



PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
April 2016

Casino Trip

by Kurt Antonius

Popular Casino Trip Nearly Sold Out

The April 28th field trip to Harrah's Casino is almost sold out with just a few seats remaining. This trip was a very popular event two years ago and was tops on the list of places to visit in a poll of PEP Pioneers this year.

The private, chartered bus leaves from the PEP parking lot at 9:00 AM sharp and returns to PEP by 6:00 PM.

For only \$15 each guest gets round trip transportation to Harrah's Casino, a small casino credit and discount at restaurants, plus a gift bag for the bus ride with bottled water, June's cookies and more.

There's no better deal than this! Please see Bebe Bonnell to sign up! 310-594-6497.

Raffle Update

by Mary Lee Coe

I wasn't at the March luncheon because I had symptoms that the doctor recommended I have checked at the hospital. They sent me home late Thursday and said I was fine.

I want to thank all who filled in for me particularly Dan Buck and Bebe Bonnell. Another new record was set for donations to the monthly raffle, and I'm sure Kurt did a great job pitching the TV. Bebe really did double duty selling raffle tickets and running the silent auction.

Thank you again for your wonderful donations.

Happy Hour

by June Robinson

COME ONE COME ALL PEPPERS AND GUESTS

You are cordially invited to the Happy Hour at The Doubletree Hotel at 21333 Hawthorne Blvd. in Torrance.

The hours are 4:30 P.M. to 6:00 P.M. The delicious Food and Beverages are all sold at a discount price so come and enjoy the fun with the rest of the Peppers. Looking forward to seeing you. Last Tuesday of every month.

NEW CLINICAL TRIAL AT LA BIOMED/HARBOR-UCLA AND USC OFFERS HOPE FOR EMPHYSEMA PATIENTS

Investigational Treatment May Help Lungs Function More Effectively Without Surgery, Enabling Better Breathing and Quality of Life
(excerpt from PR)

Severe emphysema patients have no commercially available alternatives except lung volume reduction surgery, which is associated with high morbidity and mortality, and lung transplantation, which is limited by the availability of donor organs.

The treatment being studied in the LIBERATE study is endobronchial lung volume reduction using the Zephyr® Endobronchial Valve. In those patients who are identified as potential responders, tiny one-way valves are placed in the lungs to block airflow to diseased regions of the lung. This allows healthy regions to expand and function more efficiently, enabling better breathing and improving quality of life. Minimally

invasive surgery is involved in the procedure.

For more information about the LIBERATE clinical trial, please visit www.pulmonx.com or call (888) 248-LUNG (5864).

(Every month we announce the names of people with birthdays during the month. Since PEP Talk seldom arrives before the third week of the month we thought we would start announcing birthdays for the following month.—Here's both this month)

Apr. Birthday Celebrations

(sorted by date)

04 Art Cottrell	16 Harriet Shimohara
07 Maxine Robinson	21 Ione Ransom
007 Jasper Stephens	21 Pat Singleton
09 Carlin Schindell	22 Norman Niederman
10 Bella Brannan	24 Barbara Frey
11 Ruth Pallis	24 Donna Mirassou
12 Michael Leiran	26 Jackie Key
12 Jane Ryan	29 James Duncan
15 Bobbie Stojanovski	

May. Birthday Celebrations

(sorted by date)

05 Nancy Hirsch	22 Rita Martinez
13 Patty Kaupp	27 Edna Murphy
18 Carol Jones	30 Duane Kelly
21 Robert Lucio	

Luncheon

Our next PEP lunch is Thurs., Apr. 21 and our speaker will be Chris Picardi from Providence to speak about Safety & Security for Seniors.

(Every Thursday PERF, the Pulmonary Education and Research Foundation at LABioMed emails a blog to their subscribers. We recommend you subscribe to this mailing at <http://perf2ndwind.org/>. Here on pg.2 is a recent blog. Ed.)

We've Gained Some Ground In The War Against COPD

PERF Blog

COPD is a serious public health problem in the United States, and is the third leading cause of death. Falling under the umbrella of COPD are chronic bronchitis, emphysema, and small airways disease, which is characterized by inflammation and thickening of the mucosae of the airways, weakening or destruction of alveolar walls, and excess mucus production. The overall effect of these conditions is airflow limitation, especially on expiration, and the symptoms are progressive for most COPD sufferers. As the capacity of the lung continues to decline, so often does quality of life, with patients experiencing increasing difficulty in performing activities of daily living.

A surveillance report issued in 2002 by the Centers for Disease Control and Prevention (CDC) noted that rates of hospitalizations and mortality for COPD had increased from 1980 to 2000, but more recent information from national datasets through 2011 shows that the mortality rate in men and some age groups, and hospitalization rates in both men and women have declined since 1999. Specifically, while death rates increased among adults aged 45 to 54 years and among American Indian/Alaska Natives, they declined among Hispanics, Asian/Pacific Islanders, men, and among the overall population between the ages of 55 and 74. In other words, the age-adjusted prevalence, death rate in men, and hospitalizations for COPD since 1999 have gone down, suggesting progress in the prevention of COPD in the United States.

Smoking is the dominant risk factor for COPD in the United States and contributed to about 80% of COPD deaths in 2000 to 2004. Although the relationship between changes in the rate of smoking and changes in health-care use and mortality for COPD is not exactly defined, it's notable that since 1965, the prevalence of smoking has decreased dramatically. In 1965, 42.4% of adults 18 and over smoked; that percentage as of 2010 had

dropped to 19.3%, meaning that the prevalence of smoking in 2010 was half the 1965 rate. Among adults with self-reported COPD in 2011, by contrast, 39% continued to smoke. These numbers point to the inference that the significant decline in smoking over the past 20 years has contributed to the drop in COPD incidence and mortality. With continued declines in smoking prevalence and improved management of patients with COPD, mortality rates can be expected to decline in future years.

News and Notes Around PEP

(by Dan Buck)

We don't normally print obituaries in PEPTalk, but we do lose a lot of friends and great people along the way. Our Board thought it would be appropriate to let everyone know of passings in PEPTalk.

In Memoriam

We send our condolences to the families and friends of the following PEP members we have lost this year. They will be missed.

Jan Monsignor John O'Byrne
Jan Rosemary Wiggins
Feb Nan Werley
Feb Chuck Ford
Mar Barbara Payne
Mar Anthony Duarte
Mar Ricky McArthur
Mar Richard Torrence

Needs - PEP Pioneers was organized as a not for profit club or organization in February of 1978 and we have existed ever since as an informal group with a membership limited to graduates of the Providence Pulmonary Education Program (PEP). We do, however, have Bylaws and an elected Board of Directors to manage our operations, luncheons, trips, etc.

At our last meeting the Board voted to incorporate as a 501(c)3 non-profit corporation. This will allow us to offer tax deductions for those who would like to make a donation or bequest. Since none of our Board Members has a background in this

process we decided to query our membership to see if we had any Attorneys, CPAs or business executives who have experience and could provide advice. Please contact me as soon as possible at 310-502-0245. (Dan)

History - PEP Pioneers has an exciting story of true pioneering in the pulmonary rehabilitation field and you can see a lot of it on our website, www.PEPpioneers.com. The 'About PEP' tab lists a little about us and has a link to our March 2015 luncheon video where Betsy does a presentation of 35 years of history.

Speaking of history, Ione Ransom turns 101 on April 21. While not joining us much lately, she was very active in our gym up until her 100th birthday and videos of her party are also available on our website.

News - This month's Spring 2016 edition of the Providence Magazine has an article about PEP on page 16. The article will be available on our website and you can download or read the entire magazine at www.ProvidenceHealthOnline.org.

Resources - Take a look at these websites for more COPD info:

<http://breathela.org/>
<http://www.copd-alert.com/>

Many videos at this site, watch their Intro too, we echo those comments <http://pulmonarywellness.com/>

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

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