



PEP TALK

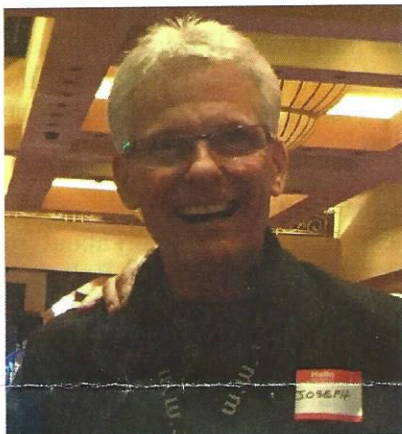
PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
October 2016

Bone Density Notice

by Mary Lee

Anecdotal evidence suggests that the results of the ankle test given at a recent luncheon may not be entirely accurate. One member with a false negative later discovered osteoporosis. If you are concerned about your bone health you should see your health care provider.

Meet Joseph Moir



Hi! my name is Joseph. I have worked with Jackie and Betsy in Pulmonary Rehab for over 19 years.

It amazes me how time has flown. Respiratory Therapy is my second career and as an R.T. I have been working in the field for over 21 years.

Prior to respiratory I was working in sales management for a division of Nabisco Brands. I managed sales and sales reps at the retail level and in the military. We sold

everything from Life Savers candy to gums, mints, Oreo cookies, Planters peanuts, Babe Ruth and Butter Finger candy bars and a lot more. I worked my way up to the Division Assistant manager position over southern California, Arizona and Nevada with annual sales of over 35 million dollars per year.

As you can imagine my job was, to say the least, very busy and stress filled. I had over 50% travel and being married with two small boys to raise left me with two choices; family or career. Well, I chose my family. And to make a long story short, I quit my job, went back to school and Wa la! Joseph, Respiratory Therapist.

I would not change my choices for one moment and for over 21 years my family has expanded to all the patients I have had the honor to work with. Presently, I work solely for the Pulmonary/Cardiac Rehabs and love my job. I feel truly blessed to be a part of something very special; this work and all of you. Thanks for the memories!

New Patient Resource Available 'COPD Today' from American Thoracic Society

A free e-booklet for COPD patients is now available from the American Thoracic Society, thanks to an educational grant from Sunovion Pharmaceuticals Inc. In it you will find information on COPD diagnosis, treatment,

and triggers, asthma and bronchitis, and the latest research presented at the ATS 2016 International Conference. Altogether the booklet runs 8 pages.

Reviewers for the e-booklet included Kevin Wilson, MD, chief of ATS Documents & Patient Education; Marianna Sockrider, MD, DrPH, the ATS associate medical editor for patient education; and Susan Tarlo, MD, asthma content expert.

You can download a free copy from the PERF Blog, <http://blog.perf2ndwind.org/new-patient-resource-available-copd-today-from-the-american-thoracic-society>

Nov. Birthday Celebrations (sorted by date)

6 Fay Igawa	25 Kathy Oneslager
9 Denise Delurgio	26 Fred Lang
13 Julio Banda	30 Doyle Chastain
22 Frances McArthur	

November Bake Sale by Kurt Antonius

Once again at our November Luncheon PEP will be holding a Bake Sale. It's a great opportunity to give back to PEP by baking cookies, cakes, pies, bread or any other baked item. In fact, you can even buy really good pies or cookies from designer bakeries and resell the repackaged items at the PEP lunch. And we will think you are an amazing baker! We do this to raise extra funds for the benefit

Bake Sale

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to raise extra funds for the benefit of PEP Pioneer members. These monies are used to buy auction items, table decorations, get well cards for members, underwriting of field trips, and much more. If you haven't baked in awhile, here's a great opportunity to brush up on your baking skills. If you are a regular baker, you have no more excuses for not helping out your fellow Peppers! We look forward to seeing lots of you on November 17.

In Memorium

We send our condolences to the families and friends of the following PEP members we have lost in the past few months:

**Bernice Moses' husband Jimmie
Rube Richie
Nancy Meyer
Peggy Zana**

**PRECISION MEDICINE:
A TREATMENT TAILORED JUST
FOR YOU.** from COPD Today

The most common treatments for COPD are bronchodilators and corticosteroids, which are sometimes mixed together for use in "combination inhalers" that doctors hope will be more effective for a variety of patients. However, this "one size fits all" approach does not work for all patients, and it may one day give way to "precision medicine," also known as "personalized medicine" or "targeted therapy."

Precision medicine customizes health care for each patient, starting with medical decisions and moving into treatments and the use of products, including medica-

tions, tailored to each patient's illness and genes.

The promise of this revolutionary treatment approach has been studied for several years, and it is now funded by the U.S. government through the Precision Medicine Initiative.

Research presented during the ATS 2016 International Conference showed that there are different types of COPD—called phenotypes—that react differently to different medicines. Researchers have discovered that some COPD phenotypes do not respond to treatment with corticosteroids, which are used to quickly reduce airway inflammation, and that those patients might be better treated with bronchodilators.

"Anti-inflammatory therapies have not been effective in treating some patients with COPD. This suggests that other mechanisms may be the driving force behind developing COPD," says researcher Renat Shaykhiev, MD, PhD. He presented an educational session at the conference, where he said factors other than airway inflammation might be causing the development of some COPD phenotypes.

Other researchers reported during the conference that blood eosinophil (a type of white blood cell) levels might help identify COPD phenotypes. It will take years to develop and test medicines tailored for use on individuals based on their COPD phenotype, but that approach toward treatment is now more than just a dream.

News and Notes Around PEP

(by Dan Buck)

PEP Pioneers needs some volunteers. Most of you have a regular caller, someone from PEP who calls you once a month to update you about

our luncheons and activities, inquires about your health, and sometimes just gabs a little. This month we are four people short so there may be a delay in hearing from a caller. If you are interested in volunteering a little of your time to make calls, please let Pat Cottrell, Pat Singleton or Nancy Kimball know.

Every luncheon is special, but please plan to attend the November luncheon. If you aren't able to bake or bring a few baked goods, bring some extra money for our raffles. Every November we have an extra large raffle of Thanksgiving and Christmas items, and take the opportunity for Mary Lee to empty her storage closets a little. Its always a great time and gets us in the mood for our extra special Christmas Party.

Another reminder to those who make gift or cash donations to PEP Pioneers; we are now an official 501 (c)3 non-profit corporation and we have tax deductible receipts for your tax purposes. Just let Mary Lee, Art or Art's co-treasurer, Karen Thompson, know when you make a donation.

Luncheon speakers: Every year we hear from Rich Casaburi about research advances and Dr. Robert Chang, our Pulmonary Director, about Flu Season precautions. This year Dr. Chang will be speaking at the October lunch and Dr. Casaburi in November with the results of a study he mentioned at the February luncheon.

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

310-303-7079

www.peppioneers.com