



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE
COMPANY OF MARY HOSPITAL

April 2019

These 5 Habits Could Add 10 Years to Your Life

(By PERF Blog)

The average life expectancy of a woman 50 years old who does not live a low-risk lifestyle is 29 years (to age 79). If that same woman were to make five low-risk lifestyle changes, however, her life expectancy could be increased by 14 years (to age 93). In men, those same low-risk habits could increase life expectancy by 12 years, from age 76 to 88.

What Are These Life-Extending Low-Risk Factors?

They are:

- healthy diet
- never smoking
- moderate-to-vigorous physical activity (at least 30 minutes a day)
- moderate alcohol consumption
- maintaining a healthy body-mass index

What's A Healthy Diet?

According to the Harvard School of Public Health, a healthy diet consists of mostly vegetables, fruit, and whole

grains along with healthy fats and healthy proteins, and drinking water instead of sugary beverages. And contrary to the low-fat message promoted for decades by the USDA, there is no set maximum percentage of calories that a person should get each day from fat; the important factor instead is using healthy sources of fat such as avocados, cheese, dark chocolate, whole eggs, fatty fish, nuts, chia seeds, and extra virgin olive oil. Similarly, the type of carbohydrate is more important than the amount of carbohydrates in the diet, because some sources, such as vegetables, fruits, whole grains, and beans, are healthier than others.



What is Considered Moderate Alcohol Consumption?

Moderate alcohol consumption

is generally defined as one drink per day for women, and two drinks per day for men. The Centers for Disease Control and Prevention note that this definition refers to the amount of alcohol consumed in a single day, and should not be applied as an average over several days.

What is a Healthy Body-Mass Index?

A Healthy body-mass index is 18 to 25, and is calculated by dividing your weight (in kilograms) by your height squared (in centimeters). To convert this formula to pounds and inches, multiply your weight in pounds by 0.45 and multiply your height in inches by 0.025.

Each low-risk factor was found to significantly reduce the risk of death from cancer, cardiovascular disease, and other causes. Patients who met criteria for all five low-risk factors had a 74% lower mortality risk than patients who met none of the criteria.

April Bake Sale

(By Sarah Albright)

Just a reminder that our annual

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bake sale will take place at the April luncheon. Please bring in homemade or store-bought goodies to sell at the luncheon. Pies, cupcakes, cakes, cookies, and any other sweet treats are welcome! You can either pre-price them, or bring them in for us to price. We look forward to indulging with you all!



April Luncheon

(By Sarah Albright)

Jackie and Betsy will be next month's speakers discussing oxygen therapy part II; equipment and travel. We will also have a oxygen vendor from O2 Relief coming to demonstrate the latest and greatest in oxygen equipment. We hope to see you all there on Thursday April 18th at the Sizzler!



bacon

BY LONNIE MILLSAP



COMPETITIVE AGING

Meet Our Newest Board Member: Yvonne Koga!

(By Yvonne Koga)

Hello, fellow PEP Pioneers. I'm Yvonne Koga, a new member of the PEP Board of Directors. Having been born and raised in Honolulu, Hawaii where my "Ohana" included immediate and extended family and friends, it's a blessing to have become a member of the PEP "Ohana" where I have met and befriended people I would never have, were it not for a common health condition involving our lungs. Our PEP "Ohana" is caring and supportive of one another in many ways that are demonstrated at the gym, at our luncheons, at the monthly happy hour, and on our field trips. We are blessed to be members of this group.

I came to California after graduating from the University of Hawaii with a degree in education. I was recruited to teach and was a classroom teacher in Torrance U.S.D. I became a site and district office administrator in several school districts for the remainder of my career. Along the way, I completed graduate studies at U.C.L.A. and U.S.C. Not being a sports fan, it didn't matter that both my alma maters were rivals on the athletic field.

My husband Bob and I have been married for 50 years. We exercise on Tuesdays and Fridays at the rehab gym and enjoy the camaraderie of those who attend. We have two daughters, one who has an online pet business (Whiskers & Wagglers) and the other who is a wine maker in

Napa for Davies Vineyards, parent company of Schramsberg, known for their sparkling wines.

Among my favorite activities are tai chi and line dancing, each of which I have done for many years. Daily strolls with my daughter's dog, Jedi, as he checks his "pee-mail," is another enjoyable activity that provides exercise and conversation with other dog walkers we meet along our route.

May Babies



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|--------------------|--------------------|
| 6 Connie Delgado | 21 Muniwarge Silva |
| 6 David Veiga | 23 Rose Sarukian |
| 13 Patty Kaupp | 24 Ashoo Grant |
| 14 Raymond Wunno | 26 Tom Anderson |
| 17 Margaret Eguchi | 27 Edna Murphy |
| 18 Feliz Robles | 30 Duane Kelly |
| 18 Carol Jones | 31 Frank Valenza |
| 19 Jean Griffin | |

Editor-in-Chief : Sarah Albright

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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