



PEP TALK



PULMONARY EDUCATION PROGRAM
LITTLE COMPANY OF MARY HOSPITAL

Special Edition, May 2021

May 20 Luncheon Speaker

With May being Stroke Awareness Month, we are fortunate to have Catrice Nakamura, R.N. as our speaker. She is the manager of Out Stroke Center at Little Company of Mary Hospital.

11:00-11:30 Social time
11:30-12:15 Presentation
12:15-12:30 Question and answer

Advances Being Made in Pulmonary Research

By Yvonne Koga

Dr. Harry Rossiter of the Rehabilitation Clinical Trials Center at the Lundquist Institution for Biomedical Innovation at Harbor U.C.L.A. Medical Center was our April 15 Zoom luncheon speaker. He provided new findings from research and informed us of studies funded for trials and of one that has been submitted for NIH funding.

The Center analyzed their data base of 10,000 people using chest CT scans. They found that pectoral muscle mass loss is associated with COPD patients who experience respiratory exacerbations. It's about 1%-3% loss per exacerbation. With a loss in muscle mass at this rate, there is 8%-9% risk of mortality.

Results from data published last year indicated that by initiating pulmonary rehabilitation within 3 months of being discharged from the hospital after an exacerbation, there is a lower risk of mortality.

A biosensor being developed in collaboration with a researcher at Cal Tech is a wrist band containing a chemical sensor that uses biomarkers in your sweat which will tell you that an exacerbation is beginning which allows you to seek medical help. This study has been delayed due to Covid.

U.C.L.A. was funded for developing the SARS-COV-2 RapidPlex which is an inexpensive computer chip that uses blood or saliva to measure the virus spike protein, your antibodies, the status of the SARS-COV-2 virus, and the body's inflammation marker.

The Kaiser Hospital data base of 50,000 people was compiled by USC scientists on main risk factors for hospitalization in patients with Covid-19. These were: age (over 80); male; non-white; BMI \geq 40kg/m²; transplant recipient; pregnancy; poor glucose control; physical inactivity. 154 data base subjects recovered from Covid within 90 days. 3,505 subjects had 14 or more Covid symptoms even after 7 months of contracting the virus. Of these, 80% experienced fatigue and post-exertional malaise. Other symptoms were shortness of breath, breathing difficul-

ties, dizziness, balance issues, joint pain, muscle aches, neurological sensations, cognitive issues like "brain fog" and memory problems.

There are many other trials currently being done, including one related to IPF, to determine the anti-inflammatory benefit of pulmonary rehab. Dr. Stringer is in charge of this study which measures inflammation in blood before and after exercise to find if inflammation is reduced by exercise. However, it is currently on hold due to the Covid closure of the L.C.M. rehab gym.

To learn more and/or to join the pulmonary patient registry, you can call the Clinical Trials Center at (310)222-8200.

Meet Board Member Edna Murphy

I was born on Staten Island New York, the forgotten borough of New York city. As a child I rode and showed horses. When I was 16 years old I began attending New York University and convinced my parents that I needed to live in Greenwich Village. I had a great time.

After graduation I worked for Merrill Lynch and then for General Adjustment Bureau, both located on Wall Street. A number of years

later both companies moved to the World Trade Center and unfortunately were located on the upper floors.

Before moving to California I worked at Columbia Presbyterian Medical Center.

When my roommate decided to relocate in California I decided that sounded like fun. She assured me that Los Angeles had a wonderful public transportation system. She was wrong. I got my drivers license and my first Corvette. Then I got my first insurance bill and realized I had to work full-time. I took a job at UCLA medical Center where I was going to work temporarily. I retired from UCLA after 32 years. I was Department Head for Health Information. I had a staff of between 30 and 35 employees. We released medical information, went to court, abstracted voluminous medical records and dictated discharge summaries. We also made sure that all hospital personnel followed HIPPA.

Just before I started working at UCLA I traded my Corvette in for a brand new Corvette. I had mechanical problems from day one and when I brought it into the dealer the service writer who took care of me told me there was nothing wrong with the car. I was so angry I expressed the way I felt in my best New York Street language. The service writer was named Bob and he was a Vietnam veteran, a marine who worked at the Chevrolet dealer in the evenings and attended Cal State LA during the day. We were married two years later. During our marriage we raised German Shepherds and traveled throughout Europe, the Caribbean and the United States. One of our memorable trips was on a motorcycle. I rode on the back. We drove up the West Coast to Canada. Then across Canada through the Canadian Rockies to the East Coast of Canada then down to New York City to see my parents, then down to Maryland to see Bob's

parents. At this time I was so sore I swore I would never get on another motorcycle. However, we continued to New Orleans and then across the United States back to Los Angeles. It was the most memorable trip I've ever been on.

Unfortunately, my husband died of complications from emphysema. When I was diagnosed with pulmonary disease I knew exactly where I wanted to go. My husband had raved about PEP. He fell in love with Betsy and Jackie and the entire program. So I started the program in 2008 and I'm still involved with PEP. I also fell in love with Betsy, Jackie and Joseph. I also fell in love with all my fellow peppers. I can hardly wait until we can all meet again at the gym, luncheons and trips.

Jackie Tosolini Retirement

Aloha to my favorite group of friends. I'm retiring on April 30th and looking forward to new adventures. I will continue to help with PEP. Betsy has already recruited me to the phone committee. I've had a wonderful career with all of you beside me and have been blessed with your love and friendship. I will now take up the Cello, go golfing and try to get back into shape. I'm most excited about spending time with my husband and son. The first thing I plan to do is go to the farmers market on Tuesdays. Until we meet again, ALOHA

Southland Air Still Worst in U.S.

San Bernardino, Riverside, Los Angeles counties continue to be the smoggiest

By Martin Wisckol

The five-county Los Angeles region is the smoggiest metro area in the country for the 21st time in the 22 years the American Lung

Association has issued the rankings, according to the "State of the Air 2021" report released by the group.

In the county-by-county breakdown released Tuesday, San Bernardino, Riverside and Los Angeles counties rank first, second and third as the nation's smoggiest counties. Orange County, listed 25th, also received a failing grade. Ventura County, included in the five-county region, was not in the 25 worst, but also received an "F." The report compiled data from 2017 to 2019.



June Birthdays

1 Leland Dolley	17 Keith Hartmann
5 Shirley Tracy	18 Irene Bardwil
5 Gregory Cookson	19 Jimmie Double
6 Eddie Sekine	22 Beth Leibowitz
9 Albert Pearson	24 Diane Lange
11 Jack Kramer	26 Kelvin Rising
11 Carolyn Mulhall	28 Sue Coppock
12 Carole Hoshiko	30 Joann Cannon
12 Nancy Kimball	30 Sally Downie

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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