



PEP TALK



PEP FUNRAISER UPDATE

We have raised \$5500 so far to meet our goal of \$7500 by Oct 31! And that money came from just 25 people!

PEP money comes from a variety of sources:

- Donations
- Money from the lunch 50/50 and raffle
- Bake sales
- Contributions from estates
- Other misc. sources



Where is PEP's money spent?

- Monthly luncheons at The Sizzler (\$15/pp does not cover all costs)
- PEP field trips (3-4 trips/yr) PEP pays for 40-50% of trips to make the prices affordable for all.
- 100% of Holiday Luncheon is paid by PEP!

Including all costs for food, band, raffle gifts and gifts to staffs.

- PEP underwrites a good part of cost of the annual picnic to make it more affordable.
- PEP pays for all maintenance and repairs of the portable oxygen concentrators it owns and loans to members free of charge.

Please help support PEP by donating money for our important activities which benefit all. Remember, nearly *ALL* of the money you donate comes back to you through our supported activities.

Please see Ann Jones to make a contribution or mail a check to PEP Pioneers, 20929 Hawthorne Blvd., Torrance CA 90503

PEP is a Non-profit, 501(C) 3 Tax Deductible Organization



FROM THE PULMONARY EDUCATION AND RESEARCH FOUNDATION (PERF)

In research presented at the American Thoracic Society annual conference in Dallas in May 2019, the Pulmonary Education and Research Foundation and LA BioMed shared their most recent findings on pulmonary care and exercise tolerance.

In a collaborative study by leading pharmaceutical companies, University Academics, the COPD Foundation, and the FDA, Dr. Casaburi presented details of an exercise test that can be used for FDA qualification for new therapies that target the increase of exercise tolerance in COPD patients. Specifically, this is

noteworthy because until now there is no drug or other therapy available in the USA that is designed expressly to increase exercise tolerance in COPD patients. The study evaluated about 4,000 COPD patients and showed that a constant work rate endurance time is a sensitive measure of exercise capacity. Interestingly, the study also showed that exercise tolerance is increased by bronchodilator therapy only in severe COPD patients. On the other hand, the increase in exercise tolerance that follows pulmonary rehabilitation were greater than those for bronchodilators but also equally beneficial for all COPD severities, including mild to very severe.

A presentation by Dr Rossiter shared results of a randomized controlled trial to test whether a new drug designed to reduce muscle fatigue was beneficial to increase exercise tolerance and reduce the activity of the breathing muscles in COPD patients. As part of the study, he used the constant work rate exercise test presented by Dr. Casaburi to evaluate the drug. The study was conducted at two sites in the USA, LA BioMed and University of Pittsburgh Medical Center.

Unfortunately, with 46 volunteers the findings did not increase exercise tolerance in COPD. Nevertheless, this is the first ever study to investigate the effect of a muscle-targeted drug on exercise endurance with hopes of more in the future.

The Muscle Health Study results, presented by Dr. Rossiter, used 245 volunteers at the LA BioMed. Specifically, the study measured how well the muscles of smokers with and without COPD can use oxygen to fuel exercise. The muscles of severe COPD patients were 40% less likely to use oxygen than those under control. In addition, the study found that the subjects with limitations in muscle oxygen actually had increased blood lipids. Given these points, the authors speculate because muscles use lipids and oxygen to fuel metabolism and severe COPD muscles oxygen may lead to a build-up of lipids in the blood which in return promote cardiovascular disease and inflammation. Currently, the scientists at LA BioMed continue to follow up on these findings.

To learn more about COPD and exercise, visit [PERF](#).

HALLOWEEN COSTUME EVENT AT PEP

October 29 is the date for the annual Halloween costume party at the PEP gym. Followed by HAPPY HOUR at 4 pm at the Doubletree Hotel



2019 November Birthdays

- 9 Denise Delurgio
- 17 Raymond Perkins
- 20 Jo Sawyer, Maureen Steel
- 21 Bernice Roberson
- 25 Kathy Oneslager
- 26 Fred Lang
- 29 Daniel Madison

Edited by Kurt Antonius

PEP PIONEERS is a non-profit corporation comprised of graduates of the Pulmonary Education Program at Providence Little Company of Mary Hospital. We are dependent on private donations and fundraisers to finance events and purchase equipment that benefits all members. Tax deductible donations may be made to:

Pep Pioneers

20929 Hawthorne Blvd., Torrance, CA
90503

