October 21, 2019

Dear Walk Leaders,

As physicians, we encourage our patients every day to be active and adopt a healthy lifestyle. But we know that many of our patients suffer from irreversible chronic conditions, like chronic obstructive pulmonary disease (COPD), which affects an estimated 1.1 million Texas adults. This disease can make it difficult for people to get regular exercise.

Because November is National COPD Awareness Month, it’s a great time to talk to your patients about the disease during one of your Walk With a Doc Texas events. As a walk leader, if you participate as detailed below, you will receive your choice of a long sleeve WWAD T-shirt or a wind- and rain-resistant WWAD jacket.

How do you participate? It’s easy using the Texas Medical Association’s toolkit.

• Schedule a day in November to host your walk;
• Select your COPD-related topic;
• Ask participants to complete a short survey on site; then
• Email all of the above to Debra Heater at debra.heater@texmed.org.

TMA’s ready-to-go toolkit makes it easy to educate your walkers and evaluate what they learned. Included in the kit:

• One-pagers in English and Spanish on topics like: What is COPD?, Understanding Your Lungs and Comorbidity, Living with COPD, Physical Activity and COPD, and more;
• List of local and national COPD resources and events;
• COPD Action Management Plan from the American Lung Association;
• Customizable flyer to hand out to your patients or post in your exam rooms.
• Set of social media graphics and sample posts to get the word out.
• On-site survey to complete post-walk.
• Sign-in sheet.

“Regular physical activities such as walking are crucial to significantly improving the symptoms that stem from COPD,” Walk With a Doc founder and cardiologist, David Sabgir, MD, said. “Activities such as walking can do this by lowering your heart rate and your blood pressure, and reducing anxiety, stress, and depression.”

Thank you for your commitment to TMA’s Walk With a Doc Texas program. We can help prevent COPD one step at a time.

Sincerely,

Susan M. Pike, MD
President, TMA Foundation
Walk leader since 2012