



# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
August 2013

## PICNIC

**NEXT THURSDAY THE 15<sup>TH</sup>**

That's right, that third Thursday for the luncheon, as usual. What's unusual is that the third Thursday came up so quickly. But that's beside the point! Make sure you attend this fun time together with your fellow Peppers, to be held, of course, at Victor Park which is on Emerald West of Anza and just East of Victor, behind the library. Plenty of parking, very short stroll to the tables.

A couple of words of caution: first, a breeze springs up about lunchtime and can be rather cool, so bring a light jacket or sweater to be sure you remain comfortable! Second, we have a new volunteer chef: Kurt! Your editor has no idea as to his culinary capabilities, so I'm going to bring along some Pepto-Bismol. (As I am not a doctor, I cannot prescribe for others, but you get the idea, don't you?) But seriously, folks, there will be hamburgers, sausage with peppers (delicious), June's potato salad, and a whole bunch of stuff to make you gain weight and harden your arteries. So don't miss the fun!

### News and Notes around PEP

Dan buck

August is here and it's time for our annual Picnic at Victor park. This is a potluck so bring your favorite dish if you feel like cooking, otherwise PEP will have plenty of Burgers and Sausages. A map is available on our website at [www.PEPPioneers.com](http://www.PEPPioneers.com).

Speaking about the PEP website, it has many back issues of the PEPTalk newsletter that you're

reading right now. If you want to learn about our history, our staff, or many of your fellow PEPPERS, the PEPTalk archive is where to go. It has back issues of PEPTalk dating back to January, 2009. And a friend has given me some much older copies of PEPTalk that I will put on the site in the near future. By the way, I lost the February 2013 issue, so if anyone still has a copy let me know and I will scan it for the website.

Also on the PEP website is a 'Calendar' of events which include our future luncheons and monthly Meet & Greets at the Doubletree Hotel. Of course if you want to learn more about COPD and treatment advances, the 'Education' page of our website is where to go. Recently Cynthia has been teach us some chair yoga and you can study all of the movements on our 'Fitness' page under the heading 'Cynthia's Chair Exercises'.



Don't forget that we are having a 'Website Contest', just be the 20th. person this month to visit the website and fill out a brief survey form. The winner will receive coupons for two monthly luncheons (that's about \$26), so don't delay in looking it over. One of the reasons we are doing this contest is we want to hear your input on how we can improve PEP. So there is a brief survey on the website and we will also be placing these surveys at the exercise facility and at our luncheons.

PEP Pioneers is truly a unique group and we are getting more recognition in the COPD community. Last Thursday a visitor from Breathe LA visited our board meeting to learn how they could improve the local Better Breathers clubs in Los Angeles. Not only are we the oldest existing post-rehab pulmonary group, we are a national leader in what we do. Please help us become even better by taking a brief survey and adding your input.

One of the obvious benefits in participating in PEP is the long term improvement in our health. Consistent exercise and regular social interaction helps us delay the disease progression. It's been 15 years since I was diagnosed with COPD and I have been on in-home oxygen for over 10 years, yet I'm still able to travel and enjoy life. I attribute this to the excellent treatment we get at PEP Pioneers. In May I took a cruise to the Caribbean and had time to also visit Washington DC and New York City.

The liquid oxygen issue is still a matter of concern. Betsy mentioned that one of our Peppers who needs liquid oxygen has been unable to get it from any local

supplier. While the existing users of LOx have been able to maintain their service, none of the suppliers are entertaining new clients, even if they are willing to pay out of pocket for the service. Mobility is key to our quality of life and LOx allows an oxygen dependent COPD patient to be more mobile. Whether it be grocery shopping or dinner and a movie, it is much easier with a 6 pound thermos canister of liquid oxygen than a 26 pound E-tank on wheels. Please help me take our fight to the decision makers in our government who are messing with our freedom.

### EDITORIAL

In reading articles over the years on the various lung diseases including, of course, COPD, it has become all too obvious that the authors emphasize treatment of these diseases, while giving almost no information as to the progress, if any, in searching for cures. In my personal opinion, this is not good medicine. The efforts to develop a cure for any of these diseases can offer hope to the patient's suffering from them. We are all familiar with that old saw "while there's life there's hope", It works the other way too: while there is hope life may be extended! While most of these cures will probably not occur in many of our lifetimes, there are a few that are becoming almost imminent. It seems to me that would merit wider publication of those efforts. Most of what is published is done so in the various medical journals for which subscriptions are quite expensive, making them out

of reach for the average person. Occasionally, some writer will pick up on such an article and rewrite it for us laypersons. All too often those articles are grossly incorrect or exaggerated. I may have been guilty of that very thing myself in this newsletter from time to time. For example: I have mentioned the use of pig lungs so treated as to allow them to be regenerated using a patient's own stem cells. While this has been accomplished in at least one instance, it is probably far from ready for even an initial transplant. But it does offer hope! Additionally, it has been found that under the appropriate circumstances the human lung can at least partially regenerate itself. They are presently searching for the "trigger" that enables such action. How close both of these cures are to fruition is a wide-open question. Both of these research directions offer some real hope. Stay tuned: perhaps one day I'll be able to tell you a wonderful breakthrough has occurred.

**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::

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