

## WHO WE ARE

EFFORTS is an organization made up of patients with **Chronic Obstructive Pulmonary Disease** (Emphysema, Chronic Bronchitis and other irreversible lung disease) and their caregivers as well as some representatives of the medical profession.

EFFORTS is a non-profit, 501(c)(3) organization dedicated to furthering the research efforts, public education, governmental education, as well as accepting our responsibility of assuring the health of future generations, and helping each other cope with the disease by sharing various resources.

We also work to further the education of those who are not completely familiar with our disease, and we provide a support group on the Internet for our members.

We invite you to join with us in our endeavor against **COPD**. It costs you no money. Take a few minutes to view our web site at: <http://www.emphysema.net> and discover what we are all about.

Look around. Ask questions. Then, please join with us in our fight to breathe easier.

## WHAT WE BELIEVE

It is our belief that the amount of research currently being done for **Chronic Obstructive Pulmonary Disease**, the fourth greatest killer and the second leading cause of disability in this country, is so little as to be almost insignificant.

We believe that the major medical centers that do research should place **COPD** in the order of importance that reflects this country's mortality figures.

We believe that educational programs should be extended to those who are addicted to tobacco, and that drug addiction programs should include help for tobacco addiction as well.

We believe that the public does not understand what **COPD** is, and the ravages and indignities it subjects people to. We plan to promote education of the general public, with the intent that those with **COPD** need not feel stigmatized and isolated in dealing with their disease.

We believe in early spirometry testing to detect symptoms before serious problems develop.

The treatments and surgeries for **COPD** and other lung diseases are very limited. We believe that insurance companies and Medicare must stop withholding reimbursement for these treatments that are available to individuals with lung disease.

## GOALS

To bring together all appropriate health, political, insurance, medical and research divisions of all private and governmental concerns to focus on finding a cure for **Chronic Obstructive Pulmonary Disease** and related lung diseases.

To promote education as a preventative to help in the effort to keep young people from starting to smoke and induce others to stop smoking. We care about future generations, not only ourselves.

To promote those actions which would help to bring about more specifically effective treatments for **COPD**.

To become the most authoritative and effective patient source for information about **COPD** and treatments.

To link all our stated goals with other lung diseases in order for the public to understand the nature of lung diseases; i.e., that we need not be bedridden to be extremely ill and susceptible to severe and even fatal complications.

To advance the understanding that many of us started smoking long before the dangers of addiction and lung disease had been fully disclosed. The millions of dollars spent on advertising by the tobacco companies told us nothing to the contrary. Because the tobacco companies have sold us an addictive product which has endangered our health, we feel they should be actively funding research and development to help cure lung diseases.

To actively promote the drive to receive as much funding as possible, (from the tobacco industry, the government, insurance companies, and private sources) to help reach organizational goals for effective treatment, cure and education.

To work for international recognition of our organization, goals and activities.

To provide for our members' support needs via a support mailing list on the Internet as well as assisting other non-internet groups.

### EFFORTS WEB SITE:

<http://www.emphysema.net>

### THIS AWARD-WINNING SITE IS LOADED WITH INFORMATION:

1. Medical information from professional members of the EFFORTS group, including Pulmonologists, Respiratory Therapists and Nurses.
2. Breathing techniques, exercises and tips from members on coping techniques.
3. Cigarettes Anyone? Page designed to help smokers and potential smokers understand what smoking cigarettes can do to health and life.

Come visit us or give us a call at our toll free number: **1-866 END COPD**. It may be the best thing you've ever done for yourself.

## WHAT YOU CAN DO FOR YOURSELF

**B**reak the habit. **IF YOU SMOKE, QUIT!** It's never too late.

**R**elax. Try to stay calm. Learn pursed lip breathing and diaphragmatic breathing.

**E**at properly. Maintain your health by eating well. Because of your disease, it may be difficult to eat a regular size meal, so eat less, more frequently. Eat nutritious snacks.

**A**sk questions. Ask your doctor and others about your disease. Don't let misinformation cause you worry and concern. Get the facts.

**T**ry to keep a positive attitude. Your state of mind has a lot to do with your health. Find positive friends and activities. Find a support group or someone who understands what you are going through.

**H**ave a laugh. Humor is wonderful medicine and so is helping others.

**E**xercise. Even though it can be difficult, you must continue to **GET AS MUCH EXERCISE AS YOU CAN.** Well-conditioned muscles use oxygen more efficiently.

## WHAT IS OXYGEN THERAPY?

Oxygen therapy supplies extra oxygen to help fuel brain and muscle cells and ease the workload of the heart. Oxygen therapy at home can turn your life around! Oxygen is a gas that exists naturally in the air we breathe. For many people with lung problems, it's the key to a better life!

Oxygen must be prescribed by a healthcare provider who may prescribe oxygen for use: during exercise when the body requires more oxygen to fuel active muscles; during sleep - when blood oxygen levels naturally fall; continuously for people who have low blood oxygen most of the time.

Many people need oxygen therapy, including some people with: chronic bronchitis; emphysema; asthma; lung cancer; congestive heart failure; cystic fibrosis; occupational lung disease.

## SOME MYTHS ABOUT OXYGEN THERAPY

**"The tubing will make me unattractive"**  
Modern oxygen therapy systems are barely noticeable. Often, they can be concealed by clothing.

**"I'll have to stay home"** Not true. Lightweight, portable oxygen containers usually will allow a more active a lifestyle, including travel.

**"Oxygen can explode"** No. When used properly, oxygen is quite safe. It can't explode or catch fire (although it can make an existing spark or flame burn more fiercely).

**A better life is just a breath away!**

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# COPD EFFORTS

**EMPHYSEMA  
FOUNDATION  
FOR OUR  
RIGHT TO SURVIVE**



*"Emphysema (COPD) takes your breath away"*

## EFFORTS

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or (363-2673)**

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