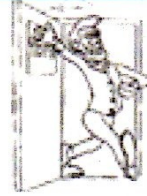


PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY
NOVEMBER 2013

News and Notes around PEP

Here it is November already, but it looks like summer is trying to hang on which is fine with me. Nonetheless the PEP Board is in action to make this year's holiday luncheons the best ever! As most of you know, November is when we bring unwrapped gifts for the children and seniors in Harbor UCLA hospital. The seniors can always use toiletry items and I know stuffed animals go a long way for all the younger kids. Just bring something to the luncheon on Thursday, November 21, or drop it off to Betsy and Jackie at PEP.

As always, this year's November speaker is Dr. Chang, our Pulmonary Director at Providence. He always reminds us to avoid crowds, wash our hands frequently and try to stay as cautious and healthy as possible through the Flu season. I suspect he'll have something new and exciting this year...

Don't forget to thank Elizabeth

Huntoon for our exciting table decorations at each luncheon. She really goes out of her way to make our luncheons as comfortable and festive as possible. Also, PEP has invested in a new sound system which should shake, rattle and roll even the hardest of hearing in the rear of the room during lunch.

Our Christmas luncheon is on track to be the gala event we all enjoy. Once again our music will be provided by 'The Time Machine', a duo of musicians with an age appropriate song list that's hard to beat. The luncheon is free for each Pepper and one guest and only \$15 for each additional guest. So bring a pocket of cash for our raffles which will be bigger and better than ever. Mary Lee has assured us that this year's 'Mystery Gift' will be well worth your investment in raffle tickets.

A new appeal! Rubye is still out for an indefinite period, Kurt is on a cruise of a lifetime and it looks like I may be incapacitated for a month or two as well. So PEP Pioneers could really use a few volunteers to help with our monthly luncheons, write a news article for PEP Talk, or fill in where needed through a busy holiday season.

Last month's request resulted in one volunteer to help with our Communications Committee. We could use 2-3 more able bodies who are willing to share a few hours a month of their time to help us maintain our 36 year history as **THE BEST** post-pulmonary rehab group in the nation!

I could use a helper who is able to photograph our seasonal events and record a video of our luncheon speakers. I can provide the equipment and instruction as necessary before this month's luncheon. I don't know if we have any other techies among us, but I would also welcome help with our website maintenance using GoDaddy's 'Website Tonight' tools. Please contact Betsy, Teri, Bebe, Edna, Nan or myself if you want to help.

PEP Talk could always use a new article about our members, their travels or their unique medical experiences. PEP Pioneers rescued me from declining health in early 2009 and allowed me to take a variety of exciting trips which have been described in past issues of PEP Talk. Many of our members continue to travel and enjoy life, and it helps all of us to share your experiences. If you did anything fun or exciting in 2013, write a short article with a few pictures and bring it to exercise at PEP, or email it to "Paul Robinson" <per27@prodigy.net>.

PEPPioneers.com - Don't forget to check-in periodically at the PEP website. If you miss a luncheon or PEP activity you can usually see the video or view some fun pictures. Also you can bring up a video of Cynthia taking us through her Strength and Balance

exercises. We have even included diagrams of her yoga exercises too.

We could use 2-3 more able bodies who are willing to share a few hours a month of their time to help us maintain our 36 year history as **THE BEST** post-pulmonary rehab group in the nation

While on the website don't forget to read the article about portable oxygen. If we drop the ball, this available commodity could slip away and leave us all hauling around 22 pound aluminum tanks behind us. I've used them before and found that they limited my willingness to venture out. Even if you're not on portable oxygen today, it is a common ingredient in the progressive nature of COPD. So write your Congressman or make a call and hope us continue to fight for liquid oxygen.

PEPioneers.com - Don't forget to check-in periodically at the PEP website. If you miss a luncheon or PEP activity you can usually see the video or view some fun pictures. Also you can bring up a video of Cynthia taking us through her Strength and Balance exercises. We have even included diagrams of her yoga exercises

FUBAR 2013 - How many of you have heard about FUBAR, the Fleet Underway to Baja Rally? I hadn't either until Kurt stated talking about it earlier this year. As an avid fisherman and Cabo timeshare owner, it sounds like an adventure I'd love to try someday.

In its 4th. season as a bi-annual event and fund raiser, a group of 40 to 50 powerboats cruise from San Diego to La Paz, B.C., Mexico over 12 days in November. Kurt, his boat partner and their wives left Wednesday and were joined by a few others on their way to join the fleet in San Diego for Thursday's official departure.

If you are so inclined, you can track their progress on the internet at: <http://tinyurl.com/k3xtes6>. They made

it to Bahia Tortugas about halfway down Baja today.

Here's a picture of their arrival around 10:30 this morning. If you want to learn more about this fascinating adventure checkout www.FUBAR2013.com.

Space permitting, here is a picture of Kurt's boat and one I shot of his pilot house. Its a really classy boat. Look for more news of this adventure in the next PEPTalk.

ASK THE DOCTOR

by Teri Neilson

Dr. Robert S. Y. Chang will be the speaker at the 21 November luncheon. Dr. Chang earned his B.A. at Occidental College, his M.D. at Case Western Reserve University in Cleveland, and then went on to complete his Residency at Cleveland Metropolitan General Hospital and his Pulmonary Fellowship at Harbor-UCLA Medical Center in 1977. Formerly on the teaching faculty at Harbor-UCLA and at Cedars Sinai Medical Center, he presently is a Teaching Pulmonary Consultant at Harbor-UCLA Medical Center.

We know Dr. Chang best as the Medical Director of Respiratory Therapy and Pulmonary Rehabilitation at Little Company of Mary Medical Center. He's the go-to guy for the PEP Staff, and an ardent supporter of the PEP Pioneers. He is our representative to the Medical Center communicating both our accomplishments and our needs. He supports our causes in very tangible ways, giving freely of his time. A recent example was his participation with PEP board members and staff in a meeting with Congressman Waxman on the issue of liquid oxygen (see PEP Talk, September 2013 issues).

Dr. Chang speaks at our luncheons every November. His goal is to keep us informed so we can stay healthy. This year, in addition to providing information about this years flu virus and prevention, there is going to be an extensive period for Questions & Answers.

I became a member of the PEP Pioneers in 1996. As the years have gone by, I have had bouts of fungal and bacterial lung infections leading to damage of my airways along with a deterioration of my lung function. Unfortunately, my experience is not uncommon in our community. So if, like me, you have a lot of unanswered questions rattling around in your head regarding your own lung disease(s), or want to learn some strategies to prevent them, here's your opportunity to get the answers...just ask the doctor!

We look forward to seeing you at the luncheon.



Above are a few pictures of the early part of a leisurely six months cruise by Kurt and Susan and another couple on their 40 foot cruiser down around the tip of Baja California into the sea of Cortez and up to La Paz. At last report they were about to leave Ensenada and head south. I understand that Kurt plans to fly back here a few times during that six-month period.

From the editor

A while back I wrote of an encouraging development reported by the Mayo Clinic in one of the journals. They mentioned that they had succeeded in growing a human lung using the extracellular matrix structure of a porcine (pig) lung. The result was a fully functional lung that was said to be-in quotation marks - transplantable.

A few weeks ago I wrote to a doctor Wigle one of the researchers in that program at Mayo Clinic, asking for updated information and if clinical trials were foreseen in the not too distant future.

Yesterday, I finally received an answer. Dr. Wigle stated that some problems had arisen with the lpc cells that would require considerably more research. While they are making progress, clinical trials are not even being considered at this time. Dr. Wigle graciously offered to keep me updated on your progress, an offer I quickly accepted.

The use of a porcine lung scaffolds seeded with each patient's own cells, making them acceptable with no anti-rejection medications is by far the best option for the cure of just about all lung maladies. It is unfortunate, but understandable, that the perfection of this approach will require several more years at best.

Another promising field of research involves causing the lung tissues to regenerate in vivo. We have a number of other organs that do so very regularly, the most obvious being our skin which regenerates itself on a daily basis as well as when injured. (Yes, your skin is an organ: the largest in the body!). Researchers have noted indications that suggest all body tissues have that regeneration potential, but it is latent and unused for millennia apparently. The trick is to find a means of triggering that potential, thus growing new, healthy tissue. How long that will take at this point is anyone's guess, but once the method is found, it would appear to be something that can be quickly used on a clinical basis.