NON-PROFIT STATUS

We first became a legal non-profit organization in 2008; then in February of 2011, the Arizona Victims of Valley Fever, Inc. filed for our 501 (c)(3) and received notification from the Treasury Department/IRS that we were now a tax deductible non-profit organization. Our tax number is: 27-0444983

This was a time and painstaking ordeal and we are glad to have it behind us.

MEET OUR BOARD OF DIRECTORS

Tim Kuberski, MD, semi-retired Valley Fever infectious disease doctor treating VF for 30-40 years.

Craig Rundbaken, DO, Valley Fever Clinic and A.I.R. Med

Stephanie Ostrowski, DVM, Recently retired from the CDC&P.

Ray Arenofsky, JD, accident attorney and our attorney, if needed

James Knollmiller, JD, a tax attorney and handles all of our IRS filings (Thank God)

Janet Phelan, MS, entrepreneur of the year for the state of Nebraska & founder of a 501(c)(3) business

Shirley McDonald, Engr./Chairwoman for JETF,

Kevin Pool, Assistant Fire Chief for the City of Surprise, lost Father to VF

Heidi Scott, Owner, Great Scott Productions, creates our VF Walk PSAs

Janice Arenofsky, professional writer, lost a few show dogs to Valley Fever.

Marvin Freeman, retired media/public relations career and a cocci meningitis survivor

Pat White, retired from the City of Surprise, as executive assistant, in the City Manager’s office, due to Valley Fever. Also lost Mother to Valley Fever.

Mary Parker, retired from Sears, raised five children and is a victim of Valley Fever.

AVVF OFFICERS

Janice Arenofsky, Executive Director & Writer

Pat White, Founder & Director

Marv Freeman, Public Relations & Marketing Director
ARIZONA VICTIMS OF VALLEY FEVER’S WALK FOR THE CURE — “ARIZONA’S DISEASE”

in SUN CITY WEST

SUNDAY, NOV. 6TH, 2011

Walk with ABC 15’s Craig Fouhy
Walk Emcee
To Cure Valley Fever
For All Ages (children under 12 free)
Registration 9:00 a.m. — Opening Ceremonies at 9:30 a.m.
&
Entertainment 9:00 a.m. to NOON

Beardsley Park
12755 Beardsley Road, Sun City West
W. Bell Rd. to RH Johnson Blvd. to 128th Avenue & Beardsley
Park is on your right (four-way stop signs)

Arizona Victims of Valley Fever Walk Chairman and NBA Hall-of-Famer Al McCoy urges you to take a short walk (less than 2 miles), enjoy great entertainment, win prizes and help defeat Valley Fever.

All proceeds help fund the U of Arizona, Valley Fever Center for Excellence (VFCE) research and education and to support the UA College of Medicine — Phoenix. For details go to http://www.arizonavictimsofvalleyfever.org or call 480-831-9078.

Canine Valley Fever survivors welcome

Pet owners need to pick up after their dogs — DOGS ARE FREE

Our canine friends are welcome to participate in the walk as long as they are on a leash at all times in accordance with Maricopa County Animal Control law, and droppings must be picked up. Owners are responsible for liability of the actions of their pets. If you will be bringing dogs for the walk, please be prepared to pick up after them and muzzle them, if needed in a crowd.

Valley Fever (coccidioidomycosis) is a growing disease in Arizona and the desert Southwest with 60% of all cases occurring in Arizona between and including areas around Tucson up the I-10 corridor to the Phoenix area. The Valley Fever Center for Excellence at the University of Arizona provides education and support to physicians and public, and needs funds to continue research into a new drug to treat, a vaccine to prevent, and new diagnostic tests to accurately diagnose this disease.

Proceeds from this walk will benefit the Valley Fever Center for Excellence in research and education for Tucson and Phoenix, AZ. Pack a lunch, bring a blanket or lawn chairs and enjoy the event, there are plenty of tables for your use.

DIGNITARIES: Tim Kubeski, MD, FIDSA; Craig Rundbaken, DO; Lisa Shubitz, DVM, U of AZ, VFCE; Rebecca Sunenshine, MD, CDC; Clarisse Tsang, MPH, Arizona Department of Health Services; Pat White, AVVF Founder; Janice Arenofsky, Executive Director; Marvin Freeman, Media Director, and other community leaders.

Media contact: Marv Freeman, 602-242-9527
Email: perela1@aol.com

Funds raised support public awareness and education of Valley Fever. Arizona Victims of Valley Fever is a 501 (c) 3 nonprofit organization tax ID: 27- 044983. Registration fees do qualify as a tax donation. Additional donations are tax deductible to the extent by the law.
MESSAGE FROM THE EXECUTIVE DIRECTOR: JANICE ARENOFSKY

EMAIL: jarenofsky@cox.net or CALL: 480-831-9079

Hi All,

The haboobs (dust storms) are pretty much over for the year, but the biggest one in July caused Phoenix to become national news. I took that opportunity to contribute to several blogs that commented about our bizarre weather. I hope that more people inside and outside of Arizona now know how devastating valley fever can be and how directly it’s connected to what’s in the air.

With only six weeks before our Third Annual Valley Fever Walk, we still have lots to do. Volunteers for the walk are always welcome to sign up at our website or by phone with Pat or myself. I'm still waiting to hear from several potential sponsors, but if anyone has direct ties to a business or company that might profit from a Valley Fever cure (such as an animal sanctuary or a retirement community), please approach the person in charge of advertising or marketing/public relations and ask them if they could sponsor our walk with a contribution of $100 or more.

If you go on Facebook or any other social media website, talk about our organization and invite people to come to our walk. Direct them to our website, www.arizonavictimsofvalleyfever.org

See you on the 6th of November!

MESSAGE FROM THE DIRECTOR — FOUNDER: PAT CURLEY WHITE

EMAIL: pat-valleyfever@live.com or Call: 623-584-8331

Hello Everyone,

There are several topics that I am going to touch on in this newsletter.

First, many of you are aware that I was hospitalized several times this summer. I will say that, if I had not insisted and stayed on top of how awful I felt, it could have been quite serious for me. I have been diagnosed with adrenal insufficiency aka Addison’s Disease.

Dr. Hanna-Mousa is just great and a wonderful endocrinologist. Both he and Dr. Ronn have told me that the Addison’s was caused due to my long-term Fluconazole use. I am entering year seven battling VF. Sometimes it feels like yesterday and other times it feels like a lifetime ago. I have been told that this is a very rare occurrence, but definitely a side effect to “azole” drug therapy. I bring this up for those of you who are “Lifers” on azole Rx therapy. Please be aware of this side effect and most importantly, get to know your body. Don’t take a “NO” or a “you need to see a psychiatrist” comment from your doctor. Fight, fight, and fight for your rights and health. You may even need to find a new doctor.

Second, I am so excited about the Walk. We have a slightly different venue from last year, that we believe you will like. We will have vendors, food/beverages, entertainment etc. Bring some blankets or lawn chairs for the beautiful grassy landscaping and enjoy the Walk for the Cure for Valley Fever. There are ramadas too for a picnic lunch.
We will have a dog agility course set up for the dogs who want to show off or to try and learn this skill. Dr. Lisa Shubitz will be there from the U of AZ in Tucson, VFCE. She is running all the clinical trials on dogs to help find the cure for valley fever.

Third, I have found a new, all natural supplement that has drastically changed my life. For the first time in six years I have “QUALITY OF LIFE,” that I have not had for so long. I have energy, stamina, a clearer head that I never expected to get back and I am sleeping like a baby. I can honestly say that I am back 80-85% to my old self. Still battling valley fever, but having some fun for a change, all because of a little yellow pill called Protandim. I was so impressed, that I even became an independent distributor. If anyone is interested in learning more about Protandim, an oxidative stress releaser that eradicates free radicals, please feel free to contact me. It is safe can be used by anyone of any age, well or ill.

Lastly, do all of you remember the old TV commercial, “Where’s the Beef?” Well, I must ask, “Where’s the dues?” As of today, Sept. 23, 2011, we have collected $60; which I am so thankful for getting from you. One of our members paid for himself and for two others, who might not be able to afford the $10 a year annual dues; which was so thoughtful. **I really don’t want to have a fundraiser for us to have working capital. Remember, your dues are tax-deductible.**

SEE YOU ALL AT THE WALK.

I NEED VOLUNTEERS. PLEASE CALL OR EMAIL ME, IF YOU CAN HELP WITH THE WALK!!!!

MESSAGE FROM THE PUBLIC RELATIONS DIRECTOR: MARV FREEMAN

EMAIL: mmfcreate@.com or CALL: 602-242-9527

Valley Fever is Arizona's Disease. The Arizona Victims of Valley Fever invites all radio & TV stations, newspapers, magazines, companies and community leaders in our area to join forces to defeat this terrible disease.

Please help us raise funds to find a cure and educate doctors and the general public about the deadly air we breathe. The recent dust storms have made things worse. It is imperative that we encourage those who experience prolonged flu-like symptoms to have their doctors test them for the disease (blood tests, X-rays).

To arrange for on-air, newspaper and magazine interviews and seminars about "The Myths & Realities of Valley Fever," please contact me at (602) 242-9527 mmfcreate@aol.com

TREASURERS REPORT by John White Month Ending: May 2011

<table>
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<th>July 2011</th>
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DONATIONS MADE: “IN MEMORY OF:”

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DONATIONS MADE: “BY FRIENDS OF AVVF:”

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<td>$200.00</td>
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VALLEY FEVER BOARD OF DIRECTORS PROFILE

TIMOTHY T. KUBERSKI, MD,

TIMOTHY T. KUBERSKI, M.D., FIDSA
Arizona Victims of Valley Fever Board Member

Dr. Kuberski is a Fellow of the Infectious Diseases Society of America (FIDSA); which recognized him as one of the best infectious disease clinicians in America by naming him Clinician of the Year in 2007. He has been an infectious diseases specialist in Arizona for over thirty years and is an expert in the treatment of patients with Valley Fever. He is committed to finding a Valley Fever cure while educating doctors and the general public alike and he is
active in the development of the Valley Fever Center for Excellence in the Phoenix area.

He is the past president of the Arizona Infectious Diseases Society and professor of infectious diseases at the new University of Arizona College of Medicine in Phoenix. He is Chief of Infectious Diseases at Maricopa County Medical Center.

SHIRLEY L. MCDONALD

AVVF Board of Directors — 2011-2012

Since coming to Arizona in 1996, I have been involved in the following:
- I am a member of my Church Council representing Church and Society.
- I am a member of the American Association of University Women, where I chair a special interest group, studying International issues.

I have used my background in Physics and aerospace engineering to try to protect the public from air and sound pollution:
- Joined a volunteer group concerned with noise pollution from the 303 freeway next to Sun City West.
- Commented on the Highway Department’s, minimal analysis of the situation.
- Joined the PORA Health and Environment Committee under the leadership of PORA Board Director, Dr. Al Godley. Finished the last 6 months of his term for him as a PORA Board Director.
- Chair of the Joint Environmental Task Force volunteer group. The Task Force tries to
  - reduce and control air pollution from sand and gravel mining sources located near residential areas.
  - Give talks on the environment to homeowners groups, Church groups, and Civic organizations.
  - Testify several times at the State Legislature on environmental laws and issues.
  - Help write a bill related to air pollution that was considered by the Legislature.
  - Assist a group from Whitman, Az, who was concerned about a proposed train yard that would be a source of pollution very close to a school.
  - Comment on over 3 dozen air quality permits. Requested and testified at hearings for many of the permits. Also commented on Rules proposed by the County and State Air Quality Agencies.
  - Was instrumental in the withdrawal of an asphalt plant to be located next to Coyote Lakes.
  - Have written letters to the EPA and the President and others concerning air pollution.
  - Realized after 10 years of this effort, that the possible health threat to the public from nearby pollution sources must be defined and the health threat eliminated.
  - Cumulative modeling must play a large part in this effort. Still trying to find officials who share the same concern.

CONFIRMED VALLEY FEVER CASES CHARTED — 1993 to Present

<table>
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<tr>
<th></th>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
<th>APR</th>
<th>MAY</th>
<th>JUN</th>
<th>JUL</th>
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<td>416</td>
<td>378</td>
<td>385</td>
<td>344</td>
<td>333</td>
<td>4393</td>
<td>396</td>
<td>284</td>
<td>371</td>
<td>508</td>
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<td>333</td>
<td>390</td>
<td>317</td>
<td>354</td>
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<td>375</td>
<td>335</td>
<td>460</td>
<td>747</td>
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<tr>
<td>Year</td>
<td>JAN</td>
<td>FEB</td>
<td>MAR</td>
<td>APR</td>
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<tr>
<td>2009</td>
<td>23,750</td>
<td>20,450</td>
<td>15,450</td>
<td>16,650</td>
<td>19,500</td>
<td>15,850</td>
<td>17,700</td>
<td>15,650</td>
<td>18,750</td>
<td>16,750</td>
<td>23,000</td>
<td>37,350</td>
<td>238,650</td>
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<tr>
<td>2010</td>
<td>24,550</td>
<td>17,500</td>
<td>19,200</td>
<td>19,400</td>
<td>24,050</td>
<td>15,850</td>
<td>17,700</td>
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<td>18,750</td>
<td>16,750</td>
<td>23,000</td>
<td>37,350</td>
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<tr>
<td>2011</td>
<td>929</td>
<td>825</td>
<td>918</td>
<td>1,346</td>
<td>1,369</td>
<td>1,862</td>
<td>1,531</td>
<td>1,727</td>
<td>1,052</td>
<td>69,650</td>
<td>58,350</td>
<td>513,950</td>
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The bold, black numbers are confirmed cases by the ADHS and the CDC; which are only two (2) percent of the reported infections. The bold, turquoise numbers represent the missing 98% of the cases not reported in Arizona. If you add the black and turquoise together, you get the total infections for that year in Arizona.

**AVVF’S WALK FOR THE CURE**

**UPDATES**

Vendors who have signed up to have a table or two at the walk:

- AVVF Education Tables (2-3)
- Handouts
- Petition signatures
- AVVF Registration Tables (3)
- Cash
- Checks
- Credit Cards
- AVVF Sales and Order Tables (1)
  - CD ($16)
  - Bracelets ($10)
  - Calendars ($5)
  - Hats ($10)
  - Scarves (dogs) ($1.50)
  - Greeting Cards ($8)
- Dr. Craig Rundbaken, DO 623-975-0500, tables (2)
- Dr. Joshua Winston, DMV, 623-584-8030, table (1)
- SCW Companion Animals Club (our co-sponsor) table, (see below) (1)
- Grand Grooming and Pet Hotel table, Donna Harris, 623-584-5419 & 623-972-8000 (1)
- Mustard Seed, Ellen Griswold, table (1), 623-583-2286
- Lorraine Winandy, free seated chair massages, 623-640-4359
- Water station for humans and dogs
- JETF table, Shirley McDonald, 623-584-7112, shirlely733@msn.com
- Companion Animal Club, Jay Horne, 623-214-5771, jvh54@aol.com (Our co-sponsor)
We need help for the following on the day of the Walk, Sunday, Nov. 6th (7 a.m. to Noonish):

- **Setup**
  - Especially helping in placing signs, tables and chairs
  - Especially in balloon arch and balloon decoration
- **Tear Down**
- **Cleaning Up the Park Area**
- **Registration:** Sign up/Collection of monies
- **Sales:** Book, Hats, Ribbons, etc.
- **Handing out bottled water**
- **A little of everything where needed**

**COMING ATTRACTIONS, MEETINGS, HEALTH FAIRS & EVENTS**

**October 19, 2011**  Catholic Outreach Center, El Mirage Road & Bell Road in Surprise, VF lecture from 12:30 p.m. to 1:30 p.m.

**October 20, 2011**  Support group meeting at PORa in Sun City West from 1 p.m. to 2:30 p.m.

**October 22, 2011**  Corta Bella Health Fair in Sun City West, AZ from 9 a.m. to 1 p.m.

**October 29, 2011**  Pit Bull Fair, Franciscan Center, Lincoln Ave., Scottsdale

**NOVEMBER 6, 2011**  WALK FOR THE CURE at Beardsley Park in Sun City West, AZ
**REGISTER, GO TO:** www.arizonavictimsofvalleyfever.org
**FOLLOW THE DIRECTIONS THERE. OR REGISTER AT THE SITE ON NOVEMBER 6.**

November 7, 2011  P.O.R.A. — SCW lecture on Valley Fever at 1:00 p.m.
November 10, 2011  Sun City West Annual Fire and Safety Fair
November 17, 2011  Support group meeting at PORA in Sun City West from 1 p.m. to 2:30 p.m.
December 15, 2011  Support group meeting at PORA in Sun City West from 1 p.m. to 2:30 p.m.
January 15, 2012  **Come Run with the “Valley Fever Spores!”** @ the PF Chang’s AZ Rock-n-Roll Marathon. The “Spores” are sponsored by Dr. Craig Rundbaken. To register, contact vfspores@yahoo.com. The course is known to be flat and fast. The race starts at Wesley Bolin Park Memorial Plaza in Downtown Phoenix, with both races merging for a finish in downtown Tempe. Additional details and a map of the course can be found at http://arizona.competitor.com.

January 19, 2012  Support Group meeting at PORA in Sun City West from 1 p.m. to 2:30 p.m.
February 16, 2012  Support Group meeting at PORA in Sun City West from 1 p.m. to 2:30 p.m.
March 24, 2012  U of AZ, VFCE, hosting the annual Valley Fever 56th Annual Conference in Tucson, AZ (not open to the public)

**MAG AIR QUALITY CONTROL MEETINGS — FYI —**

MAG Offices,

October 27, 2011  1:30 p.m.

**THANK YOU**

Thank you all that have sent in their annual dues.

A thunderous thank you Heidi Scott and David Rorie for your generous talent, time, and for creating our beautiful and informative PSAs for AVVF for the Cure of Valley Fever.

---

Heidi Scott

**AVVF Board Member**

**President & CEO, Great Scott Productions**

Recognized as one of the Valley’s leading businesswomen, Heidi Scott enjoys an impressive and focused career spanning over 35 years in Arizona.

She has contributed her considerable talents to producing AVVF Walk To Cure Valley Fever public service announcements and sharing her extensive sales and marketing experience with us to help defeat Valley Fever.
David Rorie
AVVF Friend
Editor, Great Scott Productions

David is a Valley Fever survivor with a remarkable story of courage to tell. He is a valuable member of the AVVF army to defeat Valley Fever.

Thank you Al McCoy for being the voice on our Public Service Announcements (PSA). This is the second year that Mr. McCoy has supported AVVF, VFCE and our “Walk for the Cure of Valley Fever.”

Al McCoy
Senior Vice President, Broadcasting
KTAR 620 AM Radio Play-by-Play

Al McCoy has been called the dean of NBA play-by-play announcers and has been “The Voice of the Suns” for 38 memorable years, nearly the length of the franchise's existence. McCoy first hit the air during a preseason game on September 27, 1972, and has been synonymous with Suns basketball ever since. From “Shazam” to “Zing Go the Strings” to “Heartbreak Hotel,” McCoy has cultivated an unparalleled style.

McCoy will forever be remembered for his call in the 1976 Suns-Celtics NBA Finals at Boston Garden when he had to fling an inebriated fan off his lap as he was describing “The Shot Heard ‘Round The World” by Garfield Heard that sent the game into the third of three overtimes.

The 2010-11 season will mark his 39th season and he will call play-by-play action on KTAR Radio and the Suns radio network. McCoy's term with the Suns is the longest consecutive run with one team among current NBA broadcasters. His many contributions to the sport were recognized when he received the 18th Annual Curt Gowdy Media Award from the Naismith Memorial Basketball Hall of Fame during Enshrinement Weekend in September 2007 in Springfield, Mass. The Suns honored him with the Al McCoy Media Center, dedicated in October 2007. In 2010, Phoenix Magazine named McCoy the best play-by-play announcer in their annual “Best of the Valley” issue for the 12th consecutive year.

He's the only broadcaster to win the award since it debuted in 1999. McCoy was honored with a Silver Circle Award from the Arizona chapter of the National Academy of Television Arts & Sciences and a Lifetime Achievement Award from the House of Broadcasting (a radio and television museum). He also became the first play-by-play announcer to be inducted into the Arizona Broadcasters Association Hall of Fame on Oct. 19, 2004. McCoy’s broadcasting career began in 1951 at KJFJ Radio in Webster City, Iowa when he was a freshman at Drake University. In 1958, he arrived in Arizona to do play-by-play for the Triple-A Phoenix Giants baseball club. He has also covered Phoenix Roadrunners hockey, Arizona State football and basketball and filled in as a backup for the Arizona Diamondbacks.
A native of Williams, Iowa, a tiny farming community, McCoy was a member of his high school basketball team and was influenced by legendary broadcasters Harry Caray, Bert Wilson and Jack Brickhouse. He received his degree in drama-speech from Drake University and performed graduate work at the University of Iowa. In 1994, McCoy received Drake’s Alumni Achievement Award. He and wife Georgia, a Valley artist, have three sons: Mike, and twins Jay and Jerry. A culinary critic, he is the club’s expert on gourmet restaurants around the league. McCoy is an accomplished jazz pianist.

OUR COLORS and RIBBON LOGO

What is the meaning of our colors? The black and turquoise we felt were fitting colors for Valley Fever. The black with turquoise (lettering) is significant of those who lost a loved one or an animal to Valley Fever. The turquoise with black (lettering) signifies someone who has a surviving victim of Valley Fever. Any form of turquoise (clothing, hats, jewelry, accessories etc.) also means that you support the cure for "Arizona’s Disease" declared so by the Arizona Department of Health Services (ADHS) in 2008. We welcome all victims, friends of AVVF, people, animals, doctors, etc. to use these colors when it comes to Valley Fever awareness.

The reason for turquoise became very clear as it is, first, the gemstone for the state of Arizona; second, it involves mining; which can produce Valley Fever in those doing the mining or working with the gemstone; and third; turquoise is the symbol of strength and wellness and fourth, everyone can wear and looks good in the color turquoise.

OTHER FUNDRAISERS (NOW & FUTURE)

We have been collecting pop-top tabs off cans of pop and food for about the last year. This is such a simple way to raise money and it does not cost you a cent and takes one second to pop off the tab. Between Sun City, Sun City West, Surprise, Peoria, Glendale and Youngtown and city businesses, we should be able to raise substantial amounts of money for the Cure of Valley Fever annually. Please begin saving your pop-top tabs at home, work, and ask family and friends to do so too. This is a fantastic way for AVVF to make a substantial amount of money with no labor or cost to us. Thank you, Poppers!
SHOW YOUR SUPPORT BY RIBBON(S) AWARENESS

Lost a loved one or pet to Valley Fever
Fly a ribbon for each family member or pet infected with Valley Fever.

Someone in your home has been infected with VF

FUTURE FUNDRAISERS

Please contact us, if you would be interested in chairing or co-chairing one of these future fundraisers:

- Cookbook (one book for both humans and dogs — special section)
- Bracelets (prices have not been determined and they need to be made). There is a braided chain also, but that is being designed right now. Any beaders interested in taking on this project with me (Pat)? We are able to purchase the supplies at cost.
Lost a loved one or pet to VF

Either hat may be used based on buyers' preferences

If you know that you will want a hat, let me know. I want to have enough on hand for everyone on Walk Day.

Cost is $10 each.

- Hats $10.00 each
- Ribbon Awareness
- Pens
- Calendars
- Shredding Documents Fundraiser
- Golf Tournament Fundraiser
- Entertainment Extravaganza Fundraiser
- Luncheon and Style Show Fundraiser

FUTURE SUPPORT GROUPS BEING PLANNED

We are looking into having several more support groups in Arizona to help those who have been infected with valley fever. Currently, we are looking at having one in Tucson, a group in the Scottsdale area and then one in the Southeast and Southwest Valley. We will be discussing with Children’s Hospital about a support group for kids and teens. Is anyone interested in being a support group leader? An RN or someone from the medical field will be able to get up to speed easier but open to anyone who cares and wants to make a difference. I am willing to tutor anyone who is interested.

--VOLUNTEERS ALWAYS NEEDED

Can you help us? Will you help us? What are your talents and skills? What would you like to do and what can you do, especially if you are battling Valley Fever? Making phone calls to those who don’t have email regarding meetings, walks, website etc. would be helpful.

WE NEED HELP ON THE DAY OF THE WALK, SUNDAY, NOVEMBER 6TH. SET UP BEGINS AT 7 A.M., WALK IS OVER AT NOON AND WE EXPECT TO BE GONE BEFORE OR NO LATER THAN 1 P.M.

AVVF EDITORIALS
(Pat White) submitted this article to many of the local newspapers. It was written after our first “Haboob aka dust storm,” on July 5, but this article was never printed. I wrote it because of the incorrect information that both Banner and St. Joseph’s Hospital doctors were giving out on our local TV stations on July 6.

July 20, 2011

RE: VALLEY FEVER AND THE HABOOB (politically correct “dust storm”)

The two massive haboobs brought more than dust and wind into the Valley. It brought the Coccidioides posadasii, NOT the immititis fungal spore. Coccidioides immititis is only found in California. You could see the dust particles, but you will never see the fungal spores, as 15 trillion spores will fit into a cubic inch. You will not see your enemy coming at you.

I am worried beyond the haboo. The spores will linger for days to weeks in the air. Everyone will be cleaning up from the dust storm by sweeping, blowing and hosing down his or her cars, houses, porches, driveways, sidewalks etc. What you may not realize is that there are still spores coating everything and still just as dangerous to humans and animals.

Please wear a mask when necessary. The mask that can give you 100 percent protection, no one is going to wear — but the best mask one can use is a N95 made by 3M. You can find it in any hardware store. There are two forms of the mask (vent at $6.99) and (no vent at $2.99). Do not pinch pennies; get the one with the vent. It expels your breathe, without it, the mask will - -become unbearably hot.

If you have been infected by the first dust storm and are going to show signs and symptoms, it will not begin before July 12 and usually not after August 2. There is a seven to 28 days from time of infection for signs to show. Sixty percent of the public will become infected, and never will show signs or symptoms. Once you are infected, you are infected for life. There is no cure. You also may never be a blood or organ donor; however, you may donate your corneas for the gift of sight. This is frightening as no one is testing the blood supply or the organs for transplants.

If you test positive, you are positive for valley fever, but if you test negative, you still may be positive. One-third of the public will be infected and their blood serum will never test positive for valley fever, so stay on top of it and do not assume your doctor is familiar with valley fever.

SIGNS to watch for: Extreme fatigue, fever — low/high grade, flu-like symptoms, shortness of breath/wheezing, coughing (very mild to heavy), chest pain/pressure, night sweets/chills, headaches, nausea, loss of appetite, rapid loss of weight (i.e. 20 pounds in 10 days), rash, burning sensation on feet/joints, muscle aches, muscle stiffness, joint pain, joint swelling etc.
OTHER concerns: If you are African-American, Filipino, Hispanic, American Indian, Asian, or have/had diabetes, cancer, organ transplant patient, thyroid disease, any one of 138 autoimmune disease(s) and/or pregnant, you are at high risk. Take extra precautions, please.

Valley Fever is not a bacterial or viral pneumonia, but it is a fungal pneumonia, which is treated with *Azole* drugs. These drugs are not a cure, but only stops the growth of the "fungal parasite" that is now within your lung(s)/body and you are the host. This growth of this fungus is extremely rapid.

There is no such thing as "immunity" for anyone. If you breathe, it is just a matter of time before you will be infected.

For those who want to learn more about valley fever, AVVF gives free lectures on valley fever to groups of any size. We also have a support group that meets every third Thursday of the month, from 1 p.m. to 2:30 p.m. at P.O.R.A., 13815 Camino del Sol, Sun City West, AZ 85375 or call Pat at 623-584-8331, for more information.

"It takes a village to raise a kid," attributed to an old African proverb, but it is going to take everyone, every business in the state of Arizona, the state of Arizona and the federal government to eliminate this disease. Currently, this is not happening financially. The state of Arizona declared Valley Fever an epidemic in 2006 and then as “Arizona’s Disease” in 2008. The state of Arizona does not fund their disease at all.

The federal government stopped funding valley fever back in 1982 and turned to funding HIV/aids. VF never has been funded since. It is not a matter of “if” we can afford to stop this disease; it is we “must” stop this disease.” In the last five years, at least one-third of Arizona has been infected. This is frightening. This does not include our visitors, business men/women, and those just driving or flying through Arizona. **If you are infected, you may or may not get ill, but it can happen years later. Your life as you know it; may change forever.**

In 2009, the Valley Fever Center for Excellence (VFCE) received $60,000 dollars in donations for the entire year from the VFA Walk and then in 2010, the VFCE received $40,000 in donations for that year.

That is it — $100,000 total in two years of donations from every source! The VFCE needs $100 million to bring *Nik Z* the drug for the cure to valley fever to the public, in the next five years. The greatest country in the world; and we cannot take care of our own? *Coccidioidomycosis* is a Biohazard, Level III, the same as Anthrax! The victims, doctors, medical researchers have been quiet hoping our governments would do the right thing, but I refuse to be quiet any longer. These doctors have been working on this disease for over 65 years and have not given up on us even without funding. We all need to support clinical and research doctors, now.

Pat Curley White
Founder of Arizona Victims of Valley Fever, Inc.
Coccidioidomycosis is a fungal disease caused by Coccidioides immitis/C. posadasii. It is endemic in certain parts of US States of Arizona, California, Nevada, New Mexico, Texas, Utah and northwestern Mexico.

Synonyms:

It is also known by the names of “California disease”, ”Desert rheumatism”, ”San Joaquin valley fever”, and “Valley fever”.

Prevalence:

Construction workers, Farmers, Military personnel or Archaeologists indeed anyone having relation to a profession involving soil, dirt and dust are most likely to get Valley Fever. You are also at higher risk if you are caught in dust storms, or if your recreation, such as biking or 4-wheeling, takes you to dusty areas. One thing you can do to minimize your risk of getting Valley Fever is to wear a mask if you have to be out in blowing dust.

Symptoms:

- Fever
- Cough
- Chest pain — varying from a mild feeling of constriction to intense pressure resembling a heart attack
- Chills
- Night sweats
- Headache
- Fatigue
- Shortness of breath
• Joint aches
• Red, spotty rash

About two thirds of the people who are infected never notice any symptoms, or experience mild symptoms and never even get treatment.

The fungus responsible for coccidioidomycosis

**Progression of disease:**
The usual course of disease in otherwise healthy people is complete recovery within six months. In most cases, the body’s immune response is effective and no specific course of treatment is necessary. **About five percent of cases of Valley Fever pneumonia (infection of the lungs) result in the development of nodules in the lung.** These are small residual patches of infection that generally appear as solitary lesions, typically one to one and a half inches in diameter, and often produce no symptoms. On a chest x-ray, these nodules resemble lung cancer. Unfortunately, it is usually not possible to make a definite diagnosis without removing a part or the entire nodule by bronchoscopy, needle-aspiration or surgery.

**The doctor says I have a cavity. Do I need surgery?**

Cavities occur in about 5% of patients with pulmonary cocci. The typical cocci cavity is thin-walled and solitary. **Coccidoidal cavities are commonly asymptomatic** (do not cause symptoms) and about 50% will disappear within 2 years of their occurrence. A cavity may persist for years with minor changes. About one-third of the patients with cavities may experience hemoptysis (coughing blood). The hemoptysis is often recurrent but generally not life-threatening. If rupture of the cavity is a large possibility, surgical removal may be necessary.

**Is it contagious?**

No. You cannot get it from another person or from an animal.

**Death rates:**

Less than 1% of the people who get Valley Fever die from it.

**Who are the experts?**

Valley Fever Center for Excellence is a center dedicated for the research in this disease by University of Arizona. You can always contact the VFCE digitally or by telephone:
1656 E. Mabel St. P.O. Box 245215 Tucson, Arizona 85724-4224
Phone: (520) 626-6517 Fax: (520) 626-4971 vfever@email.arizona.edu
**TABLE II. Provisional cases of selected notifiable diseases, United States, weeks ending AUGUST 20, 2011, and August 21, 2010 (33rd week)**

<table>
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<tr>
<th>Reporting area</th>
<th>Chlamydia trachomatis infection</th>
<th>COCCIDIOIDOMYCOSIS</th>
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<td>Previous 52 weeks</td>
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<tr>
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C.N.M.I.: Commonwealth of Northern Mariana Islands.


* Case counts for reporting year 2010 and 2011 are provisional and subject to change. For further information on interpretation of these data, see [http://www.cdc.gov/osels/ph_surveillance/nndss/phs/files/ProvisionalNationa%20NotifiableDiseasesSurveillanceData20100927.pdf](http://www.cdc.gov/osels/ph_surveillance/nndss/phs/files/ProvisionalNationa%20NotifiableDiseasesSurveillanceData20100927.pdf). Data for TB are displayed in Table IV, which appears quarterly.

† Contains data reported through the National Electronic Disease Surveillance System (NEDSS).