



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL

April 2018

Point Vicente Interpretative Center Field Trip- RE-SCHEDULED

(By Sarah Albright)

Due to the inclement weather last week, we had to cancel our Interpretative Center Field Trip. This has now been rescheduled for Thursday, April 26th.

The center is located at 31501 Palos Verdes Drive West in Rancho Palos Verdes (310-544-5375). Please let us know if you will still be attending. Transportation is on your own; please arrive at the center by 9:45am.

After the tour, many of the Pioneers will meet for lunch at the Red Onion restaurant located a short distance from the center. If you plan to join the group for lunch, please be aware that the restaurant is unable to provide separate checks so plan accordingly and bring cash.

Have you met our Pulmonary Rehab Medical Director?

(By Sarah Albright)

We would like to officially welcome Dr. William Stringer to our pulmonary rehabilitation team! Dr. Stringer, who spends most of his time at Harbor-UCLA, became our new medical director in July 2017.

Dr. Stringer attended the University of California, San Diego, School of Medicine, and did internal medicine residency and fellowship training at Harbor-UCLA Medical Center. He is a professor of medicine at the Geffen School of Medicine at UCLA. He specializes in pulmonary conditions at Harbor-UCLA and has been practicing medicine for over 20 years. His particular interests are exercise



physiology and gas exchange, and quality improvement.

In 2007, Dr. Stringer received the Silver Knight

Award from the National Management Association of Harbor-UCLA Medical Center. And in 2009, he was voted one of the Best Doctors in America. In addition to these prestigious awards, Dr. Stringer has published many medical journal articles on different pulmonary topics. His research includes focusing on improving exercise capacity in patients with COPD with devices, medications, behavioral therapy, and exercise rehabilitation.

We are lucky and honored to have Dr. Stringer as our new medical

director. And we look forward to having him at more PEP Pioneer events.

Fact vs Fiction: The Flu

(By Sarah Albright & PERF Blog)

This season has been one of the worst for the flu, affecting thousands of people. The Centers for Disease Control and Prevention reported about 710,000 people were hospitalized with the flu this year. Typically, the flu reaches its peak in February, and starts to decline until the end of March. But it has now been reported that the flu epidemic has been extended until April 15th. Recently, PERF debunked several common myths about its effectiveness and its dangers.

If you surveyed a hundred people about the flu vaccine, it's almost guaranteed that you'd get a split in beliefs about its efficacy or its safety. What's real? What's "fake news?"

Fake: The Flu Vaccine Can Give You The Flu

Not true, the flu season coincides with the time when colds and other respiratory illnesses are at their highest levels. The symptoms of all these diseases can be similar, and one can be mistaken for the other. The vaccine can cause flu-like symptoms for a few days,

though the sufferer does not actually have the flu.

Also Fake: There's No Treatment For The Flu

Not true; there are three FDA-approved antiviral drugs that significantly reduce the effects of the flu virus, make you less contagious to others, and reduce the chance of complications that could develop into pneumonia. They are Tamiflu, Relenza, and Rapivab. They are only effective if taken within about 48 hours of the onset of symptoms. So, if you think you have the flu, see your doctor right away so you can take advantage of these treatments.

Fake: Antibiotics Can Treat the Flu

Even though both bacterial infections and the influenza virus are "bad guys" that can make you sick, it is not true that the drug that will treat one will also treat the other. Antibiotics have no effect on the flu virus.

If You've Already Had the Flu This Year, You're Immune: Also Fake News

The flu virus is not just one bug; it has many different forms. You can get sick from one type of flu and then later get sick from another type.

Fake News: Only The Old Or the Weak Need to Get a Flu Vaccine

The CDC recommends that everyone over 6 months of age get vaccinated each season. Anyone can contract the virus and become sick, not just the old or weak.

Real News: It's Not Too Late To Get the Vaccine

Flu season can last as late as May. The month of April is not too late to get a flu vaccine.

Also Real: The Flu Vaccine Isn't the Only Preventative; Good Habits Help Too

Good habits to follow all year long, include:

1. Clean your hands regularly with soap and water or an alcohol-based hand sanitizer.
2. If you have the flu – or any disease for that matter – cover your mouth and nose with a tissue when coughing or sneezing.
3. Don't share eating utensils with an infected person, and throw away tissues or other disposable items that they use.
4. Regularly clean surfaces like bedside tables, bathroom surfaces, doorknobs, remote controls, and children's toys, using a household disinfectant.
5. Avoid touching your eyes, nose, and mouth without first washing your hands if you've been handling surfaces or objects in public or objects that have been used by an infected person.

Looking Ahead

Bake Sale

(By Sarah Albright)

At the April luncheon there will be a bake sale. Please bring all types of goodies to sell! Cakes, pies, cookies, breads, or any other desserts are welcome. We look forward to getting some sweet treats!

April's Luncheon Speaker

(By Jackie Tosolini)

Kristen Feldkamp will be speaking to the PEP Pioneers at the upcoming luncheon. She is a Nurse Practitioner specialist in Redondo Beach. She will be speaking to our group about GERD. Please come and enjoy her presentation.

In Memoriam

Robert Lucio
William Skintauy
Don Hill

April Babies



4 Art Cottrell	16 Harriet Shimohara
5 Charles Garrett	17 Kevin Bussi
7 Maxine Robinson	18 Janice Waldron
9 Carlin Schindell	19 Nancy Cunningham
9 Nazir Ahmed	21 Pat Singleton
10 Bella Brannan	22 Norman Niederman
11 Rith Pallis	24 Barbara Frey
12 Michael Leiran	24 Donna Mirassou
12 Jane Ryan	26 Charlotte Johnson
12 Masako Batjer	28 Jeanine Falk
15 Bobbie Stojanovski	29 James Duncan



PEP PIONEERS is a non-profit corporation comprised of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital. We are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members.

Tax Deductible donations may be made to:

PEP PIONEERS

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