



# CARD NEWS

Center for Asbestos Related Disease

www.libbycard.org  
(406) 293-9274

**Inside this issue:**

Intro to the CARD News	1
Just Breathe	2
The Beginning of Research at the CARD	3
Medication Mailbox Spirivia	3
The Big CARD News	4

**CARD Research Grant Approved!**

- **Many thanks to the Libby community for all of your support!**
- **These grant funds allow the CARD to begin building the framework to be an international research center!**

**Intro to the CARD NEWS**  
-by Dr. Brad Black,  
CARD Medical Director

I wanted to introduce to you the first edition of the CARD News. As you know, the Center for Asbestos Related Disease (CARD) emerged in 2000 to assist the community in dealing with the devastating impacts that asbestos exposure brought to our community. The CARD's goal has always been *Caring Pathways to Treatment* and we hope to now support our community in going from *crisis to cure*.

The CARD wants to keep our community up to date regarding what is going on at the CARD. This includes asbestos related healthcare issues as well as asbestos related research. The CARD News will also have

information about what people can do to take care of themselves despite asbestos exposure or disease.

We understand that communication to and from our community is very important in our efforts to continue to direct CARD services. This will allow us to best serve the needs of our community directly related to asbestos healthcare issues. While the CARD News is an avenue to get information to you, we also value receiving information and feedback from our community. We always want to hear what you have to say and we plan to develop better ways of getting feedback from our community in the future.

Having good communication and feedback will also let us know how our community feels about the research

that is being done in Libby. This will help the CARD be an effective gateway to the community where we can protect the privacy and rights of community members and also help researchers get the information they need. Of course it is always your own personal choice if you want to participate in research or not. Regardless of that decision, the CARD will continue to provide you and your family with specialty healthcare related to asbestos and respiratory health. Community feedback will once again be beneficial, as it will allow us to improve our services to the community.

We look forward to working with the community in providing care for the people of Libby and research for the future of all. Lets keep talking together!

## Just Breathe

-by Ashley Day,  
CARD Respiratory Therapist

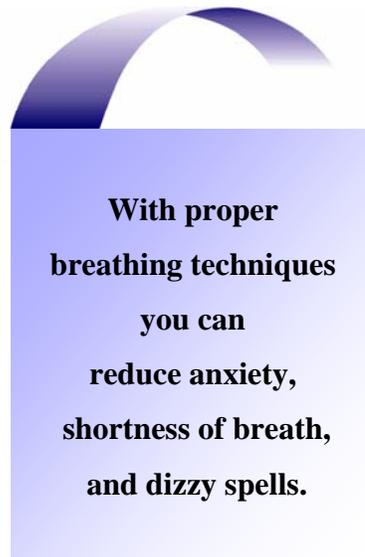
The art of breathing is an involuntary act. Every day we inhale liters of oxygen and exhale carbon dioxide. If our bodies don't get enough oxygen, we would begin to feel some serious side effects. So what if this art form becomes something you have to work at all the time?

First you have to understand your disease and its limitations. When a person works too hard or becomes anxious their breathing pattern may interfere with getting enough oxygen. Breathing at random depths and fast rates can create a turbulent flow of air in to the lungs. Turbulent flow is where the air, more or less, bounces down the airways and has a harder time reaching the end of your lungs and crossing over in to your blood. With slow and controlled breathing you can create a flow that is more straight and narrow and reaches your blood in a faster and more effective manner.

With obstructive diseases such as COPD, emphysema, asthma, chronic bronchitis, cystic fibrosis, and in some cases asbestosis, you can get air in fine but getting it back out can be a task. There has been some techniques developed that have been helpful in getting that excess air out, one is pursed lip breathing. In order to pursed lip breath you must breathe in slowly through your nose, and hold your breath for three seconds. Purse

your lips as if you were going to whistle and breathe out slowly through your pursed lips for six seconds. This method of breathing will decrease the work of breathing and relieve shortness of breath.

Another technique is diaphragmatic breathing which is designed to help you better utilize your diaphragm during the act of breathing. The diaphragm is a dome shaped muscle that lies between your stomach and lungs and moves upwards and downwards when breathing in and out.



Using this technique will strengthen the diaphragm and essentially require less energy for breathing. Lie on your back in a comfortable position with a pillow under your head and one under your knees. Rest one hand on your stomach, just below your rib cage, and one hand on your chest. Slowly breathe in and out through your nose using your abdominal muscles. The hand on your stomach will rise on inspiration and fall on expiration. The hand on your chest will remain

still. Repeat three or four times before resting. Diaphragmatic breathing is also effective when used for the purpose of relaxation.

Your lungs require a great deal of moisture to keep their cleaning system working. Drinking plenty of fluids every day will keep the mucus thin, thus making it easier to cough up secretions and maintain a clear airway. Room humidifiers can be useful during the cold months when humidity is low. Too much humidity is almost impossible. A good rule of thumb is use humidity in the room until excess water collects on cold windows. Remember when stepping out in to cold weather, breathe through your nose, it will warm the air you breathe in.

Exercise is crucial in strengthening muscles so they require less oxygen. Sometimes we get working too hard and breathing becomes quite the task. Always remember to pursed lip breathe. Another method to decrease the work of breathing and increase oxygenation during exercise is to stand up straight, put your hands behind your head, and take slow, deep breaths. Bending over to catch a breath during exercise can also be effective for someone with COPD.

With proper breathing techniques you can reduce anxiety, shortness of breath, and dizzy spells. So remember to just breathe!

## The Beginning of Research at the CARD

-by Pat Cohan,  
CARD Research Nurse

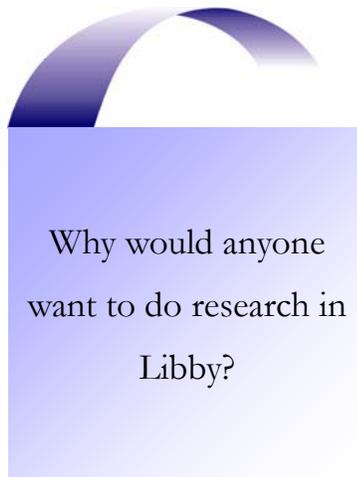
There has been a lot of talk about research in the recent months. "Why would anyone want to do research in Libby and why would anyone want to be researched"?

Libby is unique in many ways:

- The type of asbestos that contaminated the vermiculite in Libby hasn't been studied for its effects on humans.
- There has never been a community contaminated in the way Libby has been.
- The vermiculite was shipped to many other places and has been affecting other communities.
- The many ways people were exposed in Libby is different.
- The way the disease acts in some people is different.

Some of the questions that research could answer:

- Are the differences in disease because the fiber is different?
- Or do the many ways of being exposed make it different?
- How do genes or immune systems work in asbestosis?
- How much exposure can make people sick?
- How does smoking make asbestosis worse?



So why would Libby want to know these answers? The biggest reason is if we find out these answers maybe we can find a treatment or even a cure. If we find out how these fibers work, maybe the next generations in Libby won't have to worry. This will also help us to help many other communities around the country.

So what does research mean? It means that information is gathered and then used to answer questions. Research can be done on cells, genes, and test results. Research can be done on histories of exposure, x-ray results, breathing test results, or by counting up cancers and other diseases that might be related to asbestos exposure. Gathering all this information and analyzing it can find pathways for treatment.

## Medication Mailbox - Spirivia (tiotropium bromide)

-by Kimberly Rowse,  
CARD Clinical Nurse

**Who:** Anyone with shortness of breath

**What:** A dry powder inhaler

**When:** Once a day

- Medication affect will last for 24 hours
- DO NOT use as rescue drug for emergency situations when you feel short of breath.

**Why:** Open the airways by dilating (making bigger) the air passages in the lungs.

**How:**

- 1) Place medication (capsule) in Handihaler.
- 2) Press the piercing button on the Handihaler to make a hole in the capsule, which allows the medication to be released when you breathe in.
- 3) Take one deep cleansing breath prior to taking medication.
- 4) Place Handihaler in mouth, with tongue under Handihaler.
- 5) Breathe in slowly and deeply at a rate that is sufficient to hear the capsule vibrate. Breathe in until your lungs are full; then hold your breath as long as it is comfortable.

Side Effects: Occasional dry mouth

**\*\*\* In two or three weeks you will have a breathing test, and see your healthcare provider to determine if your breathing is improving. \*\*\***



Center for Asbestos Related Disease  
308 Louisiana Ave.  
Libby, Montana  
59923

NONPROFIT  
PRSRST STD  
U.S. POSTAGE  
PAID  
LIBBY, MT  
PERMIT #35

ADDRESS SERVICE REQUESTED

Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5

## THE BIG CARD NEWS!

### **PREPARING FOR DR. WHITEHOUSE TO ARRIVE**

We are excited to welcome Dr. Whitehouse, as he will be joining the CARD staff officially as of January 2005. He has been serving as a consultant for the CARD for the past four years and has previously taken care of many Libby patients at his primary office in Spokane. As of January 2005, Dr. Whitehouse will be closing his private practice in Spokane and all of his Libby patients will be invited to join him in coming to the CARD. Dr. Whitehouse has sent all of his patients letters, notifying them of these changes. It will be important to have your records sent to the CARD if you intend to continue your care with Dr. Whitehouse at the CARD. If you have any questions about the upcoming changes or need to schedule to see Dr. Whitehouse you can contact the CARD at 406-293-9274.