



The **Hawaii COPD Coalition** proudly
presents the *tenth* annual

COPD Education Day 2016

**Chronic Obstructive Pulmonary Disease (COPD)
emphysema, chronic bronchitis and chronic asthma**

**Better Breathing:
A Decade and Counting!**



Queen's Conference Center

Saturday, September 12, 2015

9:00 AM—2:00 PM

www.hawaiicopd.org

Welcome to COPD Education Day 2016

Better Breathing: A Decade and Counting!

By Valerie Chang, Executive Director

The **Hawaii COPD Coalition (HiCOPD)** was formed in 2007 to provide services and support to Hawaii's people affected by **Chronic Obstructive Pulmonary Disease (COPD)**, which is an umbrella term including emphysema, chronic bronchitis and chronic asthma. The Coalition is a non-profit corporation, serving patients, caregivers, family and friends, and healthcare professionals through research, education and increasing public awareness including early screening and diagnosis.

HiCOPD is in its tenth year of operating **support groups and offering resources throughout the state**. Lung health clinics have been performed on all islands. Professional development and resources has been offered as well. Support groups meet monthly at Kaiser Honolulu on Pensacola and Pali Momi Women's Center! Please visit www.hawaiicopd.org for more information. The website has been updated with LOTS of new and helpful resources about COPD, as well as a calendar of events.

If you have COPD or asthma, please consider registering for **COPD Patient Powered Research Network** at www.copdfoundation.org/Research/COPD-Patient-Powered-Research-Network/COPD-PPRN-Why-you-should-enroll.aspx. Registration is free and your privacy is strictly protected. It will help researchers develop better treatments and cures for COPD. If you use supplemental oxygen at all, please participate in the 15-minute national oxygen survey, <http://www.thoracic.org/patients/par/par-publications/ats-home-oxygen-patient-survey.php>.

The **Burden of COPD in Hawaii 2010 Report**, written by the Hawaii Department of Health (in collaboration with **HiCOPD**), at www.hawaiicopd.org, continues to be available, containing important information about the **46,015 Hawaii adults** with COPD and the over **\$55 million/year in Hawaii COPD hospital charges!**

GET INVOLVED — Share Your Story and Change Lives!

Come to monthly support group meetings

2nd Tuesdays at Pali Momi Women's Center 2nd Fridays at Kaiser Honolulu, Pensacola

Details at hawaiicopd.org, or email valerie@hawaiicopd.org or call (808)699-9839

Contribute when you shop at Foodland and Amazon:

Foodland's Give Aloha Program, #78740 for *September* only.

Amazon Smile Program <http://smile.amazon.com/ch/35-2328693>

0.5% of qualifying Amazon.com purchases made through this link will be donated to Hawaii COPD Coalition. Details at www.hawaiicopd.org.



Resources

COPD or oxygen questions or issues? Call COPD INFO LINE!

1-866-316-COPD (2673)
(M-F 3am to 3pm HI time).

Problems with your oxygen or other durable medical equipment? Call Medicare!

1-800-633-4227

(Select other choices, then durable medical equipment competitive bidding problems).

Program Schedule

- 9:00 **Registration**
Workshops and exhibits
- 10:00 **Welcome & Introduction**
Emcee: Kathleen Kozak, MD
Internist at Straub Clinic & Hospital, Host HPR's "Body Show"
Valerie Chang, JD
Executive Director, Hawaii COPD Coalition
- 10:05 **Your Best Life with COPD**
Eric Crawley, MD
Pulmonologist, Straub Hospital
- 10:35 **Better Breathers Group Workout**
Justina Baker, MS, RCEP, AACVPR-CCRP
Supervisor of Cardiopulmonary Health Program, Rehabilitation Hospital of the Pacific
- 10:55 **Which Inhaler is Right for Me?**
Jung Kim, MS, RRT, CPFT
Director Clinical Education, KCC Respiratory Therapy Program
- 11:15 **Life and Happiness 101**
Alice Inoue
Founder, Chief Happiness Officer, Happiness University
- 11:55 **Oxygen for Greater Activity**
Larry Pellerito
Director of Product Coordination, Oximedical
- 12:05 **Being Active & Advocacy With COPD**
Valerie Chang, JD, Secretary, US COPD Coalition
- 12:10 **Re-Evaluation, Rehabilitation & Resiliency:
An Alpha-1/COPD Adventure**
Len Geiger, BS
Lung transplant patient, Athlete, Alpha-1 Advocate
- 1:00 **Refreshments, Demos & Exhibits, Prizes Continued**
- 2:00 **Program Ends. Thanks for coming!**



Kathleen Kozak



Eric Crawley



Justina Baker



Jung Kim



Alice Inoue



Larry Pellerito



Len Geiger



Valerie Chang

**Mahalo for completing BOTH sides of survey/evaluation and
priority forms and returning for your bento lunch.**

The Hawaii COPD Coalition reserves the right to make program changes.

ACKNOWLEDGEMENTS

The Hawaii COPD Coalition gratefully acknowledge the following sponsors for their support of this event: Platinum sponsors Kaiser Permanente, Queen's Medical Center and Grifols; Silver sponsors AttentionPlus, Department of Health Tobacco Prevention & Education Program, and COPD Foundation; and Bronze sponsors HMSA and Kapiolani Community College Respiratory Therapy Program.



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Special thanks to our speakers *Dr. Gehan Devendra, Susie Gabriel, Larry Pellerito, and Della Au Belatti*, who made this event possible, as well as our fabulous emcee *Beth-Ann Kozlovich* and the Department of Health Tobacco Prevention and Education Program. Thanks to *Amanda Chang* for making our brochure and cover graphic. Kaiser Permanente thanks for printing and mailing brochures and *Carol Agard and Pua Kahaulelio* for flyer and brochure posting in Queen's elevators, *Hawaii State Library System, Hawaii Public Housing, Locations Hawaii, Attention Plus, Jo Anne Ikehara, Pua Kahaulelio*, and others who distributed brochures. Mahalo to *Sodexo* for our healthy meals at special prices. Thanks so much to *Queen's Conference Center*, especially *Harvey, Michael* and the AV team. *Thanks to our many individual volunteers and assistants.* Mahalo to our future—Respiratory Therapy Professor *Aaron Koseki*, PhD, RRT, instructor and respiratory therapy student volunteers: *Michael Abitz, Kristine Agonoy, Mariel Areola, Daniela CavatoMeliza Cendana, Elvia Cochran, Tofi Coffin, Jeffrey DeGuzman, Keshia Dela Cueva, Frank Kalenamakamaikalani, Elizabeth Johnson, Reyando Katigbak, Pamela Lansberry, Mary Karl Rafanan, Ransom Ryman II, and Sonja Sourivong*. Thanks also to instructor *Wes Sumida*, PharmD and his pharmacy student volunteers, (*Jamie*) *Diep Thuy-Tien, Thao Le, Allan Higa, and Kaisa Quintal.*

Each of you helped make this event better and more special!

Special mahalo to *OxiMedical, Nonin, Inc., Pulmonica and Coco's Lingerie Boutique* for donating door prizes.

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Please Complete and Return ALL Completed Survey/Evaluation and Priority Forms

Thanks for helping us improve our future events!

Thanks for coming! See you again soon!