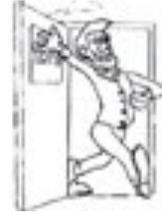




PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
August 2014

Annual PEP Picnic August 28

Urgent reminder!

No luncheon at Sizzler this month because we are once again having our Annual Picnic at Victor Park in Torrance. The Picnic will be held on Thursday, Aug. 28 from 12:00 to 2:30.



Featuring the gourmet burgers, dogs and Italian

sausages from the renowned Tosolini family, all are invited to bring a favorite potluck dish if you so desire. Rumor has it we will also have gourmet deviled eggs, June's famous potato salad, a couple baked beans and even more...

After lunch Jackie will once again be our very vocal caller for a rowdy game of Bingo or two. Bingo prizes are always exciting so come prepared to win something special.

Despite inflation we once again get everything for only \$5. Please RSVP your attendance with your monthly caller. An accurate head count is very helpful in our planning process. Also remember to bring a sweater or jacket as a cool

breeze seems to join us in the afternoon. A flyer with directions is attached to the newsletter and a map is available on our website at www.PEPPioneers.com.

Good News on Upcoming Harbor Cruise !

There is still lots of room available on our charter boat for the Harbor Cruise for those people who drive or carpool to Long Beach Harbor. Driving to the harbor is pretty short and easy, and there is very good parking available at the Long Beach Aquarium of the Pacific, where the boat departs from.

The date is September 25. Our 85 foot PEP charter boat will leave the dock at 11 am and return at 1:30 pm.

Tickets are only \$35! So if you want to drive and join the cruise, contact Bebe Bonnell, Pat or Art Cottrell to give them your money for tickets.

Sites we will see include:

Battleship USS Iowa

The Queen Mary Passenger liner

Fascinating port operations and ships up close

SS Lane Victory Liberty ship

LA Harbor original fireboat firehouse

Don't miss this fun cruise, which includes a hot Mexican buffet, free soft drinks and more.

Wine, beer and Margaritas available at extra cost.

Special Luncheon Guest

September's PEP Luncheon brings us a Very Special Speaker

The RENEW study of Lung Volume Reduction Coils is making big news in pulmonary medicine today. This clinical trial is looking at the efficacy and safety of using multiple coils inserted into the lungs via bronchoscopy, a minimally invasive, non-surgical approach, to relieve shortness of breath, improve oxygenation and enhance quality of life for people with severe emphysema. Jackie, Joseph and I attended a presentation on the procedure and the

preliminary outcomes by the physician inserting the coils as our annual CSPR meeting in San Diego in May and the results so far are impressive.

This is a large, multi-center, international study. The British Medical Journal Thorax published their results on June 2, 2014. A very brief excerpt from their summary reads "Bronchoscopic lung volume reduction coil treatment is associated with a good safety profile and significantly improves quality of life, exercise capacity and pulmonary function in a broad group of patients with severe emphysema, with sustained results at 1 year." The sustained result of one year is solely because that is the length of time that they are following up on the patients, not that the improvements subside at one year.

In our effort to share this exciting information with you, we have scheduled Dr. Heather Merry, MD., Cedars Sinai thoracic surgeon, transplant surgeon and the physician that is participating in this study by actually inserting the coils, to speak at our luncheon in September. Dr. Merry will explain the procedure, how it works and provide us with the latest outcomes. We're excited to have Dr. Merry take time from her very busy schedule to explain this ground breaking procedure and keep us informed on an option that may be available to many of us in the future.

Please mark your calendar now for Thursday, September 18th and plan on attending this very special presentation. Dr. Merry begins her talk at 1:00 sharp. See you there!

By Betsy Barnes

New and Notes Around PEP

by Dan Buck

There hasn't been much news about liquid oxygen while I was away on vacation, but I understand it is still available to PEP on a month to month (or day to day) basis. We all need to be more vocal about the benefits of this precious medical treatment.

Over the next few months Art Cottrell is going to help me with the PEP website and we hope to have much more valuable medical information available in PEPTalk and on the website. In addition Dr. Richard Casaburi has agreed to share with us some of the evolving research news that he publishes on a regular basis. There is such a wealth of new information readily available on the internet that pertains to the treatment of COPD and chronic lung disease. Soon we will have many more links on our website.

One very valuable source of medical information on many illnesses is **John Hopkins Health Alerts** that one can subscribe to for free at www.johnshopkinshealthalerts.com. An article I read there recently confirms what many of us already know. That regular exercise helps us stay healthier. The article describes a study and states, "In fact, after five years, nonexercisers were twice as likely to be hospitalized than people who had the highest activity levels." [http://www.johnshopkinshealthalerts.com/alerts/lung_disorders/Walking-for-COPD_6925-1.html]

In addition much progress is being made in pulmonary rehab and exercise techniques. It is very easy to subscribe to newsletters and email updates to much of this research and information on such websites at COPDFoundation.org, [\[Alert.com\]\(http://Alert.com\), \[Thoracic.org\]\(http://Thoracic.org\), \[PERF2ndWind.org\]\(http://PERF2ndWind.org\), and many, many more.](http://COPD-</p></div><div data-bbox=)

One interesting thing I have learned recently reading through some research is that our pulmonary rehab program and PEP Pioneers is still way ahead of the curve when it comes to exercise techniques. Recent studies published in 2013 and 2014 have addressed the benefits of activity like our 'Strength and Balance' which we have been doing every Wed. and Fri. since 2009-2010.

A recent update from ATS/ERS published at Thoracic.org entitled '*An Official American Thoracic Society/ European Respiratory Society Statement: Key concepts and Advances in Pulmonary Rehabilitation*' went on to say. "There is increased evidence for use and efficacy of a variety of forms of exercise training as part of pulmonary rehabilitation; these include interval training, strength training, upper limb training, and transcutaneous neuromuscular electrical stimulation."

Another article from 2014 concluded, "Assessment of limb muscle function can identify patients who are at increased risk of poor clinical outcomes, such as exercise intolerance and premature mortality."

Conclusion: If you want to feel better and breathe better come exercise with us at S&B on Wed. and Fri. at 12:30.

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
20929 Hawthorne Blvd.
Torrance, California 90503