

Breathe the fresh air this fall

OSF HealthCare Newsroom

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BROADCAST SCRIPT

INTRO:

IN THE MIDWEST – YOU NEVER KNOW WHEN THE HOT WEATHER IS TRULY GONE FOR GOOD. BUT AS WE LEAP INTO FALL – AND COOLER TEMPERATURES BECOME MORE CONSISTENT – IT’S IMPORTANT TO PRIORITIZE OUR IMMUNE HEALTH.

TAKE VO

TO THOSE WITHOUT SEVERE BREATHING DISORDERS – THE COOL FALL BREEZE CAN BE WELCOME. BUT FOR THOSE WITH CHRONIC LUNG DISEASES – IT CAN BE A CHALLENGING TIME. DR. JUANBOSCO **(JUAN-BOSS-COH EYE-YAH-LUH)** AYALA – A PULMONOLOGIST WITH OSF HEALTHCARE – SAYS WITH KIDS HEADING BACK TO SCHOOL... FALL SPORTS IN FULL SWING... AND WORKPLACES FULL OF EMPLOYEES... GETTING YOUR FLU VACCINE IS A GREAT WAY TO PROTECT YOURSELF. HE ADDS TO KEEP AN EYE ON YOUR BREATHING HABITS – AND IF THEY’RE CHANGING AT ALL WITH THE COOLER WEATHER.

TAKE SOT

“Especially people with asthma or patients with emphysema or COPD, we notice some of their symptoms may come to the forefront with this change in weather” says Juanbosco Ayala, MD, a pulmonologist physician with OSF HealthCare. “Things such as cough, shortness of breath and wheezing are common symptoms that may unfold during this timeframe.”

VO TAG

DR. AYALA ADDS IF YOU HAVE A PERSISTENT COUGH THAT WON’T GO AWAY... OR A FEVER... CHILLS... AND NIGHT SWEATS... IT’S IMPORTANT TO SEE YOUR DOCTOR RIGHT AWAY. FOR THOSE WHO LOVE TO SLEEP WITH THE WINDOWS OPEN IN THE FALL – DR. AYALA SAYS THAT’S TOTALLY FINE.

ADDITIONAL SOUND BITES:

“Having the flu vaccine is definitely a great way to protect ourselves. Also, recognize how your breathing is changing. Ask yourself if it is related to the temperatures changing, or if it’s a persistent cough that’s not going away. An increase in the sputum you make every day, as well as fevers, chills or night sweats can be cause for concern.”

“We don’t see it as bad as the spring, but it’s still present. The bump you see in the spring is related to patients going outside a little more, or things changing in the springtime.”

“As far as patients with chronic sleep disorders, sleeping with the windows open is not an issue. They can definitely do that. The big thing is to continue their therapies, like wearing their C-PAP every night as long as they can.”