

Helping you hear the thanks in our voices...

The Breathing Association

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To: pats0825@msn.com <pats0825@msn.com>;



*"Thanksgiving, after all,
is a word of action."*

W. J. Cameron

Dear Friends,

With a heart filled with gratitude, I thank you with the voice of others.

It's so important that you know that when I say "thank you", I do so with the voice of the hundreds of people whose lives are impacted by the gifts that are channeled through The Breathing Association.

Even though we hear a "thank you" from people we serve every day, we know that the biggest thank you is often *felt quietly* - on those freezing winter days when the heat stays on - or when a child's breathing eases with the inhaler they received - or when someone manages to survive one more day without smoking.

Those are the moments when quiet messages of thanksgiving are offered up to you, the supporters of our programs and services.

On this day of thanksgiving, please hear the gratitude expressed by us all from our collective, and deeply grateful, hearts.

Happy Thanksgiving!

Joanne Spoth

Joanne Spoth
President & CEO
The Breathing Association



November is COPD Awareness Month!

COPD, Chronic Obstructive Pulmonary Disease, is the umbrella term for the family of diseases including chronic emphysema, bronchitis, and asthmatic bronchitis.

***Fact* It is the 3rd leading cause of death in the US**

***Myth* Only smokers get it ...**

NOT TRUE! Over 25% of patients have never smoked! Smoking or second hand smoke are the main causes of COPD, but long term exposure to pollution or lung irritants, or more rarely, a genetic condition can increase your risk of COPD.

***Fact* It affects more women than men**

***Myth* There is no treatment for it**

NOT TRUE! Lifestyle changes (like quitting smoking) and medications can help slow the progress and improve lung function.

***Fact* Early Screening is crucial**

COPD is NOT a natural part of aging. It is a progressive disease and symptoms can be commonly seen in individuals as young as 35. Don't delay seeking help if you have symptoms.

Get the FACTS about COPD [here!](#)

Get the APPS to help manage your COPD [here!](#)

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Education Spotlight



Workplace Smoking Cessation

Insurance companies can tell you that every smoking employee costs money - in time off work, healthcare costs and premiums. One smoking employee can cost an employer up to an additional \$5,800 annually.

Quit for Good is a workplace program that helps your employees kick the habit using best practices with support from each other. We bring it to your location so its even easier for your employees to quit for good.

CALL TODAY to ENROLL!

614-437-1521

or email joyce.johnson@breathingassociation.org



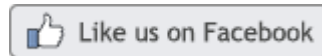
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