

BreathMatters

Support Group of Virginia



CJW Medical Center
HCA Virginia Health System



Board Members: Russell Glover, Sharon Peple, Don Bane, Yvonne Bellamy-Arvin, David Dise, Lisa Schaffner, Anne C. Gibb
11520 Edenberry Drive
North Chesterfield, Virginia 23236-4030
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a nonprofit charity

Breath Matters continues to need your financial support. As we close the year we thought you would like to know some of our minor accomplishments including:

- ✓ Duke University recently asked our help with a lung disease study.
- ✓ We received calls from sufferers in North Carolina, Texas, and Florida.
- ✓ University of Virginia asked for our help with a lung disease study.
- ✓ Allergy Partners of Pennsylvania, Virginia, and North Carolina sought our help.
- ✓ Local rescue squads want us to speak about pulmonary exacerbations (a frequent 911 call) and support group attendance.
- ✓ St. Mary's Hospital Palliative Care, Richmond, wants us to be involved with their program.
- ✓ November's and December's attendance was in the eighties with an average of 64 per lung disease sufferers per meeting for the year.

These accomplishments occurred because people are finding us through advertising, reputation, or our website. In addition, a major accomplishment in 2012 was having Mr. Paul Fogelberg, President; Pulmonary Fibrosis Advocates (www.pfadvocates.org) of Minnetonka, MN speak at our June 11 meeting on the passage of The Pulmonary Fibrosis Research Enhancement Act. The passage of PFREA (s. 1350 & H.R. 2505) would:

1. Establish a National Pulmonary Fibrosis Advisory Board.
2. Establish a Pulmonary Fibrosis database at the CDC.
3. Expand and coordinate all data by the Department of Health & Human Services.
4. Requires the Director of the CDC to develop a Pulmonary Fibrosis education and awareness plan.
5. Encourage the NHLBI to coordinate research activities.

Over half of our population at Breath Matters suffers with this disease with no medications or treatments in sight...only transplantation if you are extremely healthy and preferably under 65.

On the COPD and Asthma part of our group, if you were to ask anyone that has asthma or COPD about their inhaler, they will tell you about the difficulty of using it properly. Clinical studies by American College of Chest Physicians shows that 86% of patients use MDI incorrectly and 71% patients use DPI incorrectly as referenced by this link: <http://www.ncbi.nlm.nih.gov/pubmed/21249463>. Currently we are working with a software developer so that a user would compare their live inhaler use (on screen and side by side) with the proper use of their inhaler on a YouTube video. The user must have camera capability on their laptop or Ipad.

Breath Matters Support Group | Meeting: 2nd Monday of every month | www.breathmatters.org

Kraus Auditorium - Chippenham Medical Center - 7101 Jahnke Road - Richmond, VA 23225

Eventually, we will have the ability to copy an individual's use and email it to their nurse, physician, or pharmacist for approval. We have the YouTube version of one tube and disc already on our site and there are eight more to follow. These will be the exact replicas of the patient's inhaler. In the past we have had speakers to come demonstrate proper inhaler use and it always drew a big crowd. Inhaler use is a constant concern by people saying that the neither pharmacist nor physician gives instructions.

Finances are always in the forefront of our mission with advertising our largest expense and we continue to need your help. We are delighted to offer last year's 990N (our year-end tax form) for your perusal via email. As you consider making your donation, please bear in mind that:

-  We are a CENTRAL VIRGINIA LOCAL (Richmond, VA) CHARITY.
-  We have no ties to any of the BIG charities or any other charity.
-  **We continue to operate with ALL volunteer personnel.**
-  Our ties are to the community, your community and mine.

Thank you for helping us continue to meet the needs of our community. Please consider a donation. No donation is to large...or small.

Please make a check payable to and mail to:

Breath Matters
C/o Russell Glover, President
11520 Edenberry Drive
Richmond, VA 23236-4030

You can also make a donation through our website: www.breathmatters.org.

Just click on the **PayPal DONATE** button and use the credit card of your choice. The safest way to protect your identity

If you ever have questions of any kind pertaining to **BREATH MATTERS**, please do not hesitate to call me at (804) 378-0628. This is too important not to welcome your feedback. **WITHOUT YOU, WE CANNOT DO THIS.**

Donations can also be made in memory of a friend or loved one that lost a fight with lung disease OR IS FIGHTING LUNG DISEASE. I thank you for your generosity and kindness to BREATH MATTERS...one outstanding organization.

Sincerely,

Russell Glover, President
Breath Matters

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A financial statement about **BREATH MATTERS** is available upon written request from: Commonwealth of Virginia, Office of Consumer Affairs, P. O. Box 1163, Richmond, VA 23218