

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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## Flu Comes Early This Year: Asthma, Bronchial Infections Triggered as Seasons Change



Pumpkin spice, changing leaves, heavy sweater weather is upon us. But with all the changes of fall, so comes the sneezing, wheezing and coughing symptoms it brings. Even though temperatures are still high, pediatrician Dr. Scott Katz of Medical City Plano said it's never too soon to start fighting the flu.

Since 2010, pediatricians have seen flu more year round, instead of its traditional seasonal stay during the fall/winter months. Last year, flu season didn't end until June when school finally let out. But as soon as school started in August, he said, so did flu signs.

## With Salt Cave, Local Businesswoman Hopes Popular Trend Catches on in NEPA



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Local businesswoman Tiffany Cianci on Oct. 1 unveiled to the public her new shop - the Salted Pixie Holistic Living, an Archbald wellness store that she says carries a range of products popular among the holistic community. What Cianci says makes the place unique is a salt cave, which she says is the first of its kind in Northeast Pennsylvania.

"It recreates that sensation you get from a day at the beach in a little room," Cianci said recently. "It cleanses and purifies the air around you."

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## Kelly Elementary School Remains Closed Friday due to Mold



The John B. Kelly Elementary School in the Germantown section of Philadelphia will remain closed on Friday after mold was discovered in several classrooms.

The School District of Philadelphia officials say they immediately investigated after receiving a report on Wednesday about the mold situation.

They say the mold issue is due to heating, ventilation and air-conditioning (HVAC) issues and condensation damage which caused the mold in several classrooms.

## Can Young People get COPD?



Many chronic diseases have an age dimension. As we grow older, the body's ability to repair itself changes, and damage can accumulate in various parts of the body. Cancer, arthritis, cardiovascular disease, Type 2 diabetes, osteoporosis and dementia are all diseases that tend to afflict older adults

more frequently than younger adults.

Chronic obstructive pulmonary disease also has an age component. Because this incurable and progressive lung disease usually results from years of damage to the tissues of the lungs, it's more common in older adults. The Mayo Clinic reports that "most people are at least 40 years old when symptoms begin." These symptoms include shortness of breath, especially when engaging in physical activity, wheezing or chest tightness, a chronic cough, lack of energy and frequent respiratory infections. These symptoms may be mistaken for simple signs of aging, but over time they will increase to the point of requiring treatment. And if it's COPD, it's not just age - the symptoms are being caused by real damage to the lungs that can't be reversed but can be managed to maintain a better quality of life.

**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**

