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February 2014



Croup in Children

[Croup](#) is a viral infection that causes swelling and inflammation of the upper airway. This results in a narrowing of the breathing passage. Children with croup have a distinctive 'barky' cough. [Click here](#) for examples of coughs.

Every year more than 80,000 Canadian children develop croup. Young children between 6 months and 3 years are affected most often. Mothers will agree that croup is often worse at night. Thankfully, it usually only lasts about 48 hours.

Children taken for medical treatment are usually given a corticosteroid either by mouth or by inhalation and watched for a few hours. Children with loud breathing sounds (often called stridor) and who are in distress, lethargic or have poor colour should be seen right away in the closest medical facility. [Learn more about croup.](#)



COPD and Sleep Apnea: Overlap Syndrome

[COPD](#) (chronic obstructive pulmonary disease) and [sleep apnea](#) are common conditions affecting many Canadians. COPD does not cause sleep apnea, nor does sleep apnea cause COPD, but the combination of the two is called Overlap Syndrome. Unfortunately, each condition can make the symptoms of the other worse. [Why?](#)



Radon Mitigation (Repair) in Saskatchewan

Radon is a radioactive gas that occurs naturally when uranium in the soil breaks down. Exposure to high levels of radon in the home is a known cause of lung cancer. The only way to know if your home has unsafe levels of radon gas is to [test your home](#). If high levels of radon gas are found, a trained expert can locate where the gas is seeping in and make the necessary repairs. [Who should I hire to repair my home to lower the radon level?](#)

Lung Association News



Thank you for supporting the Team COPD Challenge



The Saskatoon Blades win the Lung Health Challenge

When all the distances and activities were totalled, Team COPD had racked up an impressive total of 36,139 kilometers. This translates into walking, dancing, swimming, and running our way across Canada 5 times for COPD! www.coast2coast.sk.lung.ca.

The Lung Association of Saskatchewan is excited to announce that the Saskatoon Blades were the winners of the Lung Health Challenge. WHL players from the Regina Pats and The Blades visited schools to talk about lung health. [Check out the Challenge!](#)



Health groups call on Saskatchewan government to follow Alberta and Ontario's lead and ban flavoured tobacco products[Read more](#)



Many thanks to our Christmas Seals Supporters

Over 5000 residents generously donated to this year's Christmas Seals campaign. This money stays in our province to support our programs in patient support, research and clean air advocacy. [Read more](#)

Classified Ads

- Invacare Perfecto2 oxygen concentrator for sale. This machine is 2 years old. If you need continuous oxygen therapy this may be for you. Call Donna in Regina at 306-584-7602.
- Respironics Everflo oxygen concentrator which was used for 2 years. If you are interested call Rose in Saskatoon at 306-241-2366.
- ResMed H5i heated humidifier that will fit an S-9 CPAP machine, along with tubing and a carrying case for sale. This was only used for 1 month. Call Jocelyn in Humboldt at 306-682-4919.
- ResMed H5i humidifier for an S-9 CPAP machine along with an S-9 climate line tubing and a Contour CPAP pillow for sale. These were only used for 6 nights. You can email Marla at

rlmptl@mcsnet.ca.

- Humidifiers for CPAP machines for sale: a brand new ResMed H4i and a used H3i. Lionel has these in North Battleford, but can deliver to Saskatoon. Call him at 306-937-4355 or email at: lionelh@frischvalves.com.

The Lung Association of Saskatchewan is not responsible for any product purchased through ads in the Breathe Newsletter.

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