

## About Chronic Lung Disease in the U.S.

- About 12 million people have been diagnosed with COPD, which includes emphysema and chronic bronchitis
- There are as many as 12 million more people who have COPD but don't know it
- Just over 17 million adults have asthma
- More than 200,000 new cases of lung cancer are diagnosed each year
- About 140,000 Americans have been diagnosed with pulmonary fibrosis
- More than 12 million Americans have sleep apnea
- Many adults with chronic lung disease also have other chronic diseases
- People with chronic lung disease are greatly affected by indoor and outdoor air quality

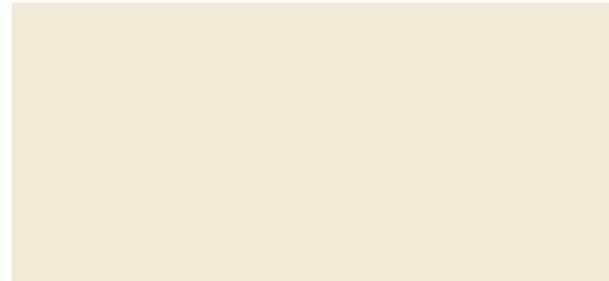
The *American Lung Association* is the leading organization working to save lives by improving lung health and preventing lung disease. With your generous support, the American Lung Association is "Fighting for Air" through research, education and advocacy. For more information about the American Lung Association or to support the work it does, call **1-800-LUNG-USA (1-800-586-4872)** or visit **www.LungUSA.org**

 **AMERICAN LUNG ASSOCIATION®**  
Fighting for Air



### Expert support you can trust

For over 100 years, the American Lung Association has worked to prevent lung disease and promote lung health.



For more information about this program, call **1-800-LUNG-USA (1-800-586-4872)** or visit **www.LungUSA.org**

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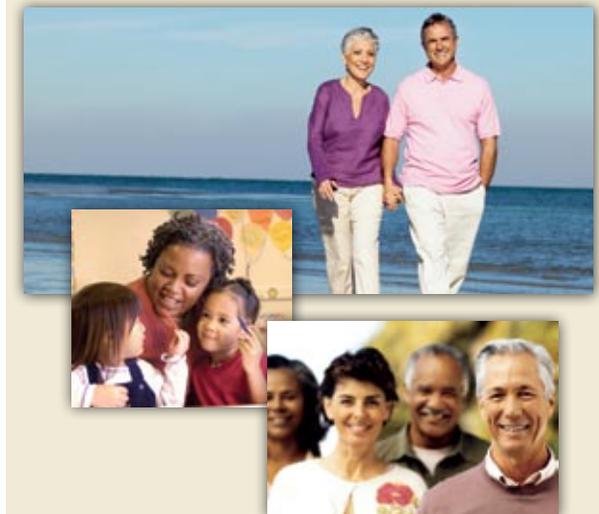
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Fighting for Air



### Better Breathers Club

A Support Group for  
People with Chronic Lung Disease  
and Their Loved Ones



Joining is **FREE!**  
Learn to manage your lung  
disease and live better.



## Learn to manage your lung disease at a Better Breathers Club.

Better Breathers Clubs are welcoming support groups for people with COPD or other lung diseases, who often feel alone and isolated. COPD is short for chronic obstructive pulmonary disease, and includes emphysema and chronic bronchitis. Together, members like you learn the skills that help manage their condition and improve their quality of life.

## How does it work?

Better Breathers Clubs meet regularly for one to two hours to provide support, education and socialization to people with COPD or another chronic lung disease, their family members and/or caregivers.

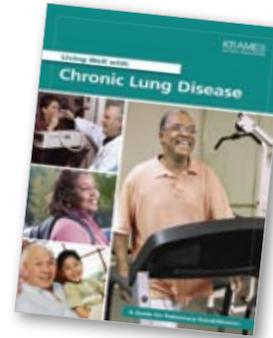
You will learn how to manage your condition, and take part in discussions and practice new skills. You will learn about resources and activities in your community that can help you manage your day-to-day life. You will get out of the house and can become more active.



## What topics are covered?

At a Better Breathers Club you'll receive a guidebook that covers important topics such as:

- How your lungs work
- Understanding chronic lung disease
- Talking to your healthcare provider
- Tracking symptoms
- Understanding medicines and treatment
- Exercise programs
- Emotional and social well-being



## Who runs the program?

Better Breathers Club meetings are coordinated by a facilitator trained by the American Lung Association. The facilitator brings in featured speakers, provides learning materials and makes sure that everyone gets to participate. Members can provide ideas for meetings, organize communication networks, and even help plan special events. You can feel comfortable knowing this program is backed by the country's leading lung health organization.

## What does it cost? How do I sign up?

There is no charge to join a Better Breathers Club.

Call **1-800-LUNG-USA** or visit **www.LungUSA.org** to find the Better Breathers Club Program in your community. You can also contact your community organization listed on the back of this brochure.

## Why should I join a Better Breathers Club?

You are not alone! In the U.S., over 35 million adults have a chronic lung disease such as COPD, asthma, pulmonary fibrosis or lung cancer. Because these chronic conditions do not have a cure, people like you need to learn how to manage living with their lung disease. Better Breathers Clubs help by providing patient-focused, community-based educational opportunities and support.

The American Lung Association works with organizations in your community to bring Better Breathers Clubs to people who want to better manage their lung disease. These organizations include hospitals, clinics, churches and community centers. People trust both the American Lung Association and their own community organizations.

## Praise for Better Breathers Clubs

*"Better Breathers to me means...Better understanding leading to better living and, consequently, a better lifestyle. One can't do better than Better Breathers Club!"*

– Robin, patient

*"I need the fellowship, education and support this group offers."*

*"As a caregiver, I listen and then know what to do if something happens at home."*

*"Going to the group keeps us doing and moving, great for [my] mental attitude."*

*"I am glad to share things I've learned to help others in the same situation."*

– Better Breathers Club Members