


**WILL ROGERS
INSTITUTE**

Humanitarian

EDUCATION FOR TODAY. RESEARCH FOR TOMORROW.



STOP SMOKING — FREE APP AVAILABLE

Longtime partners in pulmonary rehabilitation and smoking cessation, the Will Rogers Institute and Patricia Neal Rehabilitation Center, a member of Covenant Health in Knoxville, Tennessee, joined together to create a smart-phone app with tried-and-true strategies that will help people quit smoking.

“As part of our not-for-profit mission, we are continually looking for ways to reduce the rate of smoking and improve health,” said Jon Dalton, M.A., member of Covenant Health’s smoking cessation task force and manager of Parkwest Cardiopulmonary Rehabilitation, where he sees firsthand the long-term detrimental health effects of smoking. “We hope the app will help more people, especially young adults, quit smoking.”

The Stop Smoking mobile app lets you create a profile to identify the number of cigarettes you smoke on a daily basis, the price per pack and the triggers that keep your need for cigarettes active. Based on a short questionnaire, the app will then generate a realistic “quit date” for you and will help you track how many cigarettes you smoke that day, as well as record the factors that keep you smoking and make it difficult to stop. Daily monitoring and gradual reduction of the number of cigarettes you smoke, based on eliminating the triggers, should help



you reduce your reliance on smoking to get you through the day. As an added bonus, the app will show you how much money you’re saving!

“Education is key to quitting, but it really has to fit in with somebody’s lifestyle,” Dalton said. “Today people want information when they need it and on their own schedule. As health

educators, we need to adapt and be more flexible in how we provide education for our patients and public. We have taken the science regarding smoking cessation strategies and applied it to an app that allows users to customize a quit plan based on their personal smoking habits,” he said.

The relationship between the Institute and Patricia Neal Rehabilitation Center is a natural fit due to Academy Award-winning actress Patricia Neal’s connection to the entertainment industry and the facility’s dedication to pulmonary rehabilitation. It is an ideal partnership for the Will Rogers Institute, representing our original mission as a pulmonary rehabilitation hospital for entertainment industry veterans.

Download the Stop Smoking Mobile app now for iPhone®, iPad®, iPod Touch® or for Android using Google Play™ or visit www.covenanthealth.com/stopsmoking.

The Inside Story:

- THE WILL ROGERS INSTITUTE PARTNERS WITH BOYS & GIRLS CLUBS
- NEONATAL AND VENTILATOR PROGRAM ■ PULMONARY CORNER
- SUMMER FOOD SECRETS ■ SUMMER EVENTS
- FREE HEALTHCARE BOOKLETS AND MORE ...



WRI Expands Partnership with Boys & Girls Clubs for 2013–2014

One of the missions of the WRI is to educate the general public on topics of health and fitness. In 2008, we partnered with the Boys & Girls Clubs of America to honor one club each year for five years with a \$5,000 cash prize.

The award was given to the club that demonstrated exemplary methods of promoting healthy and active lifestyles. In addition to the cash prize, the WRI also donated \$15,000 to the Boys & Girls Clubs of America national fund each year to provide health-related materials to clubs across the country.

Beginning this year, the WRI will grant five \$5,000 awards annually (one in each BGCA region of the U.S.) to support healthy lifestyles programs. In addition, WRI will donate \$75,000 to Boys & Girls Clubs of America national fund to provide:

- Staff and personnel dedicated strictly to implementing healthy lifestyles programs
- General supplies to assist in implementing programs
- Travel for training and award presentations
- Resources, educational tools and vital training programs



WRI Neonatal and Ventilator Program

The mission of the neonatal equipment program is to be the national leader in providing grants for the purchase of ventilator equipment and critical care pulmonary services to hospitals throughout the U.S.



Eastern Tennessee Children's Hospital Receives Grant

Regal Entertainment Group and the Will Rogers Institute granted \$1 million (\$500,000 each) to Eastern Tennessee Children's Hospital. Members of WRI, Regal, and hospital staff were on hand for the check presentation. The money is being used for lifesaving cardiovascular, respiratory and radiology equipment. The staff and children at ETCH created a special thank you video that is available to view at www.wrinate.org.



Lauren Small Children's Medical Center Receives Grant

The WRI has awarded the Bakersfield Memorial Hospital Foundation a grant of \$34,384 to purchase respiratory equipment for the Neonatal Intensive Care Unit (NICU). The NICU is part of the Lauren Small Children's Medical Center.

This grant will be used to purchase four SiPAP nasal continuous positive airway pressure (nCPAP) machines, four stands with IV poles and baskets and four F&P humidifier brackets. The SiPAP units are the latest technology in nCPAP units and

are widely used to provide respiratory support for neonates to deliver constant air pressure. The air pressure helps the air sacs in the lungs stay open and helps prevent apnea. Without this constant pressure, the frail, thin-walled air sacs would collapse. If the air sacs collapse, the baby's air exchange would stop, and if not reinflated quickly, the baby could suffer irreversible damage or die.

The Children's Medical Center is named in honor of Lauren Paige Small, a local girl who inspired the community through her brave battle with cancer.



For more information about our neonatal research and partnerships and grants, visit "Research & Health" on our website at www.wrinate.org.

Pulmonary Corner



Lung Cancer — Number One Cancer Killer

More people die from lung cancer than any other type of cancer. Deaths from lung cancer represent about one out of every six deaths from cancer in the U.S. Although smoking is a risk factor, increasingly more and more people who do not smoke are getting lung cancer.

RISK FACTORS

- Smoking
- Secondhand smoke from other people's cigarettes
- Radon gas in the home
- Things around home or work, including asbestos, ionizing radiation and other cancer-causing substances
- Medical exposure to radiation to the chest
- Chronic lung disease such as emphysema or chronic bronchitis
- Increased age

PREVENTION

- Don't smoke—or if you do smoke, quit now
- Avoid secondhand smoke
- Test your home for radon and take action if high levels are found
- Be aware of your exposure to radiation from medical imaging
- Ask your doctor about the need for tests involving images of the chest
- Follow health and safety guidelines in the workplace
- Avoid diesel exhaust and other harmful air pollutants

SYMPTOMS

Different people have different symptoms for lung cancer. Some people don't have any symptoms at all when first diagnosed with lung cancer. Symptoms include:

- Shortness of breath
- Coughing that doesn't go away
- Wheezing
- Coughing up blood
- Chest pain
- Repeated respiratory infections such as bronchitis or pneumonia

Talk to your doctor if you have symptoms that concern you. Visit

www.covenanthealth.com/stopsmoking to download our free Stop Smoking app. Visit www.cdc.gov for more information on lung cancer. Source: www.cdc.gov



Popcorn Lung

“Popcorn lung” is an irreversible scarring of the small airways in the lung. Popcorn lung is caused by chemicals some manufacturers add to their microwave popcorn to give it a buttery taste. The chemical is diacetyl, which is a natural by-product found in cheese, butter, yogurt and wine. Damage from this chemical happens when large amounts are inhaled. Although the majority of victims of popcorn lung work in popcorn or flavoring manufacturing facilities, several consumers claim to have popcorn lung.

Several manufacturers have reduced or replaced the chemical, but there is no way of knowing whether your favorite microwave popcorn contains diacetyl. If you want to lower potential risk of inhaling it, allow the bag to cool before you open it, and use your kitchen exhaust. Source: Nutrition Action Healthletter, March 2013

Enjoy No-Risk Popcorn: Homemade Microwave Popcorn

1. Put 1/4 cup popcorn in a brown paper bag. Fold top over a few times and tape it.
2. Place in microwave folded side up for 2 to 3 minutes or until there is a 5-second interval between pops.
3. Eat plain or add flavors (such as salt, butter, sugar, etc.).



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“You can’t have a picnic unless the party carrying the basket comes.”
— Will Rogers

2013 Summer Events with Our Will Rogers Partners

- **August 9 — Will Rogers’ Movies in the Backyard**
Will Rogers Ranch Foundation, Pacific Palisades, CA
www.willrogersranchfoundation.org
- **August 11 — Dog Iron Polo Cup and Champagne Brunch**
Will Rogers Ranch Foundation, Pacific Palisades, CA
www.willrogersranchfoundation.org
- **August 15 — Will Rogers and Wiley Post Tribute**
Will Rogers Museum and Birthplace Ranch
Will Rogers Museum, Claremore, OK
www.willrogers.com
- **August 18 — Will Rogers & Wiley Post Annual Fly-In**
Will Rogers Birthplace Ranch, Oologah, OK
Fly-in, concessions, kids’ activities, Cherokee storytellers and music
www.willrogers.com

For a limited time, download the Will Rogers State Park Inspiration Loop Self-Guided Trail Booklet at www.willrogersranchfoundation.org.

New Downloadable Free Health and Fitness Booklets Available at www.wrinstitute.org

- Break Your Smoking Addiction: Stages to Success
- Fitness: Personal Action Guide
- Living Well with Asthma
- Living Well with Diabetes
- Managing COPD
- Managing High Blood Pressure
- Managing High Cholesterol
- Managing Stress
- Nutrition
- Snoring and Sleep Apnea
- Walking for Better Health



Updated Edition! Managing Your Chronic Obstructive Pulmonary Disease (COPD) Booklet

WRI is offering an updated 2013 edition of Managing Your Chronic Obstructive Pulmonary Disease (COPD). The booklet, which was created in collaboration with the University of MN Center for Lung Science and Health, provides valuable educational resources to individuals with COPD and their families.

The goal of the booklet is to provide a knowledge base for individuals with lung disease, thereby providing them with the information they need to be active participants and advocates in their disease management.

Visit www.wrinstitute.org or call toll-free (877) 857-7575 to order.

Dr. Francis Collins, director of the NIH and WRI Lung Research Award Recipient, Has Health Blog



Dr. Francis Collins

Dr. Francis Collins is a physician and geneticist who currently serves as director of the National Institutes of Health (NIH) and is a former recipient of the Institute’s Lung Research Award. Read about topics on his blog, including:

- Smoking: It’s Killing Us
- How Influenza Pandemics Occur
- Weighing In on Sugary Drinks
- The Brain: Now You See It, Now You Won’t
- Brown Fat, White Fat, Good Fat, Bad Fat
- Reprogramming Genes to Keep Joints Healthy

Follow Dr. Collin’s Health Blog at <http://directorsblog.nih.gov/>.

Healthy News



About NutriFit

Dedicated to a healthier body and mind, nutrition and wellness coach, educator and culinary expert Jackie Keller (photo, left) is the founding director of NutriFit, LLC, and author of *Body After Baby: A Simple, Healthy Plan to Lose Your Baby Weight Fast* (Avery/Penguin Group; May 2007) and *Cooking, Eating & Living Well* (NutriFit, LLC), a cookbook and guide to nutrition-related lifestyle changes. Visit www.nutrifitonline.com for more information.

Summer Food Secrets



It's the season of less and lighter — summer. The time of year when you really don't want to be weighed down. Here are some easy, refreshing and original ideas for optimizing your food choices that are both seasonal and simple.

People tend to show more skin during the summer months, so a lot of emphasis is placed on trimming down and shedding some of that extra winter weight. Luckily, there are a lot of healthy raw fruits and vegetables in season that will not only help with weight maintenance but also improve the overall appearance of the skin. Fiber, vitamins and minerals found in several summer food favorites will fuel the body, minimize bloating and promote the appearance of glowing skin.

To look your very best this summer, try eating and drinking these powerful ingredients:

- **Spring and summer greens** — Asparagus and dandelion greens are extremely moisture rich and will allow the body to stay hydrated longer, promoting good health. They also contain numerous vitamins and minerals that boost immunity, aiding the body in staying healthier.
- **Green tea** — Rather than drinking diet soda, enjoy iced or hot green tea. Diet soda contains artificial sweeteners, which can cause bloating. In contrast, green tea is a great source of antioxidants, which have an added internal skincare benefit as well.
- **Dairy products** — Research has indicated that fat-free milk, cheese and Greek yogurt are all essential for aiding in weight loss as they promote an increase of fat lost through the gastrointestinal system. Women and growing children should consume three servings of nonfat dairy products per day to reap the weight management benefits.
- **Citrus and other fruits** — Citrus fruits, apricots, apples and other fruits contain pectin, which stimulates weight loss. A well-balanced diet should always include three servings of fruit a day.
- **Red fruits and vegetables** — Tomatoes, watermelon and strawberries are all excellent sources of lycopene, which hydrates the body at a cellular level. Additionally, these items are antioxidant rich and help prevent the breakdown of collagen from the sun's harmful rays, making the skin appear more youthful.



Strawberry 'n Flax Muffins

Servings: 12 Serving Size: 1 standard muffin

Ingredients:

1 cup fresh strawberries cut into chunks	1/4 cup unsweetened applesauce	1 tsp. baking powder
1 extra-large egg	1 cup white or whole wheat flour	1/2 tbsp. baking soda
3/4 cup brown sugar	1 cup quick-cooking oats	1/4 tsp. ground cinnamon
3/4 cup fat-free milk	1 tbsp. flaxseed, ground	1/4 tsp. salt

- Preheat oven to 375° F. Spray a muffin pan with cooking spray.
- Rinse the berries gently. Cut into small pieces and pat dry with paper towels.
- Beat egg with sugar at medium speed until thick and smooth. Beat in milk and applesauce.
- Combine flour, oats, flaxseed, baking powder, soda, cinnamon and salt in measuring cup. Stir well. Add to egg mixture, stirring just until dry ingredients are moistened. Stir in strawberries. Divide batter evenly among muffin cups. Sprinkle with additional sugar if desired.
- Bake 15 minutes or until muffins spring back when touched. Cool 5 minutes; remove from pan.



Our Mission

TO PERPETUATE THE MEMORY
OF WILL ROGERS BY PROMOTING
AND ENGAGING IN MEDICAL
RESEARCH PERTAINING TO
CARDIOPULMONARY DISEASES
AND BY EDUCATING THE
GENERAL PUBLIC ON TOPICS
OF HEALTH AND FITNESS.

Free Health Booklets

Receive information about any of the following health-related topics:

- ASTHMA: WHAT YOU NEED TO KNOW
- AILMENTS RELATED TO SMOKING
- WHAT IS CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)?
- QUITTING SMOKING
- MANAGING YOUR COPD
- SECONDHAND SMOKE
- DIABETES: WHAT YOU NEED TO KNOW
- SLEEP APNEA
- FITNESS AND HEALTHY EATING
- STRESS MANAGEMENT
- HEART HEALTH (BLOOD PRESSURE AND CHOLESTEROL)
- TEENS AND STRESS
- ABOUT TUBERCULOSIS
- THE WONDERS OF WALKING

Visit www.wrinstitute.org or call toll-free (877) 957-7575 to order.
Help spread the word! Photocopying WRI booklets is welcomed and encouraged.

Don't forget about our free downloadable booklets!

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