



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
JUNE 2014

Breaking News from the California Society of Pulmonary Rehabilitation 2014 Conference!

New technique in PLB!

We may be teaching PLB a little bit differently in the near future. Studies are showing that a brief 2-3 second pause before exhaling may lower your blood carbon dioxide level as it raises your oxygen level. This is the perfect scenario of our members. Stay tuned for more information.

Not published data YET, not peer reviewed but Dr. Brian Tiep is already teaching his patients to use this method.

Lung Volume Reduction Coil in clinical trial at Cedars Sinai Medical Center

The data so far is very promising and better than expected.

• Indicated for diffuse disease and works similar to lung volume reduction surgery

but non-surgical and more people will qualify for it.

• Noninvasive bronchoscope with one night stay in hospital

• Average 10 coils are used. Can be removed if necessary. Pleurisy pain only reason for removal so far.

• Very significant increase in quality of life and you breathe better within a day or two. Too early to determine if improved life span. Best outcome is in pure bilateral emphysema.

• The doctors insert a sheathed straight coil into the most diseased and non-functional areas of lung. When sheath is removed the wire recoils and brings the damaged tissue with it. This "recoil" of tissue, when performed in 10 areas, allows for the increased breathing space and expansion of the healthiest lung tissue. Some people have gotten off their supplemental O2. Not too many details released since it is an ongoing study.

For great information on health goals, information and ideas go to healthypeople2020.gov

Just say NO to E-cigarettes!

They are considered a drug delivery device and FDA is taking steps to restrict them. They contain hundreds of harmful chemicals and carcinogens, including anti-freeze! With regulation and reliable dosing they may someday be used as a nicotine replacement device but until then they are considered a health hazard and are as harmful as cigarettes.

NEWS AND NOTES AROUND PEP

It sounds like our struggle to maintain Liquid Oxygen (LOx) is getting worse. Most others in the pulmonary rehab arena have accepted its demise... but I'm not ready to concede! We all need your help. Now is the time to write your Senators, Boxer and Feinstein, and local Congressman, either Waxman or Waters.

Please visit our website, www.Peppioneers.com for complete details. Basically

Medicare has dramatically reduced the amount they pay our suppliers so that they can no longer deliver LOx profitably.

As the result most have discontinued providing LOx and those remaining have already warned us that it is going away soon!

If you think it is crowded to exercise at PEP now, just wait until we all have to use electric concentrators and/or 43 inch tall tanks on wheels. Plus I understand there are regulations governing how many tanks we are allowed to store in any given area. Go to our website, in the lower left side there is a headline that says, "Medical Oxygen Issues and Advocacy". Just click on it anywhere and it will take you to the complete information.

And while you're on the website, check out some of the other useful information. You can read all the old PepTalks you've missed dating back to November, 2008. Plus you can see our Calendar of events and find out where our next bus trip is going, or who is speaking at our luncheons. If you are sick and don't want to come to PEP, you can still exercise while watching a video of Cynthia taking us through strength and balance. In fact, if you don't come regularly, you can still practice all our exercises on the website. Even Cynthia's Chair Yoga. If you are new to rehab

we even have videos of pursed lip breathing and other useful information.

Speaking of bus trips... Mark your calendar for Thursday, Sept. 11, because 40 or so lucky Peppers will be joining us for an extended 2 1/2 hour tour of Los Angeles and Long Beach harbors... catered lunch and everything. Save the date now so you don't miss out.

One final item. Providence is installing a new computer system which has been very challenging for staff as well as some Peppers. It seems some people are getting duplicate bills, so if this happens to you come see Carol. Now don't forget to write your lawmakers about our oxygen.

GAMBLERS GALORE !

Thirty Nine of Peppers and Guests went on the trip to Harrahs Rincon Casino planned so well by Nan Werly. We played Slot Machines and Table Games. One third of us won, one third of us and one third lost and. Dan Buck and Kurt Antonius just stayed at the Pool and had a wonderful time. The Buffet was delicious. The non smoking area was smoke free. Goody Bags were given to everyone on the Bus. The goodies were provided by the following: Reusable Colorful Bags by Whole Foods, Trail Mix by Trader Joes, Paper, Pens, Sunscreen and Hand Sanitizer

by Providence Little Company of Mary. Please support our Donors. This was a successful trip, The venue was fantastic, the Bus luxurious, the Winners plentiful. The smoke almost non-existent. We did not receive any complaints. This bodes very well for our future excursions. We want to thank the other Peppers who contributed to the Goody Bags and packed them.

Remember this important day Thursday, June 19!

Keep that date available! It is, of course, the June luncheon at the Sizzler on Sepulveda just East of Hawthorne Boulevard. From 12 until two. All the usual good stuff: good food, good companions, good fun (raffles, etc.), and, with any luck, we may even have a really interesting speaker. Or we may not: as of this writing, no speaker has been confirmed. So that'll be a big surprise for us. Regardless, make it a point to be there. At the very least, it's a break from cabin fever. And your friends would like to see you.

PEP PIONEERS is an independent group of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital that is dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members. Donations may be made to

PEP PIONEERS
Attn:
Pulmonary Rehabilitation
20929 Hawthorne Blvd.
Torrance, California 90503