taking your rescue medication (blue puffer) if you see these symptoms.



New Brunswick Lung Association staff and World COPD Day participants pose in front of Fredericton's City Hall on November 2nd for the annual flag raising ceremony.

## Stories of Lung Disease

**M**y name is Allison Burns and I work at the Dr. Everett Chalmers Hospital as the Asthma Clinic Coordinator and Educator.

In addition to working with people with asthma, I too have been “blessed” with the disease. “Blessed” you say? Let me explain. I was diagnosed with asthma when I was three years old. At that time, I didn’t feel it was a blessing as I was unable to participate in activities with my

friends and spent far too much time in a hospital room... but that view changed, as I got older. The more I understood my asthma, the less afraid I was. The more educated I became, the less control it had on my life. It amazes me that by following an action plan and avoiding my triggers, I can now do many of the things I want to do. I can go for a walk with my husband and play basketball or fly kites with my children. Of course, I have

to avoid people who are smoking or animals, but, to me, that’s a small price to pay!

The best part of my job is helping patients with asthma realize that the same quality of life is within their reach. Hope is a powerful thing. Asthma has helped me understand what my patients are feeling and, I think, makes what I say carry more emphasis. Definitely, asthma has been a blessing for me!

If you have asthma, speak to your health care provider about a referral to the Asthma Clinic.




### Car and home Smoke Free for me!

Children who are regularly exposed to second-hand smoke have:

- Higher risk of sudden infant death syndrome (SIDS)
- More cough and wheeze than children of non-smokers
- More severe asthma than children of non-smokers
- More ear infections
- Slowed lung growth
- Double the risk of bronchitis, croup and pneumonia
- Lower test scores in math, reading and logic
- Higher risk for heart disease
- More chances of taking up smoking themselves

There is no safe level of exposure to second-hand smoke. Even brief exposures can be harmful.

THE  LUNG ASSOCIATION™  
New Brunswick



## Woodsmoke



**T**hough it provides a cosy atmosphere, wood smoke poses a number of hazards to respiratory health. Exposure to wood smoke, specifically the particles that come from burning wood, can cause eye, nose and throat irritation, coughing, headaches, nausea and dizziness. Many substances in wood smoke are known or suspected carcinogens and can penetrate deep into your lungs

Many New Brunswickers,

whether or not they have health problems, can suffer from a severe respiratory attack triggered by wood smoke. If you must burn, think about your health:

- Burn only clean, dry, seasoned wood or wood products. Never burn plastic, wrapping paper, bows, coloured flyers, Styrofoam, tires, garbage, leaves, branches or other yard waste. Never use fuel to start your fire.

- Burn small, hot, controlled fires with good air circulation.
- Try not to burn on a very still day where the smoke stays close to the ground.
- Check with your local government to see which by-laws apply to your area.



**PLEASE RETURN THIS FORM WITH YOUR DONATION TO:**

The New Brunswick Lung Association  
65 Brunswick Street, Fredericton, NB. E3B 1G5

**Here is my donation**

\$25  \$50  \$75  \$100  I have enclosed my cheque for \$

Name:

Address1:

Address2:

Postal Code:

Province:

Yes, I wish to receive Breathe for Life by e-mail

I prefer to donate by: Visa  Mastercard  American Express

Card Number:

Expiry Date:

Signature:

Telephone:

Email:

To donate online: <http://www.nb.lung.ca/html/Donate/index.htm>

FOR MORE INFORMATION: Phone: 1-506-455-8961; Toll free: 1-800-565-LUNG; E-mail: [nblung@nbnnet.nb.ca](mailto:nblung@nbnnet.nb.ca)

**Thank you for your support!**