



Health Education Catalog

Deliver information, motivation and strategies that improve lung health.

Tobacco/Smoking
Cessationpage 2

Lung Disease.page 6

Asthma.page 9

Healthy Airpage 11



It works!

- Ranked most effective smoking cessation program in a study of 100 managed care organizations conducted by Fordham University Graduate School of Business
- When combined with smoking cessation medications, up to 57% of participants report quitting by the end of the program
- Employers can save nearly \$6,000 per year for every employee who quits smoking³



¹ U.S. Department of Health and Human Services. The Health Consequences of Smoking -- 50 Years of Progress: A Report of the Surgeon General. 2014.

² CDC Current Cigarette Smoking Among Adults United States, 2005–2014. Morbidity and Mortality Weekly Report 2015.

³ Berman M, Crane R, Seiber E, Munur M. Estimating the Cost of a Smoking Employee. Tobacco Control, Sept 2014; 23(5):428-33.

The real costs of smoking are staggering...

FACT: Cigarette smoking kills more than 480,000 Americans each year.¹

FACT: Smoking-related illness in the U.S. costs more than \$300 billion a year, including over \$175 billion in direct medical care for adults and \$156 billion in lost productivity.^{1, 2}

FACT: 40 million Americans are smokers.² Of these, nearly half made a quit attempt in the past year.¹

Fight back with Freedom From Smoking®

The American Lung Association's highly effective smoking cessation program is used by employers, hospitals, health plans and other organizations to help the individuals they serve become smokefree for life.

Unmatched flexibility

No other program offers in-person, online, phone and self-help support resources that let you tailor a program to your organization's unique needs.

A systematic approach to quitting

Freedom From Smoking® helps participants develop a plan of action leading to quit day and provides the support they need to remain smokefree.

Scientific behavior-based methodology

Based on current addiction and behavior change models, the program addresses the difficulties of quitting in a sensitive, supportive style.

Meets current practice standards of leading health organizations and the Affordable Care Act

- Helps employers and health insurance plans meet Affordable Care Act requirements for tobacco cessation treatment as a preventive service
- Conforms to the smoking cessation counseling or advice core measure of the Joint Commission, the nation's oldest and largest standards-setting and accrediting body in health care
- Clinic program meets criteria for intensive tobacco cessation counseling covered by the latest Centers for Medicaid & Medicare Services' (CMS) decision memo
- Includes all components of an intensive intervention as outlined by the United States Department of Health and Human Services

Flexible delivery options mean *freedom of choice*

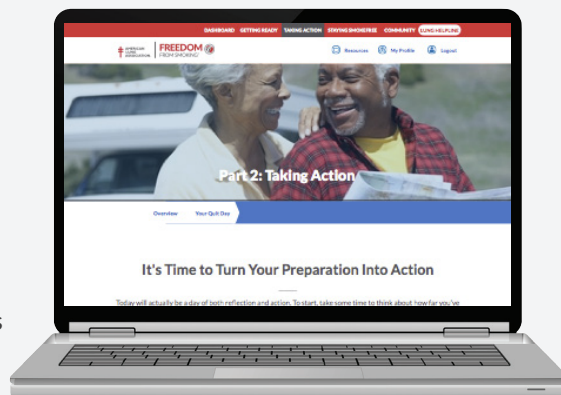
There's a Freedom From Smoking option for every person and every setting.

No other smoking cessation program offers the same range of options and solutions:

Online

Freedom From Smoking Plus is an innovative new behavior change program that's perfect for today's mobile lifestyles.

- Nine highly-interactive sessions split into three phases: Getting Ready to Quit, Quit Day and Staying Smokefree
- Works on a desktop, tablet or smartphone — anytime, anywhere
- Fully updated with engaging activities, content and tools
- Telephone and online chat support from the American Lung Association's expert tobacco cessation counselors at the Lung HelpLine



FreedomFromSmoking.org

By Phone

The American Lung Association's Lung HelpLine supports all Freedom From Smoking options by offering telephone counseling services from certified counselors (RNs and registered respiratory therapists) specializing in smoking cessation.



With a Group

Small in-person group setting offers personalized attention and peer support. Sessions are led by facilitators trained by the American Lung Association.

Choose two convenient delivery options:

Option A:

Delivered by the American Lung Association

We provide a local facilitator to coordinate logistics and hold clinics for employees on your behalf.

Option B:

Delivered by your organization

We train a facilitator for your company; the certified facilitator then conducts clinics for your employees.



On Your Own

Freedom From Smoking®: The Guide to Help You Quit Smoking is an interactive manual that addresses the difficulties of quitting with real-life advice, helpful activities and an innovative graphic approach that enhances learning. It can be used on its own or as a supplement to any Freedom From Smoking® option.

See page 4 to learn more.



For more information, call **1-800-LUNGUSA** or visit **Lung.org/ffs** today.

Tobacco and Smoking Cessation



Freedom From Smoking: The Guide to Help You Quit Smoking

WINNER: Bronze Award, National Health Information Awards

This self-help workbook is based on the American Lung Association's proven-effective Freedom From Smoking Group Clinic Program, the leading smoking cessation program for nearly 40 years. Incorporating the latest research in addiction and behavior change, the guide approaches the difficulties of quitting with real-life activities and an innovative new graphic approach that enhances learning.

- Reasons for quitting smoking
- Identifying and removing roadblocks and triggers
- Overcoming physical, mental and social components of addiction
- Avoiding weight gain; using exercise as motivation
- Medications; nicotine replacement therapy; coverage under the Affordable Care Act
- Preparing for quit day
- Handling social situations and negativity
- Why e-cigarettes aren't the answer
- Recovering from slips and relapses
- Living life as a non-smoker
- 64-page workbook

#3312 | \$5.99 ea.



Also available: Relaxation Exercises for Better Breathing

Support better breathing with effective relaxation exercises. Listeners are guided through five exercises that help ease the anxiety associated with smoking cessation, asthma and other lung diseases. Includes both English and Spanish tracks (approximately 30 minutes each).

#2906 CD | \$5.95

#2999 MP3 download | \$5.95

New kit options available:

**Freedom From Smoking® Guide/
Relaxation Exercises CD Kit**

#2998 | \$10.75

**Freedom From Smoking® Guide/
Relaxation Exercises MP3 Kit**

#2997 | \$10.75



Facts About Tobacco Use

Presents the impact of tobacco use as a public health issue. Statistics show magnitude of this issue to smokers, families, and policymakers.

- Provides tobacco use statistics, mortality rates and economic costs
- Identifies health effects of tobacco
- Explores nicotine addiction and addiction in youth
- Reviews quit-smoking medications plus support available from the American Lung Association
- 8-panel brochure

#2982 | #2992 Spanish

\$46.95 pkg/100



How to Help a Friend Quit Smoking

Give friends, family members and co-workers this important tool to help them support and motivate a loved one's journey to quit smoking.

- Providing support; what to expect
- Helping a friend handle urges and withdrawal
- Supporting a friend who "slips" or starts smoking again
- Understanding how to help; tip list to for quitting
- Getting help from the American Lung Association
- 6-panel brochure

#2981 | \$44.95 pkg/100



Facts About How You Can Stop Smoking for Good

Help smokers prepare to quit for good with reader-friendly motivational tips and information. Ideal for individuals ready to quit and those thinking about quitting.

- Getting ready to quit
- Making a quit-smoking plan; benefits of quitting
- Coping strategies; medications
- Tips for staying quit; "backsliding"
- Help from the American Lung Association
- 8-panel brochure

#2971 | #2989 Spanish

\$46.95 pkg/100



Secondhand Smoke: Protecting Yourself and Your Family

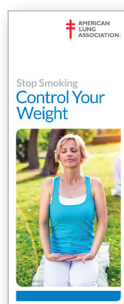
Use this reader-friendly brochure to emphasize that smoking is hazardous to everyone's health, even nonsmokers.

- Understanding secondhand smoke and its effects, especially on children
- Protecting yourself and your family inside and outside the home
- Quitting smoking with help from the American Lung Association
- 6-panel brochure

#2972 | #2988 Spanish

\$44.95 pkg/100





Stop Smoking, Control Your Weight

Give smokers the positive reinforcement they need to overcome a top obstacle to quitting: weight gain. Action-oriented information helps smokers break the cycle of quitting smoking, gaining weight and returning to smoking.

- How quitting affects metabolism and appetite
- Maintaining a healthy outlook
- Nine tips to keep weight off
- 6-panel brochure

#3301 | \$44.95 pkg/100

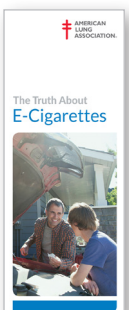


Facts About Smoking and Pregnancy

A supportive, positive tone emphasizes the importance of quitting smoking for women who are pregnant or are thinking about becoming pregnant.

- Health risks from smoking during pregnancy
- Preparing to quit
- Overcoming weight gain, stress, cravings
- Building a support system to quit, including how the American Lung Association can help
- Staying smokefree when the baby arrives
- 8-panel brochure

#2985 | \$46.95 pkg/100



Truth About E-Cigarettes

With e-cigarette use on the rise, especially among young people, it's important to know the truth about these devices. This informative brochure answers the most common questions people have. Includes:

- What e-cigarettes are.
- Up-to-date information on the health and safety concerns related to using e-cigarettes.
- E-cigarette use among kids, and the extra dangers for young people.
- Myths and facts about the effectiveness of using e-cigarettes to quit smoking versus FDA-approved and proven-effective methods.
- 8-panel brochure, full-color artwork

#3319 | \$46.95 pkg/100



**For Kids
Ages 8-11**

Carlitos Gets Smart About Smoking

Bilingual (English/Spanish)

WINNER: Silver Award,

National Health Information Awards

Use this activity book to help kids ages 8-11 understand the dangers of smoking.

- Puzzles, word games, and other fun activities
- How smoking affects the lungs and overall health
- What kids can say when offered a cigarette
- Resources for parents to learn more
- 24-page booklet

#2993 | \$34.95 pkg/100



For Teens

Smoking and Health: What Teens Need to Know

Help teens understand smoking and nicotine addiction. A supportive tone encourages teens to stay tobacco-free and help teens who smoke or use tobacco quit for good.

- How smoking affects the body
- Risks of secondhand smoke, e-cigarettes, spit tobacco and cigars
- Why it's important to quit smoking
- Quit-smoking medications and support available from the American Lung Association
- 10-panel brochure

#2994 | \$49.95 pkg/100

Help teen smokers quit with a program tailored to their needs.

Not On Tobacco® (N-O-T) Kit

N-O-T is America's most popular smoking cessation program for teens. Created in collaboration with West Virginia University, the program has been evaluated and proven effective, and meets the CDC Guidelines for School Health Programs.

The program includes 10 50-minute sessions and can be implemented in both school and community settings. Participation is strictly voluntary, and this course emphasizes education and skill-building rather than punishment. Most N-O-T facilitators are teachers, school nurses or other youth workers who complete a one-day training session offered by the American Lung Association.

Curriculum topics include:

- Understanding reasons for smoking
- Preparing to quit
- Nicotine addiction and withdrawal
- Accessing and maintaining social support
- Coping with stress
- Preventing relapse

N-O-T Curriculum Binder and CD-ROM

#2937 | Contact your local American Lung Association to order



Lung Disease



Talking About Lung Cancer Treatment: A Guide for the Newly Diagnosed

Being diagnosed with lung cancer is a stressful, scary time. This thoughtfully designed discussion guide helps patients work with their care team to learn more about their type of cancer and treatment options. The guide provides key questions patients should ask to begin their treatment planning process.

- Identifying type/stage of lung cancer
- Testing for molecular or genetic markers
- Setting treatment goals, clinical trials, palliative care
- Getting a second opinion
- American Lung Association resources for managing care
- 8 panel brochure

#3302 | \$46.95 pkg/100



Facts About Lung Cancer

Concise, informative brochure explains lung cancer, identifies causes and possible symptoms.

- How lung cancer is detected
- Treatment options including surgery, radiation therapy, chemotherapy
- Coping with lung cancer, including support from the American Lung Association
- Prevention, including quitting smoking
- 10-panel brochure

#2966 | \$49.95 pkg/100

#3300 Spanish | \$49.95 pkg/100 

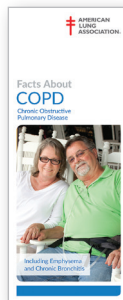


Facts About Radon and Lung Cancer

Build awareness of radon gas as the second leading cause of lung cancer in the U.S., and how a simple test can help individuals protect themselves and their families.

- Defines radon and identifies how it gets into homes, schools and other buildings
- Explains how exposure creates a long-term threat of lung cancer
- Overviews types of radon tests and how to reduce radon levels
- Offers advice and resources for home buyers
- 6-panel brochure

#2995 | \$44.95 pkg/100



Facts About COPD

This helpful brochure offers a concise overview of COPD. Supportive tips for individuals living with COPD are featured.

- Defines COPD, including prevalence, causes and prevention
- Diagnosis and treatment
- Using a COPD Action Plan
- Getting social support and help with smoking cessation
- 10-panel brochure

#2965 | \$49.95 pkg/100

#3313 Spanish | \$26.97 pkg/100 



Around the Clock with COPD

Developed with input from actual COPD patients, this helpful booklet offers dozens of tips for people with COPD and their caregivers, families and friends. Readers are guided through a typical day, with sound advice for managing COPD at every step of the way.

- Waking up, bathing, grooming, dressing
- How to pace activities; medication and oxygen use
- Managing routine tasks such as housekeeping, cooking, gardening, shopping
- Considerations for travel, recreation, intimacy, safety
- Resources and support, including Better Breathers Clubs®
- 32-page booklet, 5½" x 8½"

#2967 | #2987 Spanish

\$149.95 pkg/100 



Facts About How to Keep Your Lungs Healthy

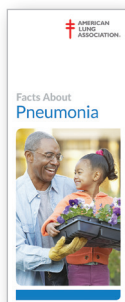
Build awareness of the importance of keeping lungs healthy with this reader-friendly primer that emphasizes how to prevent or control lung disease.

- How healthy lungs protect the body
- Common lung hazards
- Warning signs and diagnosis
- Protecting the lungs: getting immunized, avoiding pollution and quitting smoking
- How the American Lung Association can help
- 8-panel brochure

#2983 | \$46.95 pkg/100

#3303 Spanish | \$46.95 pkg/100 

Lung Disease (continued)



Facts About Pneumonia

Informative brochure identifies types of pneumonia, explains causes, and tells patients what to do if they experience symptoms.

- How pneumonia affects the lungs
- Identifies individuals who are at the greatest risk
- Symptoms, diagnosis, treatment
- Prevention: flu vaccine, good health habits
- 8-panel brochure

#2990 | \$46.95 pkg/100

#3315 Spanish | \$46.95 pkg/100



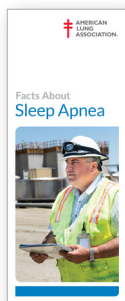
Facts About Influenza (Flu)

Use this reader-friendly brochure to build awareness of influenza (flu) and how it can be prevented.

- Understanding flu, including causes and prevalence
- Symptoms and treatment options
- Flu vaccines: types of vaccines, who should get vaccinated and when
- Prevention tips, what to do if you get the flu
- 10-panel brochure

#2969 | \$49.95 pkg/100

#3316 | \$49.95 pkg/100



Facts About Sleep Apnea

Use this easy-to-read brochure to help patients understand the types of sleep apnea, and how they are diagnosed and treated.

- Includes tips to help mild sleep apnea
- Explains treatment options including oral appliances, CPAP and surgery
- Provides anatomical diagrams for better understanding
- 8-panel brochure

#2991 | \$46.95 pkg/100



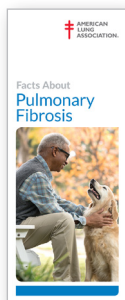
Facts About Tuberculosis

For those with a weak or damaged immune system, tuberculosis (TB) can develop into an infectious disease that can infect others if not treated. Use this brochure to educate target populations about who's at risk, diagnosis, and treatment.

- Defines TB infection and TB disease
- How is TB spread, at-risk populations
- Diagnosis and treatment
- Living with TB, follow-up care
- 8-panel brochure

#3308 | \$46.95 pkg/100

#3317 | \$49.95 pkg/100



Facts About Pulmonary Fibrosis

Help address top-of-the-mind questions for patients undergoing diagnosis or newly diagnosed with pulmonary fibrosis. Topics include:

- Information about PF, its symptoms and when to seek care
- Options for treatment
- Advice for achieving the best possible quality of life by eating right, staying active and addressing stress
- Resources for navigating PF, connecting with a support network and quitting smoking
- 8-panel brochure, full-color artwork

#3318 | \$46.95 pkg/100



Relaxation Exercises for Better Breathing

Support better breathing with these soothing exercises available on CD or as an MP3 download. See page 4 for details.



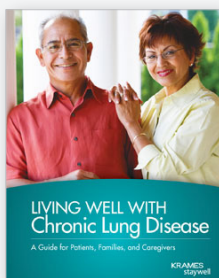
Better Breathers Club Packet

Resources to support Better Breathers Clubs, conveniently packaged in a single packet. Includes one each of the following titles:

- Living Well with Chronic Lung Disease #12169
- Around the Clock with COPD #2967
- Facts About Influenza #2969
- Facts About COPD #2965
- Facts About Pneumonia #2990
- Secondhand Smoke: Protecting Yourself and Your Family #2972
- Relaxation Exercises CD #2906

#2957 | Contact your local American Lung Association to order

The American Lung Association also recommends these titles from Krames Patient Education:



Living Well with Chronic Lung Disease

Designed for patients with COPD and other chronic lung diseases, this interactive workbook offers tools to build self-care skills and improve quality of life. Content covers education, medication compliance tips, exercise, psychosocial support, and how to prepare an Advance Medical Directive. 64 pages.

#12169 | #12188 Spanish
\$4.50



Understanding Interstitial Lung Disease

Helps patients better understand their interstitial lung disease and how they can be more in control of their symptoms. Supports shared decision making discussions to develop a treatment plan. Advice on medications, breathing techniques, exercise and other lifestyle changes helps set expectations for lifestyle management for better breathing. 24 pages.

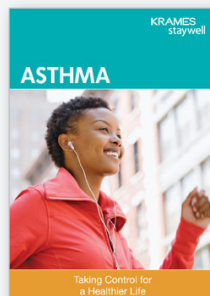
#12252 | #12274 Spanish
\$2.40



Lung Surgery

Enhanced anatomical art of lung anatomy and indications for lung surgery support shared decision making and informed consent, helping you create realistic expectations. Overviews of thoracoscopy and thoracotomy present risks and recovery prospects. Engaging full-color photography and sensitive notes help families cope. 16 pages.

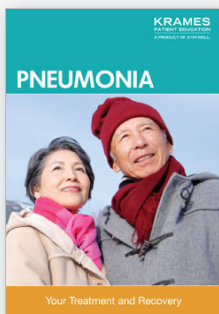
#12250 | #12272 Spanish
\$3.05



Asthma

Comprehensive content supports creating an individualized treatment plan. Overviews lung function, medical evaluation and treatment plans, including an asthma action plan. Also addresses identifying and controlling triggers. 24 pages.

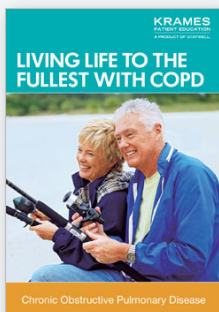
#12000 | #12216 Spanish
\$2.40 each



Pneumonia

Explains the symptoms of pneumonia and treatment options. Clearly labeled, enhanced anatomical art supports shared decision making to develop a treatment plan. 8 pages.

#12251 | #12273 Spanish
\$1.85



Living Life to the Fullest with COPD

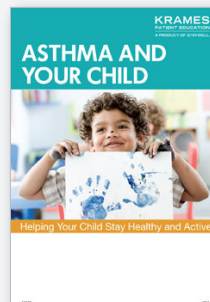
Focuses on shared decision making to create an individualized treatment plan to help reduce symptoms, improve function, slow disease progression and improve quality of life. 32 pages.

#12003 | #12224 Spanish
\$3.05

For Kids and Parents

Asthma and Your Child/All About Asthma

Popular “two-booklets-in-one” for parents and kids up to approximately age 11.



Parent's booklet — 16 pages

- Recognizing symptoms; medications
- How to use inhalers
- Reducing triggers and developing a personalized action plan

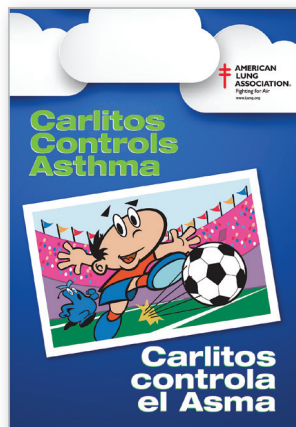
Children's booklet — 8 pages

- Includes cartoons, drawing, coloring, and other activities
- How lungs work
- Inhalers, asthma zones, triggers

#12248 | #12270 Spanish
\$2.20

Order these titles at Kramesstore.com/lungassociation

Asthma Education for Kids and Teens



For Kids Ages 8-11

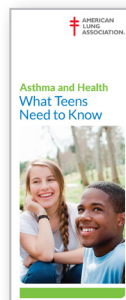
Carlitos Controls Asthma

Bilingual (English/Spanish)

This booklet uses a cartoon story to help children understand how they can control asthma and remain active

- Illustrates asthma management strategies
- Checklist of asthma symptoms and triggers
- Interactive asthma action plan
- 20-page booklet, 6½" x 9¾"

#2833 | \$34.95 pkg/10



For Tweens and Teens

Asthma and Health: What Teens Need to Know

Help teens understand asthma and why it's so important to control it with this reader-friendly "Q&A" brochure.

- How asthma affects the lungs and why it should be taken seriously
- Understanding flare-ups; using an asthma action plan
- Types of medicines
- Identifying and avoiding triggers
- Living with asthma: playing sports, managing stress
- 10-panel brochure

#3309 | \$49.95 pkg/100

Also available: Smoking and Health: What Teens Need to Know

See page 5.

Also available: Carlitos Gets Smart About Smoking

See page 5.

Open Airways for Schools® Kit

Winner of Health Education Research Award, National Asthma Education and Prevention Program Approved and recommended by the National Association of School Nurses

Over 30,000 U.S. schools have used this state-of-the-art program to educate children ages 8–11 about asthma. The program strives to improve asthma self-management skills, decrease asthma emergencies, raise asthma awareness among parents/guardians and promote asthma management coordination among physicians, parents and schools.

Open Airways for Schools consists of six 40-minute sessions held during the school day for children with asthma. Sessions incorporate group discussion, stories, games and role play to involve and engage students in the learning process. Topics include:

- Basic asthma information
- Finding and controlling asthma triggers
- Recognizing and managing asthma symptoms
- Getting exercise, doing well at school
- Solving problems with medications

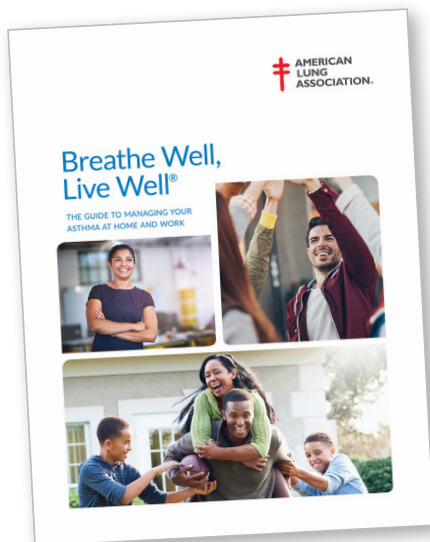
Kit includes:

- Full-color *Instructor's Curriculum Guide*
- CD-ROM with pdf-file handouts for parents and children, and an instructional video
- Poster Flip Chart, featuring full-color posters in English and Spanish



#2919 | **Contact your local American Lung Association to order**

Asthma Education for Adults



Breathe Well, Live Well®: The Guide to Managing Your Asthma at Home and Work

WINNER: Gold Award and Best in Show, National Health Information Awards

For those who prefer to work on their own, or in partnership with a health care provider or community health worker, this self-help guide explains asthma and shows individuals how to develop self-management skills and build support teams at home and at work.

Ideal for newly-diagnosed individuals, those who want to better control their symptoms, and those who just want to learn more about keeping their asthma well controlled, the guide includes a tear-out Asthma Action Plan, plus links to videos and free downloadable resources. 64-page workbook, 8-3/8" x 10-13/16".

#2973 | #2978 Spanish | #2975 Spanish eBook 
\$5.99 ea.

Print/eBook Combination Set

Includes one print guide and one eBook access code card

#2980 Spanish | \$9.49 ea. 

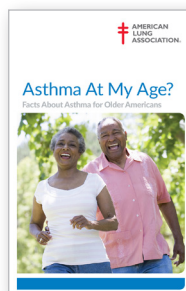


Facts About Asthma

This reader-friendly brochure offers key information to help people understand and control their asthma.

- Defines asthma and its common symptoms
- Asthma flare-ups and how to manage them
- How to identify and avoid asthma triggers
- Tests and medications; how to build an Asthma Action Plan
- Working with health care providers
- 10-panel brochure

#2968 | #2984 Spanish 
\$49.95 pkg/100



For Mature Audiences Asthma At My Age?

Asthma can affect people at any age. That's why the American Lung Association created this guide to help older individuals understand and control asthma so it doesn't control them!

- Defines asthma and how flare-ups affect the lungs
- Identifies symptoms and triggers
- Describes an asthma action plan and asthma zones
- Overviews medicines that control asthma and those that may trigger symptoms
- Getting additional support from the American Lung Association
- 16-page booklet, 5 1/2" x 8 1/2"

#2986 | #2912 Spanish 
\$99.95 pkg/100

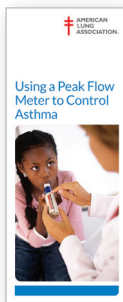


Relaxation Exercises for Better Breathing

Support better breathing with these soothing exercises available on CD or as an MP3 download.
See page 4 for details.

#2906 CD | \$5.95
#2999 MP3 download | \$5.95

Asthma Education for Adults

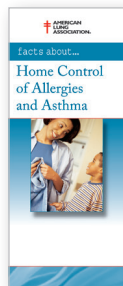


Facts About...Peak Flow Meters

Handy brochure that provides helpful information about peak flow meters and how to best utilize this important tool.

- Fully revised content provides easy to follow guide to why peak flow meters are important, how they can be used for making an asthma action plan, and their role in daily asthma control.
- Includes instructions for how to use peak flow meter and how to find personal best peak flow rates.
- Includes links to resources like “how to” video for using a peak flow meter
- Geared towards both adults with asthma and parents/caregivers of children with asthma
- 8-panel brochure

#3314 | \$46.95 pkg/100



Facts About...Home Control of Allergies and Asthma

Help individuals avoid asthma and allergy triggers in the home. Includes illustrated examples.

- Common triggers: tobacco smoke, pets, indoor molds, dust mites, wood smoke, cockroaches, strong odors/fumes
- Where triggers are commonly found indoors
- How to control the home environment as part of an overall care regimen
- 10-panel brochure

#2848 | \$29.97 pkg/100

Healthy Air



Facts About Indoor Air Pollution and Your Health

This new edition focuses on the causes of indoor air pollution in homes and related common health effects. It outlines how you can protect yourself by keeping pollution out and creating a healthier indoor environment. Other content includes:

- Common indoor pollutants and their sources
- Long term health effects
- Using air cleaner devices
- 10-panel brochure

#2961 | \$49.95 pkg/100



Facts About Outdoor Air Pollution and Your Health

Explains how air pollution affects our health and offers helpful information on the most detrimental pollutants, including ozone, particle pollution, carbon monoxide, nitrogen dioxide, sulfur dioxide, and lead. Other content includes:

- Where air pollution is found and who is most at risk
- Effects on public health
- Air Quality Index categories and colors
- How to protect against air pollution and support efforts to clean up the air
- 10-panel brochure

#2962 | \$49.95 pkg/100



Also available: Facts About Radon and Lung Cancer

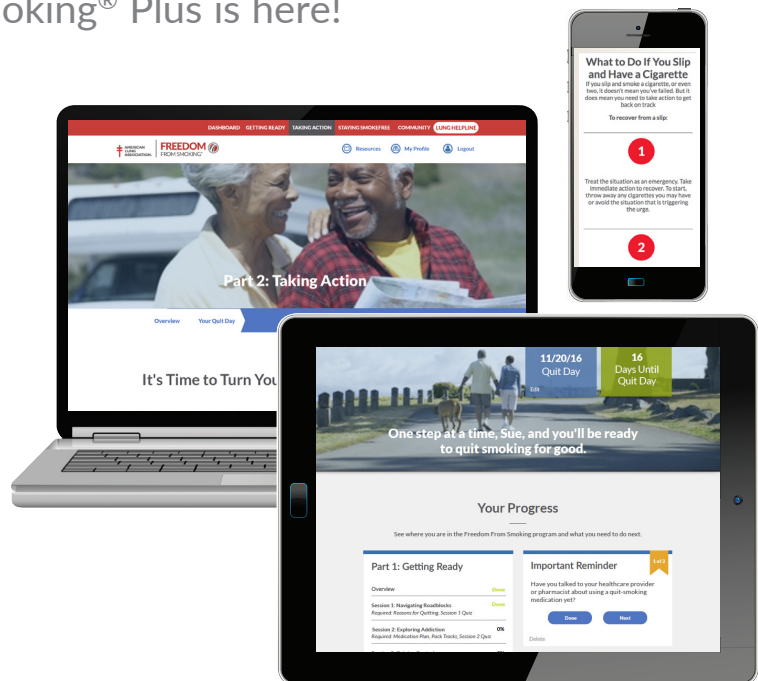
See page 6 for details ...

*Support is always available
at the Lung HelpLine
(1-800-LUNGUSA)*

NEW! Freedom From Smoking® Plus is here!

Freedom From Smoking® Plus is a highly-interactive online behavior change program that addresses today's mobile lifestyles. It works on desktops, laptops, tablets and smartphones and includes telephone, chat and email support from our tobacco cessation counselors. Freedom From Smoking® Plus is accessible whenever and wherever tobacco users need support as they break their addiction.

See page 2 to learn more or visit FreedomFromSmoking.org



About the American Lung Association

The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease through research, education and advocacy. The work of the American Lung Association is focused on four strategic imperatives: to defeat lung cancer; to improve the air we breathe; to reduce the burden of lung disease on individuals and their families; and to eliminate tobacco use and tobacco-related diseases. For more information about the American Lung Association, a holder of the Better Business Bureau Wise Giving Guide Seal, or to support the work it does, call **1-800-LUNGUSA** (1-800-586-4872) or visit: **Lung.org**.

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