

A Caregivers Newsletter that is published every other month for those who care for a loved-one, no matter the health situation. Enclosed we hope you find helpful information that you can use!

CareLINK can also be found at:

<http://www.co.kenosha.wi.us/dhs/Divisions/Aging/>

~Sponsored & Published By The Kenosha County Aging & Disability Resource Center~

Lung Disease - *Breathe Easier*

Caring for someone with a chronic illness such as lung disease requires an understanding of how different chronic lung diseases affect different people. Chronic lung disease is not always noticeable to others unless the person is on oxygen therapy or uses a scooter or wheelchair.

People with lung disease may try to hide their symptoms or shrug them off by saying they're just tired or had a busy day. Many times it's hard for them to ask for help, and they may get angry at their caregiver or family members for even offering to help. When a person with lung disease has difficulty breathing or is extremely fatigued, he or she feels a loss of control and may try to control other things around him (like his caregiver or family). He may also feel guilty if he smoked in the past.

COPD, short for **Chronic Obstructive Pulmonary Disease**, is an umbrella term used to describe progressive lung diseases which include: emphysema, chronic bronchitis, refractory (irreversible) asthma, and severe bronchiectasis. A few important facts:

- 12 million adults have COPD and another 12 million are undiagnosed
- COPD is the fourth leading cause of death in the U.S.
- COPD kills more women than men each year.
- Smoking is not the only cause of COPD. Second-hand smoke, occupational dust and chemicals, air pollution, and genetic factors can also cause COPD.

People with COPD begin to experience increased breathlessness and a cough that doesn't go away. Both of these signs are not normal signs of aging, so it is important to talk to your doctor about taking a spirometry test (breathing test) to measure the health of your lungs if you have any of these symptoms. For more information on taking a spirometry test, visit the Getting Tested section of the COPD Foundation site at www.copdfoundation.org

Source: COPD Foundation

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When you need answers...
262-605-6646 or 1-800-472-8008
TTY 262-605-6663
www.co.kenosha.wi.us/dhs



Quit Smoking – Kick Butt Now

More people die from lung cancer than any other type of cancer. Lung cancer accounts for more deaths than breast, prostate, and colon cancer combined. In the U.S., about 90% of lung cancer deaths in men and almost 80% of lung cancer deaths in women are due to smoking. The longer a person smokes and the more cigarettes smoked each day, and the more exposure to second-hand smoke, the risk goes up.

Free “quit smoking” support is available by telephone to smokers anywhere in the United States. The toll-free number is 1-800-QUITNOW (1-800-784-8669). Visit the Surgeon General’s website for more information on how to quit smoking at:

www.surgeongeneral.gov/tobacco.

*Source: Centers for Disease Control and Prevention
<http://www.cdc.gov/Features/LungCancer/>; COPD Foundation*

H O L I D A Y C A R E G I V E R T I P S

Make a list... Make lists of things that *must* be done, and secondary lists of things you would like to accomplish if possible. Be sure to set strict limits for yourself and others of what you can and cannot do.

Ask for help. Don’t wait for friends and family to ask. Instead, make a list and ask everyone to pick those tasks they feel comfortable with. Don’t be afraid to add shopping, baking, or whatever you need extra help with.

Stick to a schedule. It is difficult for someone who is older or ill to adjust to more hectic holiday activities.

Take walks.

There’s no place like home for the holidays. Don’t feel guilty for picking and choosing which holiday gatherings you and your loved one can attend.

Source: www.caring.com; www.agingcare.com



Chilly Winter Problems

People with COPD need to be extremely aware of avoiding viral, bacterial, parasitic, and fungal lung infections. Lung infections will make COPD symptoms much worse: more short of breath, cough more, and have even less energy. Once infected, it is more likely that the infection will progress to pneumonia.

Be proactive with your vaccines and take the time to wash your hands. Additionally, some health problems get worse in the cold.

To be safe and comfortable—

Bundle up from head to toe in several layers.

Use a face mask that warms the air you breathe.

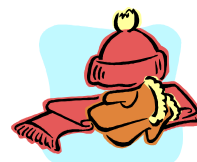
Preheat the car before getting into it, and keep your home warm.

Sleep with an electric blanket.

Warm clothing in the dryer before dressing.

Drink warm or hot drinks.

Run a humidifier to raise the humidity level in your home.



Source: National Institutes of Health (NIH); NIH News In Health; National Jewish Health, www.nationaljewish.org



Controlling Infection - Does Your Home Get a “C” for Cleanish?

Controlling the spread of infectious germs around the house doesn't have to be an overwhelming task. Following some simple rules can drastically cut the chance of illness:



Prevent cross-contamination. Use a different implement (broom, mop, sponges) for each cleaning task in the kitchen and bathroom.

Disinfect cutting boards after each use.

Replace sponges frequently. Clean sponges with an antibacterial cleaning product and let air dry between uses.

Empty the vacuum. Dangerous organisms, such as *Salmonella*, could be multiplying in the vacuum cleaner bag, waiting to be released into the air every time you vacuum. Bagless vacs should be emptied after every use. For vacs with collection bags, empty monthly.

Disinfect the garbage can weekly. Plastic liners can leak allowing waste to collect in the bottom of the can or bin. Then, when someone empties the container and sets the bag on the floor, counter, or chair, bacteria spread to that surface, as well as to his or her hands.

Clean the can opener. That little bit of juice or food left on the blade after you open a can invites bacterial growth.

Source: <http://www.medicalnewstoday.com>; Centers for Disease Control



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http://www.co.kenosha.wi.us/dhs/Divisions/Aging/Newsletter/Newsletter_CareLink.php



Helpful Resources



Support Groups

For information on local support groups, please contact the ADRC at 262-605-6646 or 1-800-472-8008.

COPD Foundation

www.copdfoundation.org

Provides COPD information, COPD treatment resources and COPD support programs.

~Take Note~



Comparing Medicare Part D Plans for 2011:

The Elder Benefit Specialist program is offering this workshop to help you learn more about Medicare Part D plans and how to compare these plans. This workshop will be held throughout November and December. Please call the ADRC at 262-605-6646 or 1-800-472-8008, for dates, times, locations, and make your reservation as seating is limited.



Power-Of-Authority for Health Care:

Help is available to complete a Power-Of-Authority for Health Care form through the Kenosha County ADRC. The forms are available at no cost and there is no fee for the assistance provided.

Date/Time: Every Wednesday from 9am - 12pm (no appointment is needed).

Location: Kenosha County ADRC, 8600 Sheridan Road, Suite 500, Kenosha, WI.



Pulmonary Rehabilitation Support Group:

This group is open to anyone with a lung disease and their family. There are also presentations offered 4 times a year made by Healthcare professionals on new information related to lung health.

Refreshments are provided.

Date/Time: The 3rd Tuesday of each month, from 3pm - 4pm

Location: Cardiopulmonary Rehabilitation Education Classroom

United Hospital System - Kenosha Campus, 6308 Eighth Avenue, Kenosha, WI.

Please call 262-656-2245 for more information.



Flu Shots:

Don't forget to get your flu shot. Below are a few agencies that are offering flu clinics. Please call them for information as to dates, times, location and cost:

- Your Doctor's office.
- Kenosha County Division of Health, 262-605-6700 or 1-800-472-8008.
- KVNA, 262-656-8400.
- Your local pharmacies like Walgreen's and CVS.

~Just A Thought ~

Worry looks around, Sorry looks back, Faith looks up

~ Author Unknown