

The Pennsylvania Asthma Partnership is a collaboration between the American Lung Association in Pennsylvania and the Pennsylvania Department of Health. This collaboration is funded by the Pennsylvania Department of Health through a cooperative agreement with the Centers for Disease Control and Prevention.

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## Winter Olympics: Why Many Athletes will be Struggling with Asthma



As the world's best winter athletes compete in PyeongChang for the 2018 Winter Olympic Games, the heavy demands of both training and competition will leave many of them with breathing problems.

Exercise-induced asthma is the most common medical problem among winter Olympic athletes, especially among cross-country skiers. Nearly 50% of these athletes suffer from the condition, closely followed by short-track speed skaters at 43%. For figure skaters it's 21%, Nordic combined it's 17%, and for ice hockey it's 15%. By comparison, around 9% of the UK general population suffers from asthma.

## Cleaning the House is as bad for Women's Lungs as Smoking up to 20 Cigarettes a day due to the Chemicals



### Let's Stay Connected!

PA Asthma Partnership



Clean Indoor Air for PA



Healthy Air PA



ALA in PA





The research found that women who cleaned - either around the house as little as once a week or as professional cleaners - had an 'accelerated' decline in lung capacity. The drop in lung function in both groups was comparable to smoking a pack of 20 cigarettes for between 10-20 years.

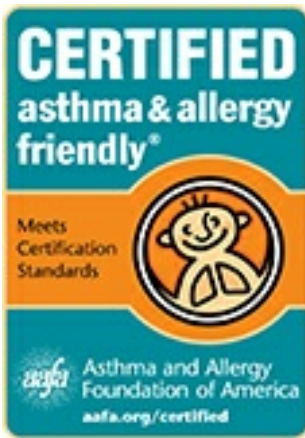
Participants were asked if they used 'sprays, or other cleaning agents'. No significant difference was found between using cleaning sprays and cleaning liquids - a surprise to the researchers who expected sprays to have more impact on the lungs.



### Our Sponsors



## Look for This Mark When you Shop



Many products claim to help those with asthma and allergies, but not all of them do. If you buy Certified asthma & allergy friendly® products, you know you are getting products that are scientifically tested to be suitable for those with asthma and allergies. Through this program, you'll find Certified products #forahealthierhome like air cleaners, bedding, cleaning products, toys and more.

## Day at the Capitol- Registration now Open!



**DAY AT THE CAPITOL**  
May 1, 2018 | 7:30 a.m. - 12:30 p.m.  
Pennsylvania State Capitol  
N. 3rd Street, Harrisburg, PA 17120

This one-day event is held in Harrisburg for individuals to come together and meet with legislators to provide education on important tobacco control issues throughout the Commonwealth. Advocates and youth will educate legislators on sustaining Master Settlement Agreement (MSA) dollars to support necessary tobacco cessation and prevention programs and services, as well as the importance of increasing the minimum sales age for tobacco products to 21 to eliminate or reduce youth tobacco initiation.

#### REGISTRATION IS NOW OPEN FOR THE 2018 DAY AT THE CAPITOL

**REGISTRATION**  
To register for Day at the Capitol, visit [www.pactofpa.org](http://www.pactofpa.org) and click on the "Take Action" drop down menu, under "Events", and then click "Register for Event" on the Day at the Capitol description. Click "Register Now" under the PACT Adult Portion ONLY section.

**TRAINING**  
An invitation will be emailed to all registered participants to attend a 1-hour webinar to review your team, legislative and scheduling goals for the day. Register early to parking and registration, all talking points, tips for conducting your meetings and more!

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## Get Involved!



**LUNG FORCE Expo**  
They are a great opportunity to learn more about the latest trends, resources and research surrounding lung cancer, COPD, asthma and other lung diseases.  
[Pittsburgh, PA- June 7, 2018](#)  
[Cherry Hill, NJ- March 27, 2018](#)

Fight For Air Climb  
[Pittsburgh, PA- April 7, 2018](#)  
[Philadelphia, PA- March 24, 2018](#)

Sapphire Gala  
[Harrisburg, PA- March 3, 2018](#)

LUNG FORCE Walk/Run  
[Allentown, PA- April 28, 2018](#)  
[Philadelphia, PA- May 19, 2018](#)  
[Harrisburg, PA- November 13, 2018](#)

Pasta Run  
[Harrisburg, PA- June 13, 2018](#)

**We thank you for your continued participation in the Pennsylvania  
Asthma Partnership and dedication to supporting Pennsylvanians  
with asthma across the Commonwealth.**

**Sincerely,**

**John Keith  
Program Manager  
PA Asthma Partnership**