



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
April 2015

Historic Trip Planned for PEP on April 23

by Kurt Antonius

On Thursday, April 23, a terrific trip is planned to the **Reagan Presidential Library**. This library, located on a beautiful mountaintop overlooking the Simi Valley, is the largest presidential library in the United States and the final resting-ground for President Reagan. The library is filled with historic documents, photos, and videos from President Reagan's two terms in office.

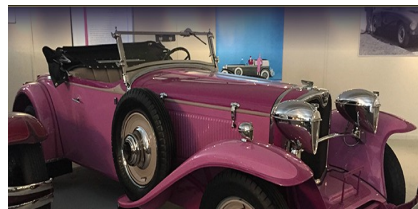
In addition to the historic library, PEP Pioneers will be able to tour inside Air Force One Presidential jet which is on display in a special hanger pavilion adjacent to the library.



It is so amazing to be able to tour this piece of aviation history so close up!

Additionally, there is a very special temporary display of automobiles that are on loan from the Petersen Automotive Museum and PEP members will be able to see these vehicles as well.

The display includes famous cars from Hollywood movies, a Heads of State gallery of cars including the



Popemobile, and a historic collection of exotic cars and Presidential Limos

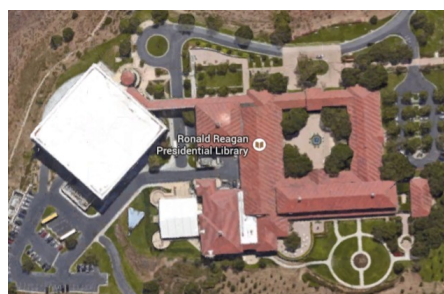
As part of the cost of the trip, PEP members will enjoy a private catered hot lunch served adjacent to Air Force One!

We have negotiated a ***terrific price of \$20*** which covers round trip bus transportation from PEP parking lot, admission to the museum, access to the Petersen Automotive display, access to Air Force One and a private catered luncheon.



The date is April 23. **The chartered bus departs from PEP parking lot at 10 am and returns by 4:30 pm.**

This is likely to be the best PEP trip yet so don't delay and reserve your seat now! **Contact Betsy or Nan Werely (310 378-2222)** to pay and reserve your place.



Ione Ransom Turns 100!



This just can't be true. There she was Friday doing an hour of S&B followed by 30 minutes on the new step and a bunch of time on the treadmill.

Following the logic of 'Monkey See, Monkey Do' I can only conclude that if I want to live to be 100, I'd better be doing the same. Maybe that's a lesson for dozens of PEP Pioneers who don't show up for exercise regularly. If you want to keep kickin', regular exercise at PEP should become addictin'.

In celebration of this extraordinary occasion, the monthly PEP Luncheon being held on **Thursday, April 16** will be devoted to honoring Ione.

As a charter member of the Providence Little Company of Mary Hospital Auxiliary and a past Chairperson of the Toberman Settlement House Auxiliary Board in San Pedro, there will be many dignitaries in attendance to help her celebrate this monumental occasion.

Ione graduated from the Pulmonary Education Program (PEP) in July 2009 and is probably the oldest surviving COPD patient ever. Considering that COPD is the 3rd. leading cause of death in the US, that is quite an accomplishment! Mortality from COPD is still rising with almost 150,000 deaths in 2013 according to CDC.

April birthday celebrations (sorted by date)

4 Art Cottrell	15 Bobbie Stojanovski
7 Maxine Robinson	16 Harriet Shimohara
7 Jasper Stephens	21 Ione Ransom
9 Carlin Schindell	21 Pat Singleton
10 Bella Brannan	22 Norman Niederman
11 Juanita Malone	24 Donna Mirassou
11 Ruth Pallis	26 Jackie Key
12 Jane Ryan	29 James Duncan
14 Henri Kaplan	

Oxymizer®

by Art Cottrell

During February, I was requiring larger and larger doses of oxygen. My doctor was running tests to diagnose why I was needing up to 10L when doing even the slightest activities. Adjusting to the higher levels, meant that I needed a stronger concentrator in the house and needed to rethink my source (s) of oxygen when out.

At first I was using my continuous flow portable Equinox concentrator at 3 L. Then as things went down hill, I added a pulse-mode concentrator that seemed to max at 2L. This meant 2 nasal cannulas for a total of 5L. As things progressed this was not enough, and I reverted to using the oxygen tank. At high doses of oxygen, this limited me to about 1-1½ hr per tank, necessitating the taking of several tanks of oxygen along with us on any outing, the storage of 10 tanks in the house, and really limited my desire to do any activities away from home.

By the time I went to the hospital in late February with pneumonia, I was up to 10L (the max on an E tank). After nine days in the hospital, I was on 4-6L (resting) just to maintain my oxygen saturation level between 88-92, and still needed 8-10L when walking about. This was very limiting. Then entered the Oxymizer.

While I was in the hospital, my wife Pat stayed connected with PEP for support. Betsy and Jackie both recommended checking into using the

Oxymizer, which we did and found it very promising. When I asked my pulmonologist, Dr. Roman M. Culjat, about the Oxymizer, he looked it up on his computer in the office. He liked it, and wrote the Rx, which I sent to my oxygen provider, Lincare. The following day I received the one that they shipped me by UPS.



The Oxymizer was invented by Brian L Tiep, MD, a doctor who has a close relationship with PEP. Originally it was a ‘mustache’ creation, with the second type being a pendant variation that is the one that I have.

Working only with a continuous flow oxygen source, the pendant reservoir of the Oxymizer stores pure oxygen so that the concentration of inhaled oxygen is increased.

The cannula tubing is a bit larger than our regular cannula, and takes a bit of time to get used to as the nasal prongs are a bit longer. Being a larger cannula, it may not rest as easy on your ears, yet after a few days, it ‘fits’ well.

I put the Oxymizer on and turned my oxygen to 3L; my oxygen saturation was around 96-97. So it went down to 2L, where I normally am today, with a saturation of 91-93 (at rest). If I plan on moving a lot, I turn the concentrator up to 3L, and when exercising at PET gym, I use 5-6L.

I really believe the Oxymizer works cutting oxygen usage in half (or maybe even better). It is really a saving when you are ‘out and about’ using a battery-powered concentrator or tanks. Your unit lasts longer and it has allowed me more freedom.

You do need a prescription from your doctor, with Medicare paying 80% or more depending on your plan. It’s something I believe we should look into for more information, and give it a try.

Good news: 12 days after my release from the hospital, and a few days after beginning use of the Oxymizer, my sons took me to Phoenix for spring training games. I had a wonderful time, felt great, and enjoyed the camaraderie with my boys. Without the Oxymizer, this would have been a difficult trip, which I probably would have avoided as it would have meant traveling with many oxygen tanks. With the Oxymizer it was easy, just using my portable Equinox. The Dodgers beating the Mariners was definitely icing on the cake.

News and notes around PEP

by Dan Buck

Over the years many PEP Pioneers have participated in a variety of **clinical trials** which help to improve and perfect treatment for COPD patients and those with other pulmonary disorders. Please consider getting involved by calling the Rehabilitation Clinical Trials Center at **LABiomed, 310-222-8200** at Harbor-UCLA in Torrance.

There Dr. Rich Casaburi and his staff will see if you qualify for any current trials. You can get a free exam, free meds and even get paid for your time if you qualify. In 1997 15 PEP Pioneers participated in a study that has been referenced in prestigious medical journals over 400 times.

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
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