

PULMONARY

EDUCATION

PROGRAM

PEP PIONEERS is a non-profit corporation comprised of graduates of the Pulmonary Rehabilitation Programs at Medical Centers including *Providence Little Company of Mary, Torrance Memorial Medical Center, and Kaiser Permanente*. We are dependent on private donations and fundraisers to finance field trips, luncheons, publication and distribution of our monthly newsletter *PEP TALK*, and other beneficial events to support the well-being of our members.



PEP TALK

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Physical inactivity is best predictor of decline in COPD patients, US' 4th-leading cause of death

Linking Muscle Dysfunction to Lung Disease: The Lundquist Institute Tackles COPD

LOS ANGELES — Dr. Harry Rossiter, an investigator at The Lundquist Institute (formerly known as LA BioMed) was among the recipients of a \$1.55 million grant award from the National Institutes of Health (NIH) to study muscle dysfunction in patients with chronic obstructive pulmonary disease (COPD), the fourth-leading cause of death in the United States.

COPD affects nearly 15.7 million people in the U.S. It targets the respiratory system, damaging the lung tissue and causing airflow blockage. However, lack of physical activity—not lung function—is the strongest predictor of health decline in patients with COPD.

A recent study identified that mitochondria in leg muscles—the cellular “powerhouse” that uses oxygen to make energy inside muscle cells—was roughly 40% lower in patients with COPD than those without it, even when including smokers.

This NIH/R01 grant, a multisite award between The Lundquist Institute, the University of Rhode Island, and Brown University, will allow Rossiter and fellow researchers to follow-up with these patients after five years to identify the clinical, behavioral and molecular mechanisms that are associated with this decrease.

“I am deeply appreciative of this grant from the NIH, and am excited to get to work,” said Rossiter. “It is critical to get to the root causes of this link between COPD and muscle dysfunction to bring relief to those suffering from this terrible disease.”

The study will focus on determining how loss of muscle oxidative capacity progresses in COPD, and will answer fundamental questions about the nature of the associations among mitochondrial dysfunction, sedentary lifestyle, and overall poor outcomes in COPD patients. For the first time, investigators will monitor the rate of decline in lower limb skeletal muscle oxidative capacity over a span of five years.

“Dr. Rossiter’s promising research could lead to real answers for the tens of millions of COPD sufferers worldwide,” said David Meyer, PhD, President and CEO of The Lundquist Institute. “It has real translational implications, which is emblematic of the ‘bedside-to-bench-to-bedside,’ full-spectrum ethos of The Lundquist Institute.”

Source: The Lundquist Institute Submitted By: Jocelyn Dannebaum

December Birthdays

- 1 Del Perry
- 2 Mary Ann Priore
- 2 Patricia Elzie
- 3 Francie Chandler
- 6 Harry Hahn
- 6 Nanette Dahlen Wan
- 9 Sang Kim
- 12 Jennifer Harrison
- 16 Anne Robinson
- 16 Bob Valentine
- 19 Connie Quintana
- 20 Joyce Rodgers
- 21 Rita Jelsma
- 22 Roberta Moore
- 24 Kathleen Delgado
- 26 Barbara Greco
- 28 Marsha Mullens

January Birthdays

- 1 Cheryl King
- 1 Caroline Zepnfennig
- 3 Freddie Austin
- 5 Purita Santillan
- 8 Russell Hedgman
- 10 William Leveroni
- 11 Jackie Chapman
- 12 Ella Rodgers
- 12 Dennis Stricker
- 16 Erika Butryn
- 16 Preston Domingue
- 22 Tom Cox
- 23 Brooke Gilchrist
- 27 Mary Kay Erickson
- 27 Bill Paul
- 29 Sarah Albright
- 29 Behzad Pak



WE HOPE YOU WILL JOIN US FOR
THE PEP PIONEERS ANNUAL
**CHRISTMAS
PARTY**

Thursday, December 15th, 2022
11:00a-2:00p

Raffles, music, gifts, and camaraderie
Free buffet lunch for PEP members!

El Torito
23225 Hawthorne Blvd, Torrance

RSVP with your caller, space is limited!



In Memoriam

Nancy Anderson

Dorothy Slawson

Tax Deductible donations may be made to:

PEP PIONEERS Pulmonary Rehabilitation

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Torrance, CA 90503

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