



PEP

TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL APRIL 2010

Newest Pioneers from PEP Pioneer class # 198 graduated on February 19, 2010:

Joyce Hoy Ellen Jordan Erma Johnson
Donna Mirassou Lucille Bogosian

Group # 199 is under way, also with all women. What is that about? But the next group that we do will be group # 200! You know what that means...we have some celebrating to do!

New graduate Ellen Jordan is not wasting any time getting involved with her new "family." She has rolled up her sleeves and volunteered for the telephone committee, completed her first month of making her rounds in March. Thanks so much, Ellen!

On January 19 we experienced the heaviest rainfall in many years. Indeed, it was a dark, wet day and quite a day for pulmonary rehab until Pioneers started wandering in one-by-one for their exercise maintenance program. To our amazement seventeen of our most dedicated members, shaking raindrops off their umbrellas, arrived for their exercise sessions. A loud round of applause to these brave PepperShakers
Rita Martinez Fay Igawa Ed Jones
Desmond Woodhouse Jerry Austin Elizabeth Ross
Ron Carl Michael Bergeron
Michael Duffy Colman Wilson
Richard Torrance June & Paul Robinson
Nonnie & Keith McGiffin Doris Shikuma Tom Melton

Speaking of exercisers, our program has expanded to instruction on core strength and balance training with amazing results. This training is done as a group session with the participants either sitting down or standing while holding on to a chair. It is totally different

that what we have been doing in the gym, will not make you short of breath, strengthens muscles that you never knew that you had, and shows improvements in a manner of weeks. These sessions attract 24 committed attendees that use Thera Bands and free weights to follow the lead of instructor Cynthia Rohrer, RN from Cardiac Rehab. This type of training is shown to prevent falls, strengthen the muscles of the abdomen, upper legs, lower back and trunk. Posture is easier to maintain making breathing easier. Written instructions are available for home use. If you really want to be all that you can be (where have I heard that slogan before?) function better and have more strength and energy then drop in to one of these sessions. We meet Fridays at 12:15.

The March luncheon had us reconnect with some Pioneers that we hadn't seen in a while.

It was wonderful to welcome back:
Gail and Kathleen Edwards Lilly Montenegro Pat Ternstrom with daughter Pam from Washington state and son Johnny
Beverly Poston Ed and Besse Gherna

We missed the presence of Pioneer Bill Williams and his harem (entourage?) Rita Martinez and Elaine Inauzzi. Feel better fast, Bill!

STROKE AWARENESS

From the March PEP luncheon presentation

BE STROKE SMART!

STROKES

It is vital to know and recognize "The Three R's" of stroke

Reduce Stroke Risk

Recognize Stroke Symptoms

Respond at the first sign of a stroke. Call 911 or get to the hospital fast!

A stroke is defined as sudden brain damage from a lack of oxygen carrying blood to the brain, also referred to as a "brain Attack." There are two different types of stroke. Ischemic strokes are the most common and are caused by a blood clot that travels to the brain and cuts off the flow of blood. Hemorrhagic strokes are caused by bleeding in or around the brain as when a blood vessel ruptures or leaks.

Eighty percent of strokes are preventable!

Stroke facts in America

Stroke is the third leading cause of death.

750,000 Americans will have a stroke each year.

6,000,000 stroke survivors

A leading cause of adult disability

African Americans and stroke

The incidence is nearly double that of Caucasians.

Suffer more extensive physical impairments from stroke

Are twice as likely to die from stroke

Higher incidence of risk factors for stroke:

Hypertension

Diabetes

Obesity

Sickle Cell Anemia

Women and Stroke

Stroke kills more than twice as many women as breast cancer does.

More women than men die from stroke

Women over age 30 who smoke and take high estrogen birth control pills have a stroke risk 22 times higher than average.

Symptoms of Stroke

Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body

Sudden confusion, trouble speaking or understanding

Sudden trouble seeing in one or both eyes

Sudden trouble walking, dizziness, loss of balance or coordination

Sudden, severe headache with no known cause

Act FAST

F= Face: ask the person to smile

A= Arm: ask the person to raise both arms

S= Speech: ask the person to speak a simple sentence

T= Time! Call 911

Every minute counts! If you see someone with any of these symptoms call 911 or get them to the hospital fast!

TIA or Mini Stroke

Transient Ischemic Attacks

(TIA's) are a warning sign of stroke

Symptoms are the same as strokes

Symptoms resolve within minutes or hours

More than 1/3 of people with TIA's will have a stroke

Perceptions of Stroke:

Truths of Stroke:

Stroke is NOT preventable

Up to 80% are preventable

Stroke can not be

treated
Stroke requires emergency treatment (with in 3 hours for best outcomes)

Stroke only strikes the elderly
Anyone can have a stroke

Stroke happens in the brain
A stroke is a "brain attack"

Stroke recovery ends after 6 months
Stroke recovery can last a lifetime

Stroke Prevention Guidelines

Know and control your blood pressure

Find out if you have atrial fibrillation. AF is a type of irregular heart beat.

If you smoke, STOP!

Drink alcohol only in moderation.

Work with your doctor to keep your cholesterol well controlled.

Monitor your diabetes and work to keep it closely under control.

Include exercise in your daily routine.

Enjoy a lower salt and fat diet.

Work with your doctor if you have circulation problems.

Stroke is a true medical emergency. If you experience any of the symptoms. Get to the hospital fast or call 911.

Special thanks to Carvella Brown BSN for this presentation. Carvella is currently working with the state of California to have Providence Little Company of Mary Medical Center certified as a certified stroke center.

Thanks to all who participated in the March bake sale benefiting the PEP Pioneer treasury fund. It is interesting to note that we had TWO special requests for yummys made by two of our gentleman bakers. Mike Bergeron sold three packages of his crispy chocolate chip cookies before he even baked them and Jerry Austin had requests for his home made peanut butter brittle. Jerry was too busy playing poker to get to it for the luncheon so he made it over the weekend and sold them at the exercise session on Tuesday. That works, too!

This annual fundraiser is one of many that keeps us financially independent and allows us to be free to spend our funds as the board of directors sees fit for the benefit of all of us. Special warm hugs to our guys and to Pioneer Mary Kay Edgar for all of the work and coordination that she put into it.

Betsy Barnes, RCP

APRIL LUNCHEON

This month's luncheon will be on the 3rd Thursday as usual: April 15th, from 12 to 2 at the Sizzler on Sepulveda in Torrance.

Our April speaker is our good friend **Dr. Richard Casaburi** from LA Biomed in Torrance. He is going to share with us latest breaking news on treatment of COPD.

The PEP Pioneers are an independent group of graduates of the Pulmonary Rehabilitation Program at Little Company of Mary Hospital that are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of their members. Donations may be sent to the PEP Pioneers, attn: Pulmonary Rehab, BCACC, 514 No. Prospect Ave, Suite 160, Redondo Beach, CA. 90277

New Potential For Treating COPD

Chronic obstructive pulmonary disease (COPD), a leading cause of morbidity and mortality worldwide, currently has no cure. However, European researchers see potential for a new treatment besides oxygen therapy and breathing techniques.

A new study shows the antioxidant protein sestrin activates molecular pathways that cause some of the changes of the lung associated with COPD. Researchers were able to genetically inactivate this protein and improve the elasticity of the lung in a mouse model of emphysema. This suggests that patients of COPD could benefit from a treatment that blocks the sestrin protein, preventing accelerated breakdown of the elastic fibers in the lung.

COPD destroys the natural structure of the lungs and causes difficulty in breathing. The air sacs of the lungs lose their elasticity and become rigid and unable to inflate, causing an increase in mucus production and often preventing a patient's physical activity.



A WHALE OF A TAIL

TeriNielson

I went whale watching with friends on Sunday. After a lovely lunch at the Beachcomber Restaurant on the Malibu Pier, we took a small boat with 30 other people to find dolphins and whales. Our captain was a burly man with a white beard, exactly what you would expect a captain of a whaling ship to look like. We also had a lovely, young woman from the State Parks Department to give us the skinny on the migration of the whales and what we might expect to see. However, no one, not even the captain, was prepared for what we saw; a fin whale or finback whale as it's sometimes called. It's an experience I won't soon forget. The fin is the second largest animal living in the world today. An adult weighs 154,000 pounds. The captain said he'd only seen a fin three times in the 25 years he's been sailing. One of our friends captured this fantastic picture. There's a lot of information about the fin whale on the web. If you don't get seasick this is a great little advere that's close to home.

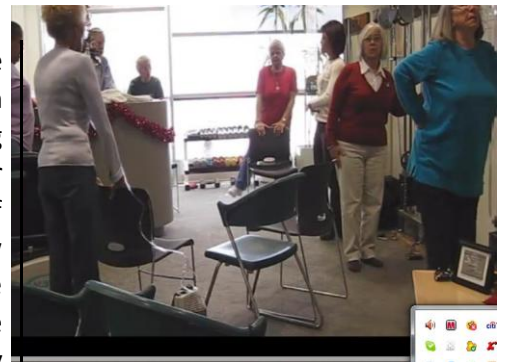
NEW TGIF EVENT FOR PEPPER SHAKERS AT THE GYM

Now being offered to PEP Pioneers on a regular basis in the Pulmonary Rehab Gym on Fridays are Strength and Balance Exercises. Led by a very fit and energetic nurse by the name of Cynthia Rohrer from the Cardiac Rehab group, Cynthia is sensitive to the strengths and weaknesses of those whom she is working with and is also very helpful on an individual basis.



The Pepper Shakers who have been attending Rehab for exercise on Fridays are enthusiastically participating in Cynthia's new program in ever increasing numbers, and with "word of mouth" communication of this new event to others, Friday gym attendance is increasing as well. (I think some Pepper Shaker ladies want to be ready for the beach this summer and are using these exercises to work themselves into shape now.)

Seriously, those joining this new program are having a great deal of fun and at the same time exploiting the opportunity to gain strength and improve balance by doing these exercises with Cynthia. Currently being conducted in the northeast corner of the Rehab Gym, Cynthia started this exercise program on a trial basis in late November or early December. Several Pepper Shakers immediately joined in the program she offered and by the last



Friday of January, if I counted correctly, there were as many as fifteen of us exercising with Cynthia. A video of a TGIF (Thank God it's Friday) session in mid-December was taken and can be seen on our website at <http://www.peppioneers.org>. The two pictures below are from that video and show the attention given to Cynthia, our instructor, by the Pepper Shakers.

To submit articles or comments/complaints, etc., contact your editor at

Per27@prodiqy.net



LAX - FLIGHT PATH

MUSEUM TOUR

Join the PEP PIONEERS for a:

- Guided tour of the 100-year history of flight
- K9 Unit demonstration of security dogs in action
- Sit in the captain's seat of a DC-3
- Relive the golden age of flight at LAX
- Tour airplane models, flight simulators, flight crew uniforms and memorabilia of the past 100 years
- Catch a glimpse into the future of flight

Thursday, April 29, 2010

10:30 AM to 12:30 PM

Lunch following at:

The Stick & Stein Family Restaurant

707 N Sepulveda Blvd, El Segundo, CA 310- 414-9283

west side of Sepulveda between Maple and Mariposa

Downstairs dining room, convenient parking, separate checks

We will gather in lobby of the museum (see directions below). There is no admission charge and parking is free and convenient. Car pooling is recommended.

If interested in carpooling call Teri Neilson @ 310-649-0348.

Directions

The Flight Path Learning Center is located in the LAX Imperial Terminal, located at 6661 W. Imperial Highway, Los Angeles on the south side of the airport. Approach from the east via the 105 (Century) Freeway. At the end of the Freeway watch for the Imperial Terminal/Flight Path Sign. Turn right at the second traffic light, then right again and proceed to Free Parking adjacent to Flight Path. Approach from the west on Imperial Highway. Turn Left at the Imperial Terminal Sign, then right and proceed to Flight Path.