



Marc My Words

Celebrating Summer with Lung Health Awareness

Letter from President and CEO



Summer is here! If you're like me, you are looking forward to spending more time outdoors, engaging in sunny-filled seasonal activities with family, friends and even our little furry friends, too! We love our pets here at BREATHE LA, and while poor air quality in Los Angeles County affects us all (especially those of us with lung disease), it can even have health complications for our pets!

We recently kicked off the season with our inaugural Lung Power event at the Aquarium of the Pacific in Long Beach. This program, which provides asthma education to families who have kids with asthma, even showed us how aquatic animals, such as penguins, can have asthma too!

As part of BREATHE LA's acclaimed film series, we recently hosted an exclusive screening of the documentary "The Human Element" in Downtown LA. One of the things highlighted in the film was the increase in wildfires, and the lengthening of the wildfire season to make our region susceptible to wildfires year-round.

We need to be vigilant about wildfires and the pollution they produce, and educate ourselves about protecting our lungs, especially if there are major air pollution episodes due to wildfires that necessitate wearing air-filtration masks. We also need to protect our pets from lung disease. Several BREATHE LA staffers adopted dogs recently, and that means two friendly pups are roaming around the office each week. So we're very concerned about our furry friends as well.

Look below for some safety tips on how to help your pets when the air quality is poor. And have a great summer. And if you haven't already, please follow BREATHE LA on social media at [@BREATHLAC](#) and me [@mcarrel](#) to see how we are continuing our mission of clean air and lung health throughout Los Angeles and the surrounding cities.

In Health,



Marc Carrel
President & CEO

BREATHE LA & Southern California Association of Government hosts Connect SoCal event

Come join in on the conversation June 24th

CONNECT SoCal

“The Changing Landscape of Mobility in Southern California”

BREATHE California of Los Angeles County (BREATHE LA) is hosting a meeting, in partnership with Southern California Association of Governments (SCAG) which includes a panel of local stakeholders to discuss key mobility and transportation issues facing the community. The goal is to help strengthen leadership and community-building around traffic safety and provide tangible strategies for harnessing new technologies to benefit everyone.

How Can I Get Connected?

Join the Connect SoCal Conversation - RSVP at RSVP@breathela.org

When: Monday, June 24, 2019 6PM-8PM	Where: California Community Foundation Joan Palevsky Center, Conference Room 281 S. Figueroa St., Los Angeles, CA 90012
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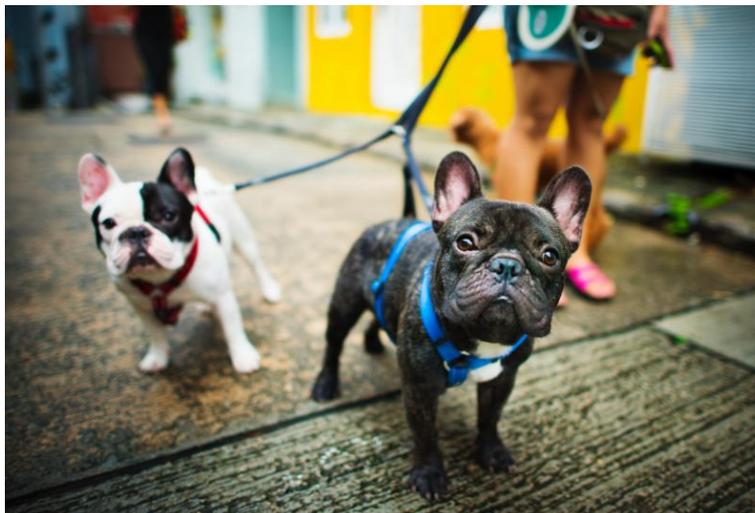
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BREATHE LA is partnering with Southern California Association of Governments (SCAG) to host a conversation discussing key mobility and transportation issues facing our region. We invite you to join on **Monday, June 24th from 6 pm - 8 pm** at the California Community Foundation! Let us know if you can make it at RSVP@breathla.org and help shape new technologies that will benefit everyone.

[RSVP today](#)

Safety tips for pets when the air quality is poor



Here are tips to keep pets in good health and safe this summer season:

- Keep your pets inside with windows closed.
- Use air conditioning, if possible, to filter the air, and an air purifier with a HEPA filter to keep the indoor air clean.
- Avoid long walks and other prolonged outdoor exercises.
- Keep potty breaks short.
- Keep your pets well hydrated. Make sure their water bowls are refilled frequently.
- Watch for signs of respiratory stress and eye inflammation in pets. Symptoms include:
 1. Difficulty breathing
 2. Unusual or excessive coughing, sneezing, vomiting or loss of appetite
 3. Open-mouthed breathing
 4. Increased salivation
- Just as children and seniors are more at risk from breathing wildfire smoke, some dogs that are more likely to suffer from poor air quality include dogs with asthma or bronchitis, brachycephalic dogs like bulldogs, Boston terriers, and pugs.

Source: Rover.com

Help Keep The Air Clean This Summer



Help BREATHE LA continue to provide environmental sustainability awareness and education throughout Southern California by making a simple gift.

[Give The Gift of Clean Air](#)



Lung Power: What We Learned on Asthma Education

[Learn More](#)

On May 11th, we took to the Aquarium of the Pacific to learn from our asthma experts' best practices for asthma health for all ages and backgrounds. Here are the main takeaways from the family fun day:

- Asthma attacks can be triggered by several things including allergens, irritants, and surroundings.
- Consult your doctor to get an accurate asthma diagnosis and ask for detailed next steps.
- Put together an asthma management plan including how to use lung function devices and recognize asthma warning signs.

The feedback from attendees was stellar! Out of over 45 attendees of various ages, it was unanimous that everyone had an “excellent” experience at Lung Power, with resounding enthusiasm across the board on learning new asthma management techniques throughout the day. Parents agreed that our educators helped their children identify common asthma triggers.

BREATHE LA proudly hosted a screening of the documentary film “The Human Element” here in Los Angeles at the Downtown Independent Theatre this past month. The riveting and engaging documentary film by photographer James Balog explores how environmental



changes affect the lives of everyday Americans. Our screening included a post-screening panel discussion with panelists Dr. Tony Ku of the Los Angeles County Department of Public Health, Annelisa Ehret Moe of Santa Monica Baykeeper, and Dr. Philip M. Fine of the South Coast Air Quality Management District (the sponsor of the program). The panel was moderated by our CEO Marc Carrel.

[Learn More](#)

2019 Film Series: "The Human Element" Screening

