Lung Health

TONY GOLDWYN

The actor discusses his late mother's battle with lung cancer and the life-saving power of early detection

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Teri Cannon, Executive Director, A Breath of Hope Lung Cancer Foundation

Conversations That Are **Important for Your Child's Asthma Care**

Asthma affects about 4.5 million children in the United States, and it can become life-threatening without prompt treatment. This is why the adults in your child's circle of care must be informed, prepared, and confident in how to manage your child's asthma.

Talk with your child's healthcare provider

Before each school year, meet with your child's healthcare provider. Together, you can create an asthma action plan — a step-by-step guide that lists their everyday medicines and spells out what to do if symptoms flare or an emergency strikes.

Share the plan with the health office

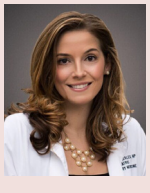
Share your child's updated asthma action plan with the school health office before the start of the school year. Make sure any medications are clearly marked with your child's name and detailed instructions for use.

Update your child's teachers

Teachers should have a copy of your child's asthma action plan, along with any specific details about their condition. If possible, review the plan together with the teacher.

Loop in family and friends

Friends and family members who regularly spend time with your child play an important role in their asthma care. Make sure they understand your child's asthma action plan and know how to respond if symptoms start or medication is needed.



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When It's **More Than a Cough**

Chronic obstructive pulmonary disease, or COPD, is the fourth leading cause of death worldwide. It impacts more than 30 million Americans, yet many have never heard of it.

COPD includes chronic bronchitis and emphysema. Common symptoms are shortness of breath, fatigue, and a chronic cough.

Emphysema is caused when the air sacs in the lungs are damaged. The sacs get larger and do not move oxygen to your blood as well. Air gets trapped in your lungs, making it harder to breathe.

A cough with mucus that happens frequently for at least two years is chronic bronchitis. Bronchitis causes irritation and inflammation of the bronchial tubes and damages the tiny, hair-like fibers that help move mucus out of the lungs. The damage makes it more difficult to clear mucus from the lungs.

What causes COPD?

Smoking is a major risk factor for developing COPD, but it's not the only cause. In fact, 1 in 4 people with COPD has never smoked.

Genetics or irritants like air pollution, smoke, and chemical fumes can also cause COPD. People who work around dust or smoke — like coal workers, firefighters, and others — are also at risk.

How do you get tested for COPD?

COPD is not the same for everyone. People with COPD may experience different symptoms, and the disease may progress at different rates.

COPD is diagnosed through a lung function test called spirometry. The test measures how well your lungs are working. Another good way to see if you should get tested for COPD? A birthday candle. Hold a birthday candle at arm's length and try to blow it out. If it's a struggle, you should see a pulmonologist (lung doctor) to get tested.

Many people do not realize they have COPD or notice symptoms until it's already progressed. Early detection is important to help manage symptoms, slow the disease's progression, and improve your quality of life.

> **People with COPD may experience different symptoms,** and the disease may progress at different rates.

If you have a history of COPD in your family, have been exposed to lung irritants over a long period of time, or if you are a current or former smoker, you should ask your doctor about testing for COPD.

How do I learn more?

The COPD Foundation is a nonprofit organization whose mission is to help millions of people live longer and healthier lives by advancing research, advocacy, and awareness to stop COPD, bronchiectasis, and NTM lung disease. For more information and resources, visit copdfoundation.org.

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Your Home May Have **Unhealthy Air Quality**

Healthier living spaces include attention to indoor air quality.

Good indoor air quality is an important part of a healthy living space. According to the U.S. Environmental Protection Agency, people spend more than 90% of their time indoors, and indoor air may be two to five times more polluted than outdoor air.

To raise your home's air quality, there are three things you can do:

- Improve ventilation
- Improve filtration
- Reduce or contain the use of polluting substances or allergen sources

For improved ventilation, you'll want to use exhaust fans that vent outdoors to help remove cooking fumes from your kitchen and moisture from your bathroom or laundry. Open your windows when the outdoor air quality is good and pollen counts are low. Open interior doors to help air flow through your home. Use fans to help circulate air.

How to reduce pollutants and allergens

To remove pollutants and allergens, be sure to change your home's HVAC air filters regularly. Follow recommendations from the manufacturer. Use portable air cleaners in rooms where you spend the most time or the rooms that have the most pollution, such as the bedroom or kitchen.

To reduce polluting substances in your home, there are many steps you can take:

- Don't smoke or quit smoking
- Cut down the use of aerosolized or spray cleaners. Use soap and water, lemon juice, or vinegar instead
- If possible, switch to electrical options for your appliances
- If possible, remove carpeting and replace it with solid flooring
- If you have a wood-burning stove or fireplace, ensure it is properly vented, or switch to electrical heating if possible

To contain allergens in your home:

- Keep pets out of your bedrooms
- Maintain relative humidity levels of 30-50% to reduce mold and dust mites
- Wear a hair covering when you are outside to prevent pollen from collecting in your hair
- Remove shoes and head coverings upon entering your home
- Wipe down furry pets when they come inside
- Use Certified **Asthma & Allergy Friendly®** household products that are proven to reduce exposure to airborne irritants and allergens

Taking steps to maintain good indoor air quality can make your home healthier, reducing your exposure to common asthma and allergy triggers.

Written by **Melanie Carver, Chief Mission Officer, Asthma and Allergy Foundation of America (AAFA)**

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PRODUCT SPOTLIGHT:

Filtrete™ MPR 1900 Premium Allergen, Bacteria & Virus Air Filters

Filtrete™ MPR 1900 Premium Allergen, Bacteria & Virus Air Filters are designed with innovative, 3-in-1 technology to filter out particles both large and invisible, helping to create a cleaner and healthier home environment. These filters help capture 24% more unwanted indoor air microparticles than the MERV 13 minimum requirements, including pet dander, smoke, lint, pollen, dust, bacteria, and virus airborne particles without compromising airflow in your furnace, air conditioner/heating system, or HVAC system. The Filtrete™ MPR 1900 Air Filters also have the highest airflow among residential retail 1" MERV 13 filters based on California Energy Commission claimed data as of 1/29/2025, and is **Asthma & Allergy Friendly®** Certified by the Asthma and Allergy Foundation of America and Allergy Standards Ltd.

Written by **Filtrete™ Brand**

Find out why Filtrete™ Brand is the #1 recommended air filtration brand*.

Visit **filtrete.com** to learn more.

Filtrete™
Air Filters

*Based on 2024 Sago Brand Health Study

How High-Quality Filters Help Capture Unwanted Particles, Contributing to Cleaner Air and a Healthier Home

According to the U.S. Environmental Protection Agency (EPA), "Americans, on average, spend approximately 90% of their time indoors, where the concentrations of some pollutants are often two-to-five times higher than typical outdoor concentrations." And as homeowners and other consumers begin blasting their ACs to beat the summer heat, thinking about indoor air quality is now particularly relevant.

Photo by DMP (Getty Images)
Photo courtesy of 3M

Most homes are equipped with an HVAC — heating, ventilation, and air-conditioning — system to maintain a certain temperature and overall sense of comfort. Keep in mind that HVACs mainly filter air from inside, so it's important to choose the right high-efficiency filter that's going to capture those unwanted particles lingering in your indoor air.

"Air quality is interesting because you can't see what's in your air," said Kelsey Hei, filtration and indoor air quality specialist at 3M, which makes the popular Filtrete™ Brand of air filters. "But there are many things we do in our homes that may put unwanted particles in the air, like if you have pets, or if you're doing some construction or remodeling inside, or even if you're just cooking a lot."

What makes a good air filter?

Think of air filters as a first line of defense — essential barriers that not only protect your HVAC system, but also help improve air quality by capturing dirt, dust, allergens, airborne contaminants, and other pollutants. And, depending on the quality of filter you use, still allow sufficient air flow so you don't overwork your HVAC system, when changing the filter regularly.

"Fiberglass filters don't really capture anything," Hei pointed out. "They may block large debris from getting through the ducting, but they don't actually clean the air. So, at 3M, we asked ourselves: 'How can we not only protect the system, but also clean the air?' We ended up making our own filter media out of nonwoven materials."

INTERVIEW WITH
Kelsey Hei
Filtration and Indoor Air Quality Specialist, 3M

Then, there are the metrics. MERV — aka Minimum Efficiency Reporting Value — is an industry standard for measuring the capture of particles. Generally, the higher the MERV rating, the more particles a filter will capture, so filters with a MERV 10 rating or lower may only capture common particles like dust, pollen, and lint.

Filtrete™ Air Filters go further with both standard MERV ratings and the MPR (Microparticle Performance Rating) scale, developed by 3M. Many Filtrete™ Filters can capture more microscopic particles (such as bacteria and virus) than the MERV minimum requirements.

Additionally, Hei wants to dispel the myth that all higher-tier filters restrict airflow velocity. "Many people — and even some HVAC pros — assume that as you go into those higher numbers, the way to get to such efficiency levels is by restricting airflow," she said. "And that's true for many air filters available, but thanks to our nonwoven technology and product design, Filtrete™ Air Filters can provide the cleaner air without additional air flow restriction to balance those properties."

Consumers concerned about asthma or allergies will be happy to learn that a range of Filtrete™ Air Filters and sizes have received the **Asthma & Allergy Friendly®** certification mark from the Asthma and Allergy Foundation of America and Allergy Standards Limited. These products have hence been scientifically proven — through independent testing — to reduce unwanted particles like pet dander, microparticles, and dust-mite allergens.

What about cleaner air and less waste?

Filtrete™ Brand recently released a new Refillable Air Filter Kit for more waste-reducing, budget-conscious consumers. The reusable frame has a lifespan of up to 20 years and the collapsible filter can last up to 12 months — potentially decreasing disposable waste by 20% (compared to traditional Filtrete air filters).

The kit is initially available in 16x25x4" and 20x25x4" sizes and includes the MPR 1550 (MERV 12) Refillable Air Filters, which trap 42% more microparticles (0.3-1 microns) than the industry standard. These filters are also certified Asthma & Allergy Friendly®.

As Hei emphasized, "We are the No. 1 trusted brand for a reason.* It's all about quality and innovation: Our products focus on microparticle capture, while giving consumers the efficiency they want without compromising airflow or overworking your HVAC."

Written by **Omar Sommereyns**

*No. 1 Trusted Brand, based on 2024 Sago US Brand Health Survey of the HVAC Air Filter category.

The **Asthma & Allergy Friendly®** Certification Mark is a Registered Certification Mark of the Asthma and Allergy Foundation of America and Allergy Standards Ltd.

To learn more, visit **filtrete.com**

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*Filtrete™ Air Filters capture more particles than the MERV minimum requirements.
**Based on 2024 Sago US Brand Health Survey of the HVAC Air Filter category

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Let's End the Deadliest Cancer No One Talks About

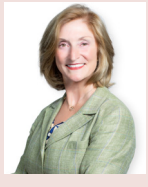
Lung cancer is the leading cause of cancer death in women, yet it remains misunderstood, underfunded, and stigmatized. It's time to rewrite that narrative.

Most women diagnosed with lung cancer today are not current smokers. In fact, over 80% are either former smokers or have never smoked a day in their lives. Still, lung cancer remains one of the least funded, least understood, and most overlooked diseases in America, especially when it comes to women.

Decades of stigma have resulted in lung cancer receiving the lowest research funding among major cancers impacting women. It's time to end the blame, bridge the gap, and invest in life-saving solutions. That's why we're calling on Congress to increase federal funding by 25% and pass the Women and Lung Cancer Research and Preventive Services Act of 2025.

When a woman is diagnosed with lung cancer, the impact ripples through her family, her job, and her community. Women make 80% of healthcare decisions in this country, hold 60% of the personal wealth, and drive 85% of consumer spending. When we invest in women's health, everyone benefits.

We can change the story. We can fund the research. We can end the stigma. We can save lives. Let's get to work.



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Tony Goldwyn on the Importance of **Lung Health and Early Detection**

Tony Goldwyn | Photo courtesy of GO2 for Lung Cancer

Actor Tony Goldwyn shares how his mother's cancer diagnosis inspired his advocacy for early detection and involvement with GO2 for Lung Cancer.

Given your personal experience, what message would you like to share with the public about the importance of early detection in lung cancer and other respiratory illnesses?
Simply put, early detection is the difference between life and death. It is not an overstatement to say that, essentially, we do have a cure for cancer. It's called early detection. If you get scanned and are given an early diagnosis of lung cancer, the treatments are incredibly effective. Caught too late, the same diagnosis is a death sentence. Sadly, when my mother got lung cancer, she waited too long to get checked, and 30 years ago, early detection and treatment were light-years away from where we are now.

Many people are unaware of the risk factors for lung cancer. What do you want more people to know about prevention and early signs?
Early detection is easy, painless, and relatively inexpensive. Unfortunately, the scans are often not covered by insurance. But for a few hundred dollars, it might just be worth it!

Many Americans take their breathing for granted until it's challenged. What would you say to someone who hasn't thought much about lung health before?
Remember the cliché, "An ounce of prevention is worth a pound of cure"? Make that "a thousand pounds of cure." It can happen to you. Look at the statistics on cancer. Just think of the financial and emotional burden you will be lifting off yourself and your family by preventing a health catastrophe.

> **Simply put, early detection is the difference between life and death.** It is not an overstatement to say that, essentially, we do have a cure for cancer. It's called early detection.

What's one preventative habit or tip you'd like to share with our readers that they can use to support their lung health?
Regular exercise is the key for me. Not only will your cardiovascular system be stronger, but you will notice any irregularities in your lungs much more quickly than someone who doesn't exercise.

Saving Lives Through Early Detection of Lung Cancer and Precision Medicine

Lung cancer remains the deadliest cancer in the United States, but early detection, education, and personalized care are changing outcomes.

WRITTEN BY
Teri Cannon
Executive Director,
A Breath of Hope Lung Cancer Foundation

Lung cancer has long carried an unfair stigma, often linked to assumptions about smoking. This stigma can delay diagnosis, discourage support, and limit funding for research. A Breath of Hope Lung Cancer Foundation is committed to ending this harmful narrative because everyone deserves compassion, early detection, and a fair chance to survive with lung cancer.

Early detection through low-dose CT screening can reduce lung cancer mortality by up to 20%. For high-risk individuals — those over 50 who currently smoke or have quit within the past 15 years — this screening is not only recommended, it can be lifesaving. Yet, fewer than 16% of eligible Americans are being screened each year. Increasing awareness and access to this simple, effective test could dramatically shift outcomes for thousands of people.

Equally important is the role of biomarker testing. The National Comprehensive Cancer Network recommends that patients with non-small cell lung cancer (NSCLC), even those with early-stage disease, undergo testing for genomic mutations. Since NSCLC accounts for about 85% of all lung cancer cases, identifying biomarkers for targeted therapy is critical. For many, these therapies offer more effective treatment, longer survival, and better quality of life. Without comprehensive and timely biomarker testing, patients may miss out on therapies tailored to their specific cancer profile.

Resources for lung cancer patients

Understanding a lung cancer diagnosis can be overwhelming, which is why A Breath of Hope Lung Cancer Foundation launched an innovative, patient-centered educational platform, YouAndLungCancer.com.
This resource features an animated patient guide to lung cancer, a dynamic, easy-to-understand, and visually engaging learning tool created for patients, caregivers, and healthcare providers.

Available in both English and Spanish, the guide helps bridge the gap between complex medical information and patient understanding. Through clear, animated modules, users can better grasp key concepts such as biomarker testing, treatment options, and what to expect during their care journey. Nearly 2 million users from over 130 countries have accessed this resource.

Lung cancer no longer has to be a silent killer. With the power of early detection, precision medicine, and education, we can offer patients not just more time, but better time. A Breath of Hope remains committed to ensuring that every person diagnosed with lung cancer has access to the tools, knowledge, and support they need to fight and survive.

Leveraging AI to **Transform Lung Cancer Care**

Lung cancer remains the leading cause of cancer-related deaths in the country, with early detection being critical to improved survival. Yet only a fraction of eligible patients receive timely screening.

At the University of Colorado — UCHealth, University of Colorado Cancer Center, we are changing that narrative, using artificial intelligence (AI) to revolutionize how we identify and manage incidental lung nodules — unexpected findings on imaging scans that often go untracked.[1]

To do so, our AI platform uses natural language processing to scan radiology reports, identify lung nodules, and automatically stratify patients by risk. The AI technology solution integrates seamlessly with our healthcare system's electronic health records, enabling automated patient communication, follow-up tracking, and real-time analytics.

The impact on patient outcomes has been profound. Within months of implementing the AI platform, we saw a 2,514% increase in actively managed patients, a 54% rise in return rates, and a 155% improvement in on-time follow-up adherence. Most importantly, by identifying more lung cancers at stage 1 — 40% compared to the national average of 20% — we are significantly increasing the chances of curative treatment.

For providers in the lung space, this approach to lung care is a blueprint for how AI can close care gaps, reduce disparities, and save lives.

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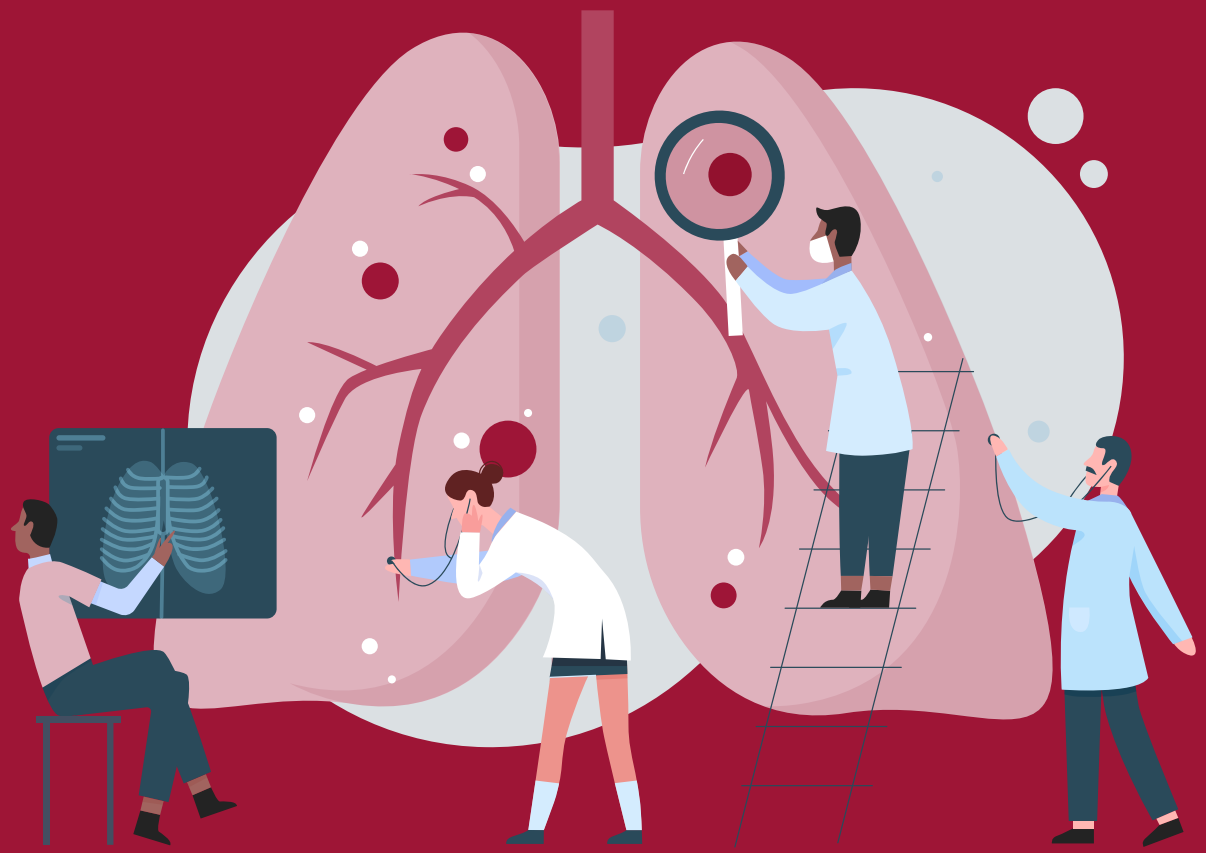

To learn more about Lung Health,
visit **futureofpersonalhealth.com**

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