



# spotlight on health

## Breathtaking Beauty Helps Americans Breathe Easier

(NAPSA)—More Americans may lead healthier lives thanks to the efforts of one television star: Loni Anderson.

One of Hollywood's great beauties, she's starring in a new UPN television sitcom "The Mullets." Even with the busy life she leads, however, Anderson still makes time to try to help people suffering from COPD (Chronic Obstructive Pulmonary Disease).

For five years, Anderson has traveled the country to raise awareness of this respiratory illness primarily caused by smoking. It's commonly known as chronic bronchitis, emphysema or "smoker's lung."

"Both of my parents were long-time smokers and as a child I watched them struggle to breathe," said Anderson, whom the National Lung Health Education Program asked to join its COPD awareness campaign.

COPD is the fourth leading cause of death in the United States and the only one in the top 10 fatal diseases on the rise. According to a study by the Centers for Disease Control and Prevention, more than 24 million people in the United States have COPD, but only 10.5 million have been diagnosed. Approximately 119,000 Americans died as a result of COPD in 2000. The CDC study also showed, for the first time ever, that the number of women dying from the disease surpassed the number of men.

On the national COPD awareness campaign, Anderson is teamed with Dr. Dennis Doherty, who says the key signs of COPD are a chronic cough, shortness of breath or excess mucus produc-



Anderson

tion. Doherty strongly recommends that anyone older than 45 who has smoked should see a doctor and ask for a lung test, which is done with a spirometer.

"The lung test clearly shows the condition of the patient's airways," said Dr. Doherty, a professor of medicine and chief of the Division of Pulmonary and Critical Care Medicine at the University of Kentucky Medical Center. "If lung function is abnormal, the patient may be given an inhalation medication, and then asked to repeat the lung test. This may show an improvement in the patient's lung function, therefore assisting the physician with the diagnosis."

COMBIVENT (ipratropium bromide and albuterol sulfate) Inhalation Aerosol is indicated for use in COPD patients who are using a regular aerosol bronchodilator but continue to have evidence of bronchospasm and require a second bronchodilator. COMBIVENT Inhalation Aerosol, and its sister drug

ATROVENT (ipratropium bromide) Inhalation Aerosol, also a bronchodilator indicated for maintenance treatment of bronchospasm in COPD, are the number one prescribed brands for COPD. These medications belong to a class of drugs called anticholinergics, and have a unique mechanism of action in the treatment of COPD. The most common side effects of treatment with COMBIVENT Inhalation Aerosol are bronchitis (12.3 percent) and upper respiratory tract infection (10.9 percent). In clinical studies, cough (5.9 percent) and nervousness (3.1 percent) were the most common side effects associated with ATROVENT Inhalation Aerosol.

Anderson lost her father when he was 54 before she became nationally famous on WKRP. She tried to help her mother, but education about COPD and treatment for it were not available at the time. Her mother died in 1985 at the age of 60.

"Yes, I am angry I lost my parents when all of us were so young," said Anderson, "I miss them both so very much.

"If I can go out there and inspire those who have signs of COPD to get help, maybe their loved ones won't have to endure the losses I have experienced. I just wish the treatments had been available when my parents were alive.

"Raising awareness for COPD has become a passion for me over the past five years," Anderson said. "It's important! I am committed."

More information about COPD can be found on the Web site, [www.thebreathingspace.com](http://www.thebreathingspace.com).