



PEP TALK



PULMONARY EDUCATION PROGRAM
LITTLE COMPANY OF MARY HOSPITAL

January 2020

Stay Healthy in 2020

Our January speaker is our very own Jackie Tosolini. She will be giving us tips and tricks on ways to stay healthy in the new year.

Point Vincente Adventure

(By Gretchen Lewis)

The PEPPERS enjoyed the visit to the Interpretive Center last year so we decided to do it again. In February the volunteers will spot about 70 Gray Whales daily at this premier whale migration watching site. In addition to learning about whales, there are more interesting docent led exhibits depicting the history and development of the Peninsula.

This year three new exhibits have been added including the Light House Fresnel Lens, a history of whaling and a Marineland reminiscence.

Following the visit those who would like can join us at the Red Onion, an attractive Mexican restaurant near the Peninsula Center for lunch. Admission to center is free. Lunch is on your dime. Enjoy!

Happy Hour Suspended until Late April

(By Kurt Antonius)

Our monthly PEP Happy Hour, usually held the last Tuesday of every month at the Doubletree Hotel, is being discontinued until the last Tuesday in April. The PEP Board thought that it would be better attended during daylight hours as many PEP folks are not comfortable driving in the dark. The new plan has Happy Hour scheduled from the last Tuesday in April until the last Tuesday in October. We hope this will better meet the needs of PEP Pioneers who wish to go to this popular monthly event.

Latest Research on COPD and Exercise Tolerance

(PERF)

In research presented at the American Thoracic Society annual conference in Dallas in May 2019, the Pulmonary Education and Research Foundation and LA Bio-Med shared their most recent findings on pulmonary care and exercise tolerance.

In a collaborative study by leading Pharmaceutical companies, University Academics, the COPD Foundation, and the FDA, Dr. Casaburi presented details of an exercise test that can be used for FDA qualification for new therapies that target the increase of ex-

ercise tolerance in COPD patients. Specifically, this is noteworthy because until now there is no drug or other therapy available in the USA that is designed expressly to increase exercise tolerance in COPD patients.

The study evaluated about 4,000 COPD patients and showed that a constant work rate endurance time is a sensitive measure of exercise capacity. Interestingly, the study also showed that exercise tolerance is increased by bronchodilator therapy only in severe COPD patients.

On the other hand, the increase in exercise tolerance that follows pulmonary rehabilitation were greater than those for bronchodilators but also equally beneficial for all COPD severities, including mild to very severe.

A presentation by Dr. Rossiter shared results of a randomized controlled trial to test whether a new drug designed to reduce muscle fatigue was beneficial to increase exercise tolerance and reduce the activity of the breathing muscles in COPD patients. As part of the study, he used the constant work rate exercise test presented by Dr. Casaburi to evaluate the drug. The study was conducted at two sites in the USA. LA

BioMed and University of Pittsburgh Medical Center. Unfortunately, with 46 volunteers the findings did not increase exercise tolerance in COPD. Nevertheless this is the first ever study to investigate the effect of a muscle-targeted drug on exercise endurance with hopes of more in the future.

The Muscle Health Study results, presented by Dr. Rossiter, used 245 volunteers at the LA BioMed. Specifically, the study measured how well the muscles of smokers with and without COPD can use oxygen to fuel exercise. The muscles of severe COPD patients were 40% less likely to use oxygen than those under control. In addition, the study found that the subjects with limitations in muscle oxygen actually had increased blood lipids. Given these points, the authors speculate because muscles use lipids and oxygen to fuel metabolism and severe COPD muscles oxygen may lead to a build-up of lipids in the blood which in return promote cardiovascular disease and inflammation. Currently, the scientists at LA BioMed continue to follow up on these findings.

Introducing Board Member Arlene Iwamoto

(By Yvonne Koga)

One of our new PEP Board Members is Arlene Iwamoto who has an interesting background. Arlene was born during WWII in a relocation camp located at Heart Mountain, Wyoming. Her family was permitted to move to Chicago prior to the war's end where they remained until 1945 when they were allowed to return to the West Coast. Shortly after their return to California they relocated to Hawaii where her father's family resided.

In 1951 she returned to Los Angeles. Arlene is a 1961 graduate of Belmont High School. She attended L.A. City College until she married an airforce enlistee and moved to Tuscon, AZ where her eldest son was born and later to WA where her husband was transferred. She returned to L.A. in 1965 where her younger son was born.

From 1971-73 Arlene trained to become an X-ray technician at U.C.L.A., briefly working for a hospital in Burbank and from 1974-78 at U.C.L.A. From 1978-85 she worked for an orthopedic surgeon in private practice, then for an E.N.T. specialist until 1994. From 1994 Arlene worked as an administrative assistant at an architectural office until retirement in 2008.

Arlene was diagnosed with C.O.P.D. in 2010 and is a member of Kaiser Permanente Health Plan. She was referred for pulmonary maintenance at Providence L.C.M. where she has exercised since March 2018. Additionally, Arlene exercises twice weekly at L.A. BioMed.

In her free time Arlene enjoys spending time with her dog, Milo, a very cute and well-trained yorkie/shitzu mix. Being an avid sports fan, she watches all kinds of sports events on TV. While watching her sports programs she knits baby blankets with matching hats for the Maternity Ward of Providence L.C.M., a service she's done since 2011. She also enjoys going to Las Vegas and Hawaii with her son and family. If you haven't met Arlene, please introduce yourself at the monthly luncheon or at the gym. You may find her near the coffee-pot because she loves her coffee.

Portable Oxygen Concentrators (POC)

(By Jackie Tosolini)

The time has come that we will

need to start charging for the use of our POC's. This is the equipment we loan out for travel. The upkeep and repairs are quite expensive and all repairs are made out of the PEP treasury. Beginning January 1 we will charge \$100 for 7+ days and \$50 for weekend rentals. On return, please let us know if any of the equipment is damaged so we can replace it before it goes out again. The repairs cost \$800 to \$1500. If you were to rent one from a company it would set you back about \$400 a week, so we think this is still a bargain.

February Babies



4 Gene Yeomans	14 Dan Buck
6 Mike Brudnicki	19 Phyllis Tarrant
8 Yvonne Koga	21 Skip Herrin
12 Marianne Williams	23 Adonna Bowman
13 Ed Pennebaker	28 Ron Meier
13 Maurine Anderson	

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:
PEP PIONEERS

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