A new therapy for severe asthma

Dr. Rick Sponaugle teams up with celebrity health guru Suzanne Somers to educate Americans about the dangers of mold toxicity.

Bronchial Thermoplasty

Becoming a respiratory therapist

The need for skilled medical professionals is on the rise

A BREATH OF FRESH AIR

Dr. Rick Sponaugle teams up with celebrity health guru Suzanne Somers to educate Americans about the dangers of mold toxicity.

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**CHALLENGES**

**COPD is the fourth leading cause of death** in the U.S., affecting over 24 million individuals, and every four minutes an American dies from it.

The state of your lungs

**COPD**

In 2010, American taxpayers paid approximately $50 billion in health care costs for COPD—much of which could have been avoided with prevention and maintenance methods. Only 12 million of the Americans with COPD have been diagnosed (which means another 12 million don’t know they have it) and it’s a major cause of disability. Worldwide, it’s estimated that 210 million have COPD. These statistics are heartbreakingly high. Everyone in America knows someone with COPD and it’s unacceptable that COPD will be the third leading cause of death by 2020.

JOHN WALSH
FOUNDER/CEO, COPD FOUNDATION

**Asthma**

The statistics are staggering. Nearly 300 million people around the world suffer from asthma. Approximately 250,000 die from the disease each year. The worst part is that most of these deaths are avoidable.

Symptoms can often be controlled, health care dollars can be saved and people with asthma can lead healthier lives. Proper diagnosis and effective disease management are essential; and we all have a role to play. Seek an allergist/immunologist and work with your physician to develop and manage a treatment plan.

A. WESLEY BURKS, MD
PRESIDENT, FAAAI, AAAAI

**Emphysema**

Emphysema is a chronic disease that causes irreversible damage and holes in the lungs, leading to shortness of breath. Emphysema usually is caused by cigarette smoking. It destroys lung elasticity, causing airway collapse, trapped air and permanent over-inflation of the lungs.

There is no cure for emphysema. Drugs and oxygen can relieve symptoms; however, as the disease progresses, treatment becomes ineffective.

Though the treatment is not yet approved in the U.S., a treatment option has been used in Europe since 2008 called RepPneu LVRC. It’s a small coil implant that reduces volume in diseased areas of the lung, helping patients enjoy better lung function. The FDA approved RENEW study is now enrolling patients throughout the U.S.

CHARLIE STRANGE, MD
PROFESSOR, PULMONARY AND CRITICAL CARE, MEDICAL UNIVERSITY OF SC, CHARLESTON

**Mesothelioma**

Mesothelioma is a cancer of the lining of the lung and chest cavity that affects about 3,000 patients per year in the U.S. It is directly linked to asbestos exposure, so that people in certain occupations (electricians, pipe fitters, boilermakers, shipyard workers, among others) are at higher risk to develop mesothelioma. It can take up to four or more decades after the exposure for mesothelioma to develop, so that most patients are well over 70 at presentation. Treatment involves chemotherapy, surgery and radiation when the disease is operable. It involves only chemotherapy and some radiation to control symptoms for the majority of patients who cannot undergo surgery. While there have been improvements in the treatment of mesothelioma, it is not often curable. It is extremely important that patients diagnosed with mesothelioma be evaluated by multidisciplinary teams of physicians with experience managing this difficult illness.

THIERRY JAHAN, MD, AND THE BONNIE J. ADDARIO LUNG CANCER FOUNDATION
editorial@mediaplanet.com

**TIED OF EMPHYSEMA? TIME TO RENEW.**

FDA has approved a clinical study to evaluate the safety and effectiveness of a medical device for emphysema treatment: the RepPneu® (say ‘RENEW’) Lung Volume Reduction Coil.

Learn more: www.emphysema.com

Patients treated with RepPneu Coils may experience reduced breathlessness, improved ability to exercise and quality of life.
**Question:** What is one issue that actress, author, and businesswoman Suzanne Somers never thought she’d face, until it threatened the lives of herself and her family?

**Answer:** Believe it or not, the dangers of black mold.

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**Question:** What motivated you to look into the possible presence of black mold in your home?

**Answer:** My husband, Alan, had a constant runny nose and runny eyes; I developed Candida and intestinal discomfort, which didn’t make sense because our food choices are so healthy and our supplementation regimen so vigorous. We knew we were reacting to something in our home, so Dr. Rick Sponaugle of the Florida Detox & Wellness Institute did some serious blood testing. That is when he discovered that several kinds of mold had invaded our bodies.

**Question:** What is the first step you took in protecting yourself and your family when you first became aware of the dangers of black mold in the home?

**Answer:** The first thing we did was move. We rented another home ‘til our home that burned down was rebuilt.

**Q:** What side effects would you advise readers to look out for if they think they’ve been exposed?

**A:** They should talk with Dr. Sponaugle. He is one of the only doctors in the U.S. who really understands what I believe is the beginning of an epidemic in this country. He approaches one’s treatment by healing the inflammation produced in the GI tract due to mold, and then balances the brain chemicals that result from mold inflammation in the gut. When the gut is inflamed, the immune system degrades, which lowers or ceases serotonin production that is crucially important for communicating with dopamine in the brain. So many mold patients experience depression but never connect the dots. He is one of the few doctors who understands that mold creates depression that actually starts in the gut. There is a Gut/Brain connection.

**Q:** What is a piece of advice you would share with those recently affected by Hurricane Sandy who might be in danger of being exposed to black mold?

**A:** Run, don’t walk, to Rick Sponaugle. Mold is very dangerous. The longer mold resides in the human body, the more your health degrades. Without treatment and detoxification, one can expect a lifetime of health problems. Autoimmune diseases can take hold, such as lupus, MS, fibromyalgia, while Parkinson’s and cancer can be end-state results of mold.

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**Debbie - North Carolina**

Mold Toxicity caused her opiate addiction

As Seen On ABC News

**Tim - Florida**

Mold Toxicity caused his Severe Chronic Fatigue

View more thankful patients at www.SponaugleWellnessInstitute.com/MoldToxicity
Feeling ill? You may want to check your home for the “silent enemy.”

It’s been called the silent enemy. Black mold, which can linger behind walls, above ceilings and in shower tile, is a serious health threat. The impact on the respiratory system and brain can be profound.

“Many Americans are mold toxic and don’t even realize it,” says Rick Sponaugle, M.D., Medical Director of the Florida Detox & Wellness Institute, who has treated more than 2,000 patients from around the globe who’ve suffered from mold toxicity. “American physicians are extremely naive about this problem, which is only going to get worse with time.”

Mycotoxins in toxic mold can result in a variety of respiratory problems. They may include difficulty in breathing, wheezing, congestion, runny nose, asthma and sinusitis. After coming in contact with mold spores, pneumonitis sufferers may experience coughing, a low-grade fever and shortness of breath.

Pulmonary hemorrhage in infants and adults with chronic health conditions has also been loosely tied to black mold exposure. The CDC says evidence proving a link between mold exposure and bleeding lungs, however, is limited.

Addressing the threat
Mold toxicity can cause numerous psychological and neurological disorders, including addiction, depression, anxiety, chronic fatigue and fibromyalgia. Multiple Sclerosis, neuropathy, OCD, panic disorder, schizoid syndrome and suicidal thoughts can also be caused by trichothecene mold toxin, the gas produced by indoor black mold.

“The Centers for Disease Control is still focused on mold spore allergic reactions, but there’s a much more serious threat,” explains Dr. Sponaugle, one of the first U.S. physicians to determine a brain chemistry pattern caused by black mold toxicity. “Far more dangerous are the gases given off, which can be deadly. People think they’re safe if they scrub with bleach. But these powerful gases stay in the home on the back side of drywall, for example, where massive amounts of hidden black mold continue growing.”

A need for change
According to Dr. Sponaugle, mold toxic brains produce excessive levels of the chemicals glutamate and PEA. The increased activation of glutamate and PEA nerve receptors throughout the body produce an over-electrified nervous system.

“Mold toxic patients experience a gradual progression as they slowly accumulate more mold toxins. Their symptoms usually begin with insomnia, then, as they spend more time living and working in mold toxic buildings or houses, their symptoms progress from insomnia to anxiety, which can then progress to full-blown panic disorder, and, in the most severe cases, bipolar symptoms of rage and paranoia.”

Dr. Sponaugle, whose clients include actress and healthy living advocate Suzanne Somers, warns, “We are years behind European physicians on the effects of mold toxins. You’re going to see a lot more cases of MS in women over the next year, as well as conditions such as Parkinson’s Disease in men. This is a serious problem that isn’t going away.”

Sponaugle Wellness Institute

- Over 2000 Patients Treated for Black Mold Toxicity
- Advanced Intravenous Treatment For Mold Toxicity

If you or a loved one have been exposed to Black Mold, call to speak to a Patient Coordinator now.

888-775-2770

CINDY RILEY
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From the moment she was born, Jenny McLeland of St. Louis, Missouri, had trouble breathing. She was diagnosed with asthma when she was 12 months old.

Though Jenny’s husband, Michael McLeland, wasn’t diagnosed until 12th grade, they faced similar challenges and limitations as children and young adults. Jenny was highly allergic to outdoor allergens and would start wheezing just sitting in the grass. When she was tested, she was allergic to 49 out of 50 allergens.

A new therapy for severe asthma
In 2000, researchers started testing a new therapy called Bronchial Thermoplasty for patients like Jenny and Michael—those with severe persistent asthma, characterized by continual symptoms, limited physical activity and exacerbations sometimes leading to the emergency room. In its most severe form, asthma can be fatal; each year approximately 3,500 people die having an acute asthma exacerbation. They simply can’t catch their breath.

Bronchial Thermoplasty was FDA-approved in 2010 as add-on treatment for severe asthma that is not controlled with standard-of-care medications. It is an outpatient, bronchoscopic procedure that delivers controlled radiofrequency energy to the airway wall, targeting smooth muscle. It works by broadening the airways. The treatment is performed in three separate sessions, approximately three weeks apart. After each procedure, there is a short-term worsening of symptoms and then gradual and ongoing improvement.

David Duhamel, MD, Director of Pulmonary Special Procedures Unit at the Virginia Hospital Center in Arlington, is one of the pioneers of this procedure. He and his colleague Jeff Hales, MD, Chief, Division of Pulmonary Medicine, are excited about the impact of Bronchial Thermoplasty on patients. Dr. Duhamel says, “It is amazing how much patients’ quality of life improves after this procedure.” According to Dr. Hales, “Patients are able to feel better on less medication and live fuller lives.” They caution, however, that Bronchial Thermoplasty is not a cure for asthma. Most patients still need some medication—though much less, and this procedure is only for adults.

Notable improvements
Six years ago, both Jenny, 33, and Michael, 38, underwent Bronchial Thermoplasty. Their clinical improvements are notable, but the real story is how they are making their dreams come true.

Michael is pursuing his dream of teaching college students now that he can stand in front of a class and lecture without having an attack. Together, the couple has run two half-marathons. They also participated in a week-long bike ride across Iowa, cycling about 550 miles and camping out at night—without any exacerbations—an experience that Jenny calls “wonderfully empowering.”

For years, Jenny had wanted children, but knew that it would be dangerous to take certain medications while pregnant. After Bronchial Thermoplasty, she got pregnant with twins and was able to go through the first trimester without rescue medication. About his 14-month-old twins, Michael says, “It’s been great. I love running with them in the stroller and taking them places to learn and see everything they can.” Jenny says, “For the first time in my life, my physical achievement and potential is not limited by my breathing.”

NICOLE GRAY
editorial@mediaplanet.com

Get Your Groove Back with 365 Days of Asthma Relief

You deserve to live a fuller life—and now, a safe outpatient procedure can help. In a clinical study, Bronchial Thermoplasty (BT) provided 79% of severe asthma patients with significant improvements in their asthma-related quality-of-life. In addition, BT provided a long-term reduction in asthma attacks. Fewer asthma attacks means less need for oral steroids—and more opportunities to enjoy life.

If asthma is limiting your options, perhaps it’s time to look beyond medication alone.

For a free informational DVD go to: www.BTforAsthma.com/DVD

INSPIRATION
A GROWING NEED FOR RESPIRATORY THERAPISTS AS BOOMERS AGE

The need for respiratory therapists (RTs) is expected to grow sharply over the next decade as baby boomers grow older and the number of cases of pneumonia and COPD increase, according to the U.S. Bureau of Labor Statistics. Overall, employment in the U.S. is forecasted to increase by 15 percent, but the need for RTs is expected to grow by up to 28 percent.

“Respiratory therapists are skilled medical personnel who play a central role in the assessment and treatment of hospitalized patients with pulmonary disease,” said Norton A. Elson, MD, consultant in pulmonary medicine, Adventist Health Care medical director of quality and clinical effectiveness, and medical director for Washington Adventist University respiratory care program. “They evaluate the status of patients under their care, assess response to treatments, and report their findings and recommendations to the physician.”

Benefits of being an RT

The rising demand for RTs also means rising salaries. A 2009 study from the American Association of Respiratory Care (AARC) projected the average annual earnings of RTs working in the U.S. at $62,223. Depending on the area of the country, therapists just beginning their careers, reported average annual earnings ranging from $42,078 to $47,297.

“A 2009 study from the American Association of Respiratory Care (AARC) projected the average annual earnings of RTs working in the U.S. at $62,223.”

According to the AARC, among commonly performed duties, RTs diagnose lung and breathing disorders and recommend treatment methods, interview patients and perform chest exams to determine what kind of therapy is best for their condition, and manage ventilators and artificial airway devices for patients who can’t breathe normally on their own. Additionally, they respond to Code Blue or other urgent care calls and they educate patients and families about lung disease.

Abundant opportunities

Respiratory therapists typically work alongside other health care professionals in hospitals, treating people with asthma and other respiratory conditions; in intensive care units, managing ventilators; in newborn and pediatric units, helping kids with conditions ranging from premature birth to cystic fibrosis; in operating rooms, working with anesthesiologists to monitor patients’ breathing during surgery; in sleep laboratories helping to diagnose disorders like sleep apnea; in asthma education programs, helping kids and adults alike learn how to cope with the condition; and in smoking cessation programs.

Victor Priego, a 2012 graduate of the WAU program is satisfied with his decision to become a respiratory therapist.

“I really liked that studying to become a respiratory care practitioner was only a 22 month journey. So many careers take at least four years to study if not more. I was glad to learn that I could accomplish my schooling in such a short time,” he said.
Do you or someone you love have MESOTHELIOMA or lung cancer?

We Can Help

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The Simmons Law Firm proudly represents families affected by mesothelioma and asbestos-related cancers throughout the United States. We have recovered millions of dollars from asbestos companies on their behalf, affording them the medical care and security they deserve. If you or someone you love have mesothelioma, we will come to you. We are committed to our clients and have pledged nearly $20 million to cancer research. Contact us today for a free legal consultation.

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