



PEP TALK



PULMONARY EDUCATION PROGRAM – LITTLE COMPANY OF MARY HOSPITAL

MAY 2009

The Benefits of Oxygen Therapy

If you use supplemental oxygen, you may be wondering if your body will become dependent on it. Dr. Peter Terry, Professor of Medicine in the Division of Pulmonary and Critical Care Medicine at Johns Hopkins, addresses this common concern.

Some people with chronic obstructive pulmonary disease (COPD) benefit not only from breath exercises, improved breathing techniques, and medications, but also from home oxygen therapy. Home oxygen therapy typically enhances sleep and mood, increases mental alertness and stamina, and allows people to carry out their daily activities more efficiently.

By reducing the blood pressure in the lungs and the workload of the right side of the heart, oxygen therapy may prevent the development of cor pulmonale (heart disease that is caused by high blood pressure in the lungs).

Q. If I use my supplemental oxygen, will my body become dependent on it?

Dr. Terry: If you have been prescribed supplemental oxygen, it means that your body is deteriorating because you don't have adequate oxygen in your blood. Using supplemental oxygen will not cause a worsening of your COPD or make you dependent on oxygen in the way that the body might become dependent on an addictive drug. Taking supplemental oxygen will, however, help prevent a number of complications.

Studies show that people with COPD who have low levels of oxygen have more problems with

short-term memory and concentration than those who have adequate oxygen levels. Low levels of oxygen can also increase blood pressure in the lungs, raising the risk of developing pulmonary hypertension.

Supplemental oxygen will also increase your stamina, which is important not only to your quality of life, but also to your health, because you won't lose muscle tone because of inactivity. If you need supplemental oxygen but don't use it, you may become short of breath very quickly -- for example, after only 20 steps. But by using supplemental oxygen, you may be able to walk five blocks without shortness of breath. Not only does that mean you can do more, but your muscle tone won't deteriorate because you'll be more active.

Betsy Barnes comments:

* We are ALL addicted to Oxygen...it is just that with impaired lungs some of us need a little more than we used to.

* Can you get addicted to your eyeglasses? No, but they sure help you to get around better in the world. I didn't need eye glasses until my eyes turned forty. But by wearing my glasses now I can lead an active, enriching life and be higher functioning than I could ever be without my glasses. The same holds true with oxygen.

If your oxygen levels are low, wearing supplemental oxygen will help you to live a more productive, active life. The icing on the cake is that oxygen is the only drug that is prescribed to help you live longer!

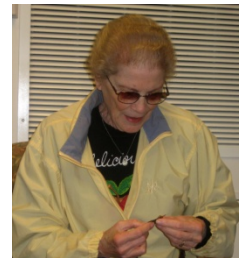
KNITTERS: OPERATION HELMET LINER

Operation Helmet liner is a program that supplies hand knit helmet liners and scarves to our troops in Iraq and Afghanistan.

I heard about the program last year in an email from Lionbrand.com. I have a grandson in the Navy so feel a special need to help our servicemen. I knitted 21 helmet liners, and last November sent them off to headquarters for distribution to our troops.



PEGGY ZANA modeling helmet liner (above) and knitting (right)



When our PEP knitting group gets underway, the plan is for those who are already knitters to make helmet liners, which are knit in the round. The people who want to learn how to knit will be making scarves.

The patterns, thank you's from the troops, FAQ's and all other information can be found at www.citizensam.org.

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

A highway patrolman pulled alongside a speeding car on the freeway. Glancing at the car, he was astounded to see that the lady behind the wheel was *knitting!*

Realizing that she was oblivious to his flashing lights and siren, the trooper cranked down his window, turned on his bullhorn and yelled, **"PULL OVER!"**

"NO!", the lady yelled back, **"IT'S A SCARF"** R

El Calafate & the Glaciers (part 1)

By Tom Melton

My trip to El Calafate and the glaciers in Patagonia was planned after learning of the wonderful time that Susanne had on her trip in the fall of the previous year. She and our daughter, Daniela visited Peninsula Valdez on the Atlantic coast of Patagonia for a whale watching tour of the Right Whales (baleen) and their calves that appear during the birthing season. The whales return every year to the protected, and relatively warm, bodies of gulf water on the peninsula for mating and birthing. Both Susanne and Daniela had a wonderful time and on their return raved about the unusual animals and mammals they saw including:



Rheas, flightless, ostrich like birds.



Maras, relatives of the guinea pig family, but they look more like large rabbits.



Guanacos, which look like a diminutive lama (or camel).



Sea lions, elephant and fur seals, and orcas (killer whales).

Daniela suggested that we make another trip to Patagonia to see the glaciers during my visit, and I quickly accepted as I was now very anxious to see this area. Before hearing about Susanne's trip to Peninsula Valdez, I thought Patagonia to be a rather remote, desolate, and "off the beaten path" region of the world.



vast area.

Patagonia roughly encompasses the southernmost third of the South American Continent and terminates at the Straits of Magellan (orange portion of map). The smaller westernmost part of Patagonia between the Southern Andes mountain range and the Pacific Ocean belongs to Chile and the larger part from the Andes to the Atlantic Ocean is a part of Argentina.

The land is mostly comprised of vast plains and the southern Andean mountain range. As a result of low sea temperatures and high rainfall on the western side of the Andes, cold and humid air contribute to the making of ice fields and glaciers that force their way eastward through the jagged Andes mountains. The plains of Patagonia are, more often than not, cold and windswept, and look more like high desert regions (steppe like) than the sandy Sahara.

With air travel allowing one to be quickly transported anywhere in the world, Patagonia is becoming quite popular with sports enthusiasts seeking the challenges of skiing, trekking, and fishing that are available in Patagonia. Or, in my case, simply to see a glacier for the first time and to view the extraordinarily different landscape of Patagonia. My next article will be a summary of that experience.

Also, probably like many others, I knew very little about that portion of South America. For that reason, before describing my trip there, I think it might be good to share the following brief overview of this

THANK YOU PEPPER'S

by Sharon Foster, Pres. PEP Pioneers

We want to thank all of you who brought canned and dry goods to our April luncheon. It was an amazing success; we collected over 12 bags of food. The food was donated to a local pantry to feed those in need. If you were unable to participate in this food drive

We will be holding one at the end of summer or beginning of winter. We will announce the next one at least two in advance. We will have a clothing drive in the next three to four months, so get busy cleaning out your closets and watch for the date. You are a wonderful group and we thank you again for your generosity.

It is with great sadness in our hearts, we lost two of our exercisers.

1. Margaret Zinn - The Obituary section of yesterday's Daily Breeze had an article on the passing of Margaret Zinn. Margaret was never active in PEP activities, other than her son would bring her in occasionally to Exercise. and most recently was admitted to LCOM. She always looked like she was one sick lady.

There was a Memorial today at her home in Palos Verdes. Margaret graduated in July 2007, in Group #180.

2. The Staff had a call yesterday, May 5, 2009 from Dorothe Turley informing them that on Friday, May 1, 2009, Hal Turley had lost his battle of trying to recuperate from his emergency stomach surgery. Hal had been to exercise on a Friday and actually looked very well and acted like he was really enjoying life, in general. Then two days later he had to be rushed to Torrance Memorial. Hal was always a very pleasant man and was very interested in astronomy. Per his request, he was cremated and there will be no service. Dorothe said that he had been so happy in the PEP group that in lieu of flowers, donations be made to PEP. Hal graduated in Group #186 in June 2008.