

**Your Best Quality of Life with Alpha-1:
At Least 42 Tips and Tricks for Breathing Better Every Day
- Resources -**

Presented November 14, 2009 at the Alpha-1 Education Day – Ann Arbor, MI
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Breathing Techniques

<http://www.breathingbetterlivingwell.com>
go to: "The Basics" / Videos / Breathing Techniques
<http://www.lungcanceralliance.org/facing/breathing.html>

Medications

<http://www.alpha1.org/whatisalpha1/drugtherapy.php>

Exercise

To find a Pulmonary Rehabilitation program nearest you - American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)
<http://www.aacvpr.org>
http://www.aarc.org/patient_education/tips/exercise.html

Triggers and Early Warning Signs

Triggers -- http://www.health.com/health/library/topic/0,,za1331_za1333_00.html
Early Warning Signs of Exacerbation -- <http://copd.about.com/od/copd/a/copdexac.htm>

Airway Clearance

http://www.lungfoundation.com.au/images/stories/docs/copd/ALF_COPD_booklet_chap_17_low_res.pdf

Nutrition

http://my.clevelandclinic.org/disorders/Chronic_Obstructive_Pulmonary_Disease_copd/hic_Nutritional_Guidelines_for_People_with_COPD.aspx
or Google: <Cleveland Clinic Nutrition for COPD>

Energy Conservation and Work Simplification

<http://www.phcentral.org/medical/conservation.html>

Support

<http://www.breathingbetterlivingwell.com>
<http://www.copdsupport.com>
<http://www.copdcanada.ca/>

COPD International

<http://COPD-International.com>

COPD Support, INC.

<http://COPD-Support1.com>

COPD Survivors

<http://health.groups.yahoo.com/group/COPDsurvivors/>

EFFORTS (Emphysema Foundation for our right to Survive)

[http://HYPERLINK \"http://www.emphysema.net\"www.emphysema.net](http://HYPERLINK \)

Relaxation

Panic and Anxiety in COPD

<http://www.breathingbetterlivingwell.com> (Go to Articles)

Relationships and Intimacy

<http://www.breathingbetterlivingwell.com> Go to “The Basics” – COPD – COPD and Intimacy Life Skills Tutorial - COPD and your family

The Spoon Theory – But You Don’t Look Sick <http://www.butyoudontlooksick.com>

Coping – all of the above

Books

BBLW Bookstore

<http://www.breathingbetterlivingwell.com/bookstore>

Patient Magazines and Newsletters

Alpha-1 to One – hard copy, free

<http://www.alphaone.org/publications/>

Breathe Well – hard copy, free

<http://www.spiriva.com/consumer/expert-resources/additional-copd-resources.jsp>

Breathing Better Living Well Update – online, free

<http://www.breathingbetterlivingwell.com>

The COPD Digest – hard copy, free

www.copddigest.org

Everything Respiratory – hard copy

<http://www.er-mag.com>

The Pulmonary Paper – hard copy

<http://www.pulmonarypaper.org>

Other Online Resources

2nd wind

<http://www.2ndwind.org>

A site for those waiting for lung transplant and post transplant

Alpha-1 Advocacy

<http://www.alpha1advocacy.org>

The Alpha-1 Association

<http://www.alpha1.org>

Alpha-1 confidential research registry

<http://www.alphaoneregistry.org>

Alpha-One Foundation

<http://www.alphaone.org>

Alpha-1 Genetic Counseling Center

Toll-free, confidential genetic counseling for individuals in the Alpha-1 community.

<http://www.alpha1.org>

1-800-785-3177

The COPD Foundation
<http://www.copdfoundation.org>