



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
October 2017

PEP Monthly Luncheons Increasingly Popular

(by Kurt Antonius)

PEP monthly lunches on the third Thursday of every month are attracting good crowds and lots of enthusiasm. Our speakers for the PEP monthly luncheons continue to entertain and inform the audiences. Speakers range from physicians talking about the most recent developments in pulmonology, to speeches on music and medicine, to avoiding scams, home safety, and so much more.



PEP's next speaker in October is the world renowned expert on COPD, Dr. Richard Casaburi, PHD, MD. Dr. Casaburi established the Rehabilitation Clinical Trials Center in Torrance and is a frequent speaker at PEP lunches. This is a don't miss event!

If you have not been to a PEP luncheon in awhile, it's a good time to go with great speakers, terrific company, good food, fun auction items, giveaways, and more.

The lunches are held at 11:30 am on the third Thursday of every month at the Sizzler Restaurant,

2880 Sepulveda Blvd in Torrance, with ample parking in the rear.

More Information on Pulmonary Fibrosis

(by Valeria Hatcher)

Hello again everyone! Here I am again with more information for you regarding Pulmonary Fibrosis from the "Scoop In A Group" Support Group. Pulmonary Fibrosis is unique to each individual, but collectively causes irreversible scarring of the lungs. It can develop quickly or stay stable for many years. There is no definitive timetable for any particular individual.

Well we have good news!! The American Lung Association is stepping up its fight against Idiopathic Pulmonary Fibrosis. The ALA hopes to create a hub of information and a supportive community to raise awareness, and to advocate for, and improve the quality of life for patients and caregivers.

I'll close now and I'll see you again in November.

Special Raffle Coming

(By Mary Lee Coe)

Remember the wonderful November raffle we've had the last two years? Well it's coming again. There will be three tables of holi-

day prizes. Names will be called until all prizes are gone; almost everyone gets a prize. This raffle also gives us an opportunity to donate holiday decorative items that, for whatever reason, we no longer enjoy. They will go to a new home where they will be loved. So bring the holiday donations for the November raffle to the October luncheon. Good luck to all!

PERF Better Breather's Club Talk

(by Sarah Albright)



Pulmonary education and research foundation is holding a talk explaining what is involved in participating in a clinical trial. This talk will be held on Wednesday, October 18th, from 2pm until 4pm at the CDCRC Building at Harbor UCLA Medical Center. There will be social time, including cookies and drinks, announcements on what is new in pulmonary medicine, and then the headline presentation. All are welcome to attend!



Why Exercise Increases your Fitness Level

(by PERF Blog)

PERF board member Dr. Harry Rossiter was interviewed recently by the American Health Journal about his research at LA BioMed on exercise physiology. Dr. Rossiter is studying how the energy powerhouses of the muscle, the mitochondria, relate to physical exercise and to quality of health.

Mitochondria's Role In Fitness

The three pillars of health, he says, are nutrition, sleep, and physical activity. But what is it about physical activity, he asks, that allows us to have better health? Mitochondria, little organelles inside the cells of your muscles, may help provide the answer. Your body is designed to feed fuel and oxygen to your mitochondria, which then deliver energy to the cells of your muscles. People who are very fit have a lot of mitochondria in their muscles, and therefore their muscles, when supplied well with fuel and oxygen and energy, work efficiently. People who are not so fit have fewer mitochondria and therefore weaker muscles. People who have stronger muscles are generally more fit, have better health, and tend to live longer.

Mitochondria In the Muscle Cells of COPD Patients

Dr. Rossiter's research involves measuring the amount and quality of mitochondria in the muscle, particularly in patients with chronic obstructive pulmonary disease (COPD). He is able to do this using innovative techniques that do not require getting a sample of the muscle. In a recent study of 200 patients with severe COPD, it was found that their muscles have 30%

fewer mitochondria than the average person.

Exercise to Increase the Mitochondria In Your Muscles

The good news is that the mitochondria in your muscles can increase if you increase the amount that you exercise.

So how much exercise should we get? The recommended amount of physical activity for most adults is 150 minutes of exercise per week, which breaks down to 30 minutes a day, 5 days a week. This recommendation is for health maintenance, notes Dr. Rossiter. If your goal is to increase your fitness level, he recommends that you exercise more than 150 minutes per week.

Dr. Rossiter's advice to COPD patients? Enroll in a gym membership, and use the gym. Commit to being active every day. Exercise will improve the number of mitochondria in your muscle cells, enabling them to work for you more efficiently, which may help to improve overall health, prevent COPD exacerbations, and reduce your chances of needing hospitalization.

Looking Ahead



Bake Sale!

(by Sarah Albright)

At the November luncheon there will be a bake sale, run by Jocelyn and Terri. Please bring cakes, cookies, pies, or any other baked good to be sold. Pies can be whole

or sliced. Please price your items before bringing them to the luncheon.



Ice Cream Social Update

(by Sarah Albright)

The ice cream social will be on October 27th from 2:30pm to 4:30pm at the gym. This is a free event for all the PEP patients! Come enjoy some ice cream with all the toppings and fixings!

October Babies



1 Mary Ellen Finn	16 Michelle Mato
4 Kurt Antonius	17 Dorelene Younger
9 Bill Bartron	19 Zona Tolliffe
10 Nadine Morgan	23 Antoinette Phillips
12 Marcella Burch	24 Travers Devine
16 LaVonne Schnabel	25 Gayle Cottingham

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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