

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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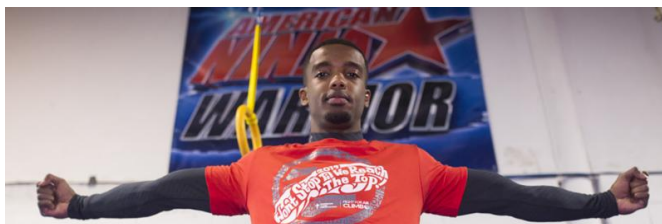
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## Q&A with Najee Richardson



Najee Richardson, a former gymnast, is well-known as one of three 2018 finalists in NBC's American Ninja Warrior championship. The action-packed series follows competitors as they tackle challenging obstacle courses in both city qualifying and city final rounds across the country. Those who successfully complete the finals course in their designated region move on to the national finals round in Las Vegas, where they face a four-stage obstacle course, competing for a cash prize.

As an athlete with asthma, Najee's story has inspired kids and adults alike, and he has been named the American Lung Association's 2019 National Fight For Air Climb Ambassador.

**[Asthma patients need access to quality and affordable healthcare |](#)**

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## Let's Stay Connected!

PA Asthma Partnership



Clean Indoor Air for PA



Healthy Air PA



ALA in PA



PA Department of Health





When you can't breathe, nothing else matters.

Patients with asthma need access to quality and affordable healthcare to obtain the medications and treatments necessary to manage their disease and live a healthy life.

## **Tips for Caring for Those with Asthma During the Winter Months**



Many kids can't wait to get outside and play in the snow. But, for children with asthma, cold winter air can trigger symptoms.

For people with asthma, going out into the cold air can cause the airways to tighten a bit. This may create a feeling of tightness in the chest and shortness of breath. But, doctors say the cold shouldn't keep kids with asthma indoors, as long as they're properly bundled up.

## **Mobile App-Friendly Digital Inhaler Could Improve Asthma, COPD Care**

FDA approves  
ProAir® Digihaler™

(albuterol sulfate 117 mcg)  
inhalation powder  
digital inhaler with built-in  
sensors which connects to  
a mobile companion app



The US Food and Drug Administration (FDA) approved the first and only mobile app-friendly digital inhaler with built-in sensors for patients with asthma and chronic obstructive pulmonary disease (COPD).

The digital inhaler, albuterol sulfate 117 mcg inhalation powder (ProAir Digihaler), has been indicated for the treatment and prevention of bronchospasm in patients aged 4 years and older with reversible obstructive airway disease (OAD), as well as for the prevention of exercise-induced bronchospasm (EIB) in similarly aged patients.



The Pennsylvania LUNG FORCE Expo is on May 15th in Pittsburgh! The Expo is a one day educational program for lung health professionals, patients and caregivers to learn about the latest trends, resources and research surrounding lung disease. FREE registration for patients and caregivers. \$30 Early Bird Registration for professionals with 5 CEUs for Registered Nurses, Respiratory Therapists, and Certified Health Education Specialists. Register TODAY at [www.lung.org/expo](http://www.lung.org/expo)

## **Check out the PA Asthma Partnership Resource Hub!**



The PA Asthma Partnership has created a "Resource Hub" for all asthma programs and resources. We welcome resources from all organizations!

Email Shelly at [shelly.cree@lung.org](mailto:shelly.cree@lung.org) to add resources from your organization to share with the Partnership!

## **Regional Opportunities!**



### **WESTERN REGION**

- Fight for Air Climb: [Pittsburgh, PA- March 30, 2019](#)
- LUNG FORCE Expo: [Pittsburgh, PA- May 15, 2019](#)

### **CENTRAL REGION**

- Sapphire Gala: Harrisburg, PA- March 9, 2019

### **EASTERN REGION**

- Fight for Air Climb: [Philadelphia, PA- March 30, 2019](#)
- LUNG FORCE Expo: [Cherry Hill, NJ- April 23, 2019](#)
- LUNG FORCE Walk: [Philadelphia, PA- May 18, 2019](#)

### **STATEWIDE**

- PAP Spring 2019 Statewide Meeting: Harrisburg, PA- June 20, 2019
- [Day at the Capitol 2019: Harrisburg, PA- May 7, 2019](#)

**If you have an event you would like to share or promote to PA Asthma Partnership members, please email Shelly at [Shelly.Cree@lung.org](mailto:Shelly.Cree@lung.org)!**

**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**