



PEP TALK



PULMONARY EDUCATION PROGRAM
LITTLE COMPANY OF MARY HOSPITAL

January 2022

January Luncheon Speaker

By Jackie Tosolini

Our guest speaker is Dr. Richard Casaburi from LA Biomedical Research Institute at Harbor-UCLA Center in Torrance. He's talking about Pulmonary Rehabilitation: History, Promise, and Problems. Dr. Casaburi has been an honorary member of PEP and strong PEP supported for over 30 years.

His lecture will be held on Zoom, Thursday January 20th.

- 11:00-11:30 Meet & greet
- 11:30-12:15 Speaker
- 12:15-12:30 Q&A

Beginning with this luncheon, there will be no more in-person gatherings until further notice. We will be meeting on Zoom.

Science is a Marathon, Not a Sprint

By Dr. Harry Rossiter & Asghar Abbasi
From the PERF Blog

"Science is a marathon, not a sprint", said Professor Mike Tipton, the Editor in Chief of

the journal Experimental Physiology. "It relies on a strong team. The best defense against the next public health crisis is a diverse, robust research and development base."

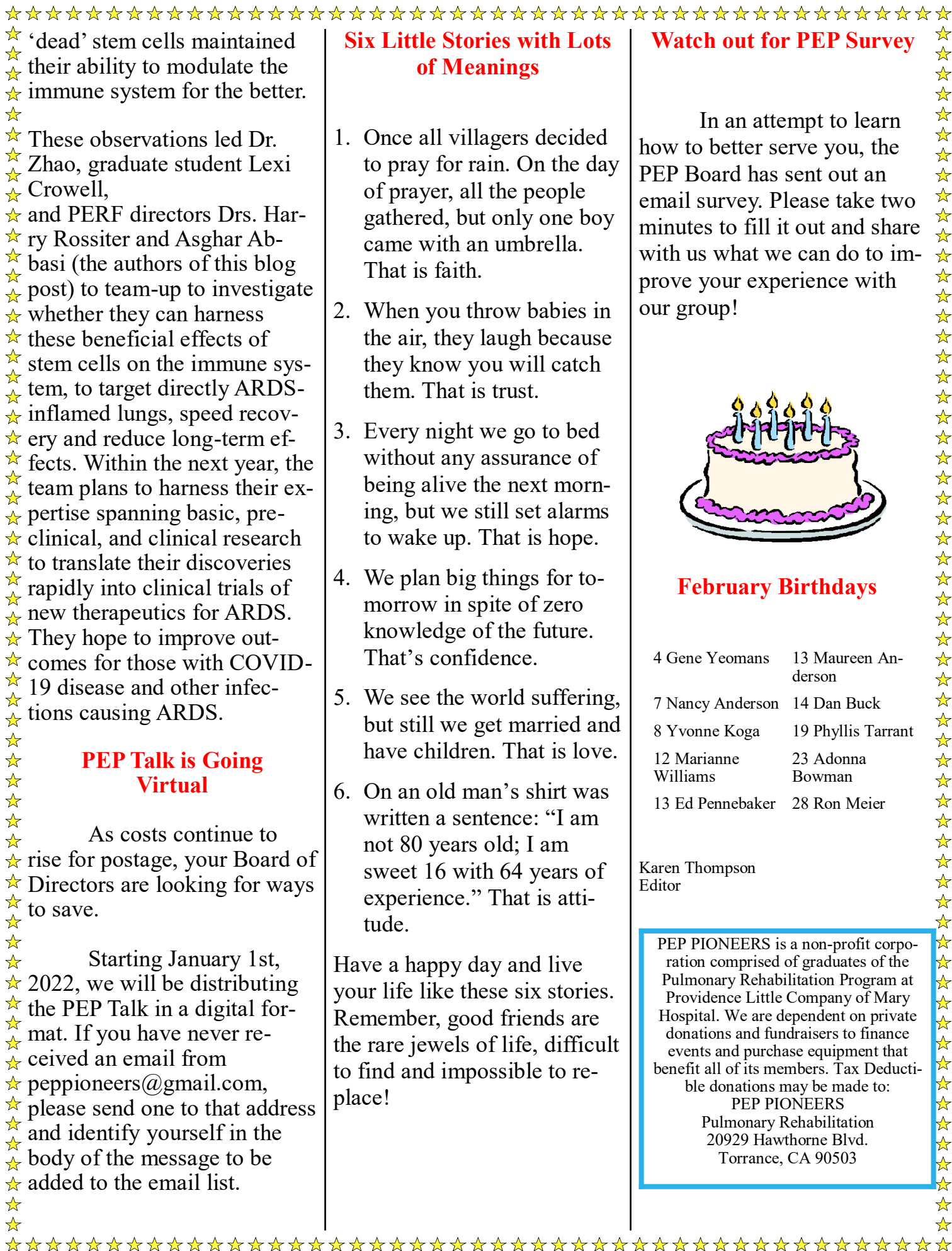
In today's blog, we are highlighting a call to action to support translational research by letting you know about exciting new research being conducted by PERF directors in collaboration with a team at UC Irvine.

How are biological discoveries translated to clinical benefit? Let's look at a topical example, namely, the search for new treatments for acute respiratory distress syndrome (ARDS). COVID-19 is one cause of ARDS, a devastating condition that kills about 40% of people who are unfortunate enough to get it. In survivors, ARDS may result in shortness of breath and significant reductions in exercise capacity and quality of life. ARDS is the result of a hyperinflammatory state that causes fluid to leak into the lungs, hindering oxygen from entering the bloodstream.

There is no cure for ARDS. Current treatments are focused on supporting life while the lungs heal themselves. However, there is a new idea that is trying to change this.

Dr. Weian Zhao, at the UC Irvine Sue and Bill Gross Stem Cell Research Center, has been working for over 15 years to develop the next generation of therapeutics. His focus is mesenchymal stromal cells (MSCs), commonly known as stem cells. However, despite years of global stem cell research and over 700 clinical trials, studies of stem cells have generally failed to demonstrate their original promise (with a few notable exceptions).

Dr. Zhao wondered why so many positive pre-clinical stem cell studies fail to translate into benefits in human clinical trials. He noticed that the benefit of stem cell therapies may not be due to their ability to grow new tissues, but rather from how they interact with the host's immune system. It seems that even



‘dead’ stem cells maintained their ability to modulate the immune system for the better.

These observations led Dr. Zhao, graduate student Lexi Crowell, and PERF directors Drs. Harry Rossiter and Asghar Abbasi (the authors of this blog post) to team-up to investigate whether they can harness these beneficial effects of stem cells on the immune system, to target directly ARDS-inflamed lungs, speed recovery and reduce long-term effects. Within the next year, the team plans to harness their expertise spanning basic, pre-clinical, and clinical research to translate their discoveries rapidly into clinical trials of new therapeutics for ARDS. They hope to improve outcomes for those with COVID-19 disease and other infections causing ARDS.

PEP Talk is Going Virtual

As costs continue to rise for postage, your Board of Directors are looking for ways to save.

Starting January 1st, 2022, we will be distributing the PEP Talk in a digital format. If you have never received an email from peppioneers@gmail.com, please send one to that address and identify yourself in the body of the message to be added to the email list.

Six Little Stories with Lots of Meanings

1. Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is faith.
2. When you throw babies in the air, they laugh because they know you will catch them. That is trust.
3. Every night we go to bed without any assurance of being alive the next morning, but we still set alarms to wake up. That is hope.
4. We plan big things for tomorrow in spite of zero knowledge of the future. That’s confidence.
5. We see the world suffering, but still we get married and have children. That is love.
6. On an old man’s shirt was written a sentence: “I am not 80 years old; I am sweet 16 with 64 years of experience.” That is attitude.

Have a happy day and live your life like these six stories. Remember, good friends are the rare jewels of life, difficult to find and impossible to replace!

Watch out for PEP Survey

In an attempt to learn how to better serve you, the PEP Board has sent out an email survey. Please take two minutes to fill it out and share with us what we can do to improve your experience with our group!



February Birthdays

- | | |
|----------------------|---------------------|
| 4 Gene Yeomans | 13 Maureen Anderson |
| 7 Nancy Anderson | 14 Dan Buck |
| 8 Yvonne Koga | 19 Phyllis Tarrant |
| 12 Marianne Williams | 23 Adonna Bowman |
| 13 Ed Pennebaker | 28 Ron Meier |

Karen Thompson
Editor

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:

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