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(04/15) PC-OF-0005-PROF

March 23, 2017



# CTS INSPIRATIONS

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## CTS NEWS

### President's Message

By Chris Garvey, CTS President

Thank you to each of you for your involvement in and support of CTS. Despite many successes in the past few years, CTS leadership has needed to carefully evaluate our organization's finances. Under the leadership of Angela Wang and George Chau, CTS has worked diligently to improve revenues and decrease expenses while maintaining our high quality educational and advocacy programs. Holland Parlette Associates (HPA), our management team for the past several years has also played a key role in further strengthening and improving CTS operations and educational programs. While our financial stability has improved, the current cost of management services is beyond what CTS can afford financially in the long-term. On April 1, our management team will transition to *Government Representation with Quality* (GRQ) under the leadership of Phil Porte. You may know Phil as the executive director of the National Association for Medical Directors of Respiratory Care (NAMDRC) and a leading consultant for the American Association for Cardiovascular and Pulmonary Rehabilitation (AACVPR). Phil's legislative leadership in both pulmonary medicine and respiratory care is well known. GRQ brings years of successful association management, financial growth, annual conference oversight, membership development and many other strengths that will benefit CTS. Phil will join the CTS executive team, leadership and committee calls.



Please join me in welcoming Phil and GRQ to CTS, and thanking Christina Pacini, Erica Murdoch-Waters and Kerry Parker at HPA for their years of dedication to improving CTS and supporting our organization during this transition. Christina and Erica have been the backbone of CTS operations and management, and deserve a great deal of credit and our deepest thanks for their tireless work on our conferences, budget, newsletter, PT program, operations, organization management and numerous projects. They have maintained CTS' mission and high professional standard while improving so many key areas that we value.

CTS leadership is excited about our new management team and we look forward to our upcoming conferences in San Diego in the fall and Carmel in January 2018. The fall meeting will include a new ultrasound course as

well as our COPD multidisciplinary symposium. Many exciting projects are on the horizon with updates in the near future. Thanks again to all of you for your help and support. On behalf of CTS, I welcome your input at [info@calthoracic.org](mailto:info@calthoracic.org).

Thank you,

Chris

## Who's Who in CTS — Meet Phillip Gold, MD, CACP



CTS

Born in Monticello, New York, former 1979-1980 CTS President Philip Gold, MD, MACP underwent his undergraduate training at Stanford University, except for a one-year stay at Free University in Berlin, Germany. His major was History. He then attended and completed both medical school and internal medicine residency at UCLA. Arguably his illustrious academic career began as Chief Resident in Medicine while at UCLA Medical Center. Post residency he moved north to the renowned Cardiovascular Research Institute at UC San Francisco where he spent two years as a Pulmonary Research Fellow. For the next three years he had the misfortune of moving to Hawaii where he was an Attending Physician at Queen's Medical Center in Honolulu and Tripler General Hospital in Oahu as well as Assistant Clinical Professor of Medicine at the University of Hawaii School of Medicine. It is rumored that he also received training and experience in surfing during those years. [READ MORE](#)



## ATS Council of Chapter Representatives



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Did you know...?

CTS advocates for respiratory health on the national level.

California is one of 18 ATS chapters in the United States. Our state sends two representatives to the Council of Chapter Representatives (CCR), which provides a national forum to address issues that are of relevance to the chapters and their members. The Council leadership, in turn, represents these concerns to the ATS Board of Directors. Currently, the CCR has three seats on the Board of Directors. The CCR also works with the ATS Clinicians Advisory and the Membership Committees to increase the value of membership for clinicians in ATS.

### **ATS Chapter Spotlight — [READ MORE](#)**

One of the most important activities in which the chapters participate is the annual ATS Hill Day in Washington, D.C., where chapter representatives and ATS leadership meet with legislators to discuss issues pertinent to the practice of pulmonary, critical care, and sleep medicine, including support for research funding for related diseases. In past years, Hill Day participants met with members of Congress to advocate funding of NIH and domestic and global TB control programs, as well as oppose legislation to exempt cigars from FDA regulation. As physicians and patient care providers, our opinions are respected. The fact that we take the time to personally meet with our legislative representatives and their staffers greatly increases the effectiveness of our message.

California's current CCR representatives are Angela Wang, Scripps Clinic and Lekshmi Santhosh, UCSF. Dr. Wang is incoming President of the CCR for 2017-2018. Lekshmi Santhosh was recently selected as one of two "Hill Day" Fellows who will be participating in this year's Hill Day from Tuesday, March 28 to Wednesday, March 29.

From climate change to defending NIH Funding to e-cigarette regulation, the CCR plays a critical role in ATS' advocacy efforts to promote the interests of our members and defend the health of our patients!



## CTS Members Urged to Join Letter Defending Clean Air Act and EPA

CTS

Our bedrock national clean air laws are under threat and the health community is stepping up to educate policymakers on the importance of these agencies and policies to protect health. The American Lung Association has organized a [health group sign-on letter](#) ([see current list of signers](#)) to California's members of Congress to urge them to protect our health from dangerous air pollution and oppose any legislation that would block, weaken or delay the U.S. Environmental Protection Agency's work to update and enforce strong safeguards for California's air.

CTS has been a key health leader with the American Lung Association in advancing strong policies to reduce pollution, fight climate change and protect lung health. CTS has endorsed the letter and individual CTS members are urged to add their names. To add your name, please email Jenny Bard ([Jenny.Bard@Lung.org](mailto:Jenny.Bard@Lung.org)) by Friday, March 31 with your name, credential and city.

For the latest list of statements and news releases by the American Lung Association, please visit the [American Lung Association website](#).

## Register for the Loma Linda University Lung Diseases, Critical Illness and Sleep Disorders Symposium — March 31, 2017

CTS

The Lung Critical Illness and Sleep Disorder (LuCIS) symposium at Loma Linda University, is now open for registration. The 1st Annual LuCIS Symposium will take place on March 31, 2017. This comprehensive educational program will highlight recent advances in the diagnosis and treatment of lung diseases, critical illness and sleep disorders. National and local experts in pulmonary, critical care and sleep medicine will discuss various topics, guidelines and cutting edge technology for these conditions. See more by clicking on the link to view the PDF brochure.

### Target Audience

This educational activity is directed toward Physicians, Pharmacists, Respiratory Therapists, Behavioral Health Professionals, Psychologists, Nurse Practitioners, Nurses, Physician Assistants, Residents, Fellows and Students.

[Click here to learn more](#). [Register online here](#). Select calendar and March.

## Save the Date for the California Society for Respiratory Care State Convention on June 13-15, 2017

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The California Society for Respiratory Care (CSRC) represents the 24,000 respiratory care practitioners in California and strives to promote best practice through the provision and sponsorship of education



*Professionalism • Advocacy  
Commitment • Excellence*

programs. This year the CSRC Annual Convention promises to deliver as one of the best educational opportunities for pulmonary clinicians. Topics will include ventilation strategies, OSA, Ecigs, inhaled vasodilators, ECMO, lung ultrasound and much more. Save the date for June 13-15 to join your colleagues at Harrah's Resort Southern California. More information, including a preliminary agenda, registration and hotel reservations can be obtained by visiting the [CSRC website](#).



## NEWS

### Hospital quality linked to readmission rates for COPD



Yale University

Nearly one in five patients admitted to hospitals in the United States are readmitted within 30 days, at a cost of \$17 billion annually. To reduce readmission rates, the federal Centers for Medicare & Medicaid Services tracks readmissions for certain conditions, including heart failure, pneumonia and most recently, chronic obstructive pulmonary disorder. [READ MORE](#)

### SBRT for elderly patients with unresectable lung cancer



Cancer Therapy Advisor

Results from a multi-center review of patients 80 years or older with early stage, inoperable lung cancer who underwent definitive lung stereotactic body radiotherapy indicated treatment was well-tolerated and patients experienced excellent five-year cause-specific survival. These results were presented at the 2017 Multidisciplinary Thoracic Cancers Symposium in San Francisco, California. [READ MORE](#)

### When CVS stopped selling cigarettes, some customers quit smoking



Reuters

The retail pharmacy company CVS Health helped its customers quit smoking by pulling cigarettes off the shelves two years ago, a new study suggests. Smokers who purchased cigarettes exclusively at CVS stores were 38 percent less likely to buy tobacco after the national chain stopped selling cigarettes, the study shows. [READ MORE](#)

### Researchers discover how exposure to microbes protects against asthma



Science Daily

In an article published in *Immunity*, researchers show that exposure to bacterial DNA (one of the microbial compounds) drastically amplifies a population of pulmonary macrophages and makes them strongly immunosuppressive, which prevents and treats asthma in mice. This discovery offers promising prospects for the development of a cell therapy based on the administration of these regulatory macrophages to asthmatic patients. [READ MORE](#)

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## Smoking rates drop after global tobacco treaty



HealthDay News

After 180 countries agreed to a global tobacco control treaty in 2005, there was a 2.5 percent decrease in smoking worldwide during the next decade, a new study shows. All of the participating countries agreed to the World Health Organization Framework Convention on Tobacco Control. Signing countries committed to introducing policies such as high tobacco taxes and smoke-free public spaces. [READ MORE](#)

## Women with high estrogen levels more prone to asthma, allergies



Lung Disease News

Women with high levels of the sex hormone estrogen are more susceptible to asthma, pollen and food allergies, according to an Austrian researcher who noted that estrogen levels fluctuate with stage-of-life changes. Estrogen also accounts for the respiratory conditions affecting women more frequently and more severely than men. [READ MORE](#)

## Support people with asthma to manage their illness, researchers say



Science Daily

Every person with asthma should have access to a personal action plan to help them control their condition, researchers say. Helping people with asthma take control of their own illness reduces symptoms, improves quality of life, reduces emergency use of health services and even prevents deaths, research has shown.

[READ MORE](#)

## Reduced diversity in gut bacteria worsens as CF lung function declines



Cystic Fibrosis News Today

Cystic fibrosis patients have a poorer diversity of gut bacteria than healthy people, and it gets worse as the disease progresses, an Irish study indicates. In addition, patients with severe lung impairment have significantly fewer bacterial species in their gut than those with mild lung problems, researchers found. [READ MORE](#)

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### TRENDING ARTICLES

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Missed last week's issue? See which articles your colleagues read most.

- [Register for the Loma Linda University Lung Diseases, Critical Illness and Sleep Disorders Symposium — March 31, 2017](#) (CTS)
- [Register for the NAMDRRC Annual Meeting in Napa Valley — March 23-25](#) (CTS)
- [Save the Date for the California Society for Respiratory Care State Convention on June 13-15, 2017](#) (CTS)
- [President's Message](#) (CTS)

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