



# CARD

Center for Asbestos Related Disease

# News

www.libbyasbestos.org

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## It's Time to get Outdoors and Tackle those Chores!

Wow, what beautiful weather! Time to get out there and mow the lawn, wash off the deck, put weed and feed on the lawn, pull weeds in the flower beds, fix the fence and get those windows washed. Oh but wait, there's that matter of asbestos related disease, a chronic illness often zapping those who have it of air, energy and the strength to accomplish those tasks. Overwhelming? You bet! Do you throw your hands up in defeat and disgust? You could, but you don't have to. Many tasks can be accomplished without overtaxing your body even when dealing with a chronic disease by working at pacing your activities. I say this with the caution that you may need to cut back on your expectations of self and learn to do things in a way that cuts down on daily busy work. So how does one do that? Let me explain.

Where you start is greatly dependent on where you are in the progression of your disease. Many people have few symptoms while others require oxygen throughout the day. So try to be as realistic as you can about what you can accomplish. Maybe that big ground level garden could morph into one smaller raised garden bed, or several raised gardens depending on your energy level and pocket book. Also remember to get all the assistance that you are eligible for such as the Medicare Pilot Program. If you have an asbestos related disease and are having difficulty getting your yard work done Pilot might pay for someone to mow your lawn and wash those windows. Now pulling weeds is another matter. Pilot won't pay for someone to come pull those nasty weeds, nor will they pay someone to come till your garden or plant your seeds for you. This is where your pacing skills will be required to accomplish these tasks.

You will probably have to get someone else to till your garden or build those raised beds that I talked about. Then, to properly pace yourself, you may have to start out by only working a few minutes at pulling weeds or planting and then give yourself a rest. Make the rest time close to or equal to the time that you spent working. If your body is not sore and your breathing is ok you can try it again for a few minutes. Follow this up with another rest period. If you begin to feel a little tired or spent, maybe that is enough for one day. **Don't push it.** You may be surprised at how much you can accomplish working in short bursts. If you usually wear oxygen when you are exerting yourself, remember to wear oxygen while doing this kind of work as well.

Follow this up by trying it again the next day, provided that you haven't over done it and have sore aching muscles! Listen to your body and take care of yourself. When you are ready, try this method again. Eventually, you may be able to increase your work time. Remember to take those breaks and reward yourself for a job well done.

If the tasks that I have described are too much for you, maybe planting a few pretty pots of flowers would please you and/or raising some vegetables in small pots would suffice. If you are living with an asbestos related disease and have not signed up for the Pilot Program, call Mary Karen at the CARD Clinic, 293-9274, xt 139 to find out if you are eligible.



## Stay Healthy for FREE

Do you have ARD? Did you know that Pilot Program members CAN have a gym membership reimbursed! All you have to do is:

- Get an authorization from Pilot to exercise
- Attend the gym 12 times per month
- Fill out and send you gym reimbursement requests with proof of attendance
- Check your mail for the \$\$\$ back



Stay healthy, look and feel good, and do it for free!!

If you are not on the Pilot Program, and you have an asbestos related disease; call Mary Karen Caraway, LCSW at 293-9274 xt 139.

## Are You Using Your Inhaler Correctly?

Using inhalers correctly and appropriately can help increase lung capacity and decrease lung inflammation in many cases. Unfortunately, many people using inhalers today still use them incorrectly. The way you use an inhaler is equally important as the time of day.

In general there are two types of inhalers: long-acting and short-acting. Some examples of long-acting inhalers commonly prescribed by CARD Providers include: Advair, Spiriva, and Symbicort. These medications **MUST** be used every day as directed, typically in the morning and again at night. It can take 2-6 weeks until a noticeable improvement in breathing takes place. These medications will not work to their full potential if only used when deemed necessary by the person using them. Some short-acting medications commonly prescribed at CARD include Albuterol, Atrovent, and Combivent. These medications are designed to open the lungs instantly and provide quick relief when experiencing shortness of breath.



Also, if a person is going to be engaging in activities that historically make them short-of-breath, then they should take these quick acting medications prior to engaging in those activities. If the long-acting medication is steroidal, rinsing the mouth after use is extremely important to avoid thrush (yeast infection in the mouth). If you do not know if your inhaler is steroidal or not, ask your medical provider.

## SAVE THE DATE!!

The CARD Foundation is excited to announce Grammy winning country band, Diamond Rio and local favorite Copper Mountain Band, for the 4th annual BIG SKY BASH to benefit the Center for Asbestos Related Disease (CARD). The gates open at 6pm on Saturday, July 12th, 2014 at J. Neils Park in Libby, with music scheduled to start at 7pm. Remember to bring a blanket or a lawn chair to sit on and to stop by and visit the vendor booths and our beer garden!



When Diamond Rio debuted in 1991 with the hit "Meet in the Middle," they became the first group in the history of country music to have a debut single reach No. 1.

Copper Mountain Band has energy on stage like no other group out there. They truly come alive when the music starts. They are a one-of-a-kind group with a fiery passion for their craft. The band plays more than 150 dates a year throughout the US and abroad and continues to build their fan base on their way to the top!

Tickets are on sale now! Purchase online at [www.donatecardfoundation.org](http://www.donatecardfoundation.org), or locally at Mac's Market, Montana Machine and Fabrication, the CARD Clinic or Rivermist. Tickets are \$25.00 advance purchase and \$30.00 day of show.

All proceeds from this event will go to the CARD Foundation, the fundraising arm of CARD, which supports CARD in its ongoing efforts to provide healthcare, research and outreach to benefit all people impacted by exposure to Libby Amphibole Asbestos.

Help make this our biggest concert yet! Purchase your tickets today- you won't want to miss out on Libby's exciting musical event, and by attending, you are helping those who are affected by asbestos related disease.

