



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE
COMPANY OF MARY HOSPITAL

March 2019

FDA Approves Zephyr Endobronchial Valve For Treating Severe Emphysema

(By COPD Foundation)

Pulmonx Corp. announced that the FDA has approved the Endobronchial Valve System for treating severe emphysema patients. The Zephyr Valve is the first minimally-invasive device approved in the U.S. for treating patients with severe emphysema. Patients treated with Zephyr Valves were able to breathe easier, be more active and energetic, be less short of breath, and enjoy a significantly improved quality of life compared to patients who received medical management alone.

The FDA granted the Zephyr Valve an expedited review because it “represents a breakthrough technology as the device offers bronchoscopic lung volume reduction without surgery and its associated risks. This device offers significant clinically meaningful advantage over the current standard of care and therefore its availability is also in the best interest of patients.” “Zephyr Valves are a major step forward in treating severe emphysema patients who consistently feel short of breath despite all the medications we can offer. I have seen Zephyr Valve-treated patients getting back to a more active life doing the things they enjoy. As a physician, it is

very gratifying to have a new treatment that can restore a patient’s confidence and change their life for the long term,” said Gerard Criner, MD, Chair and Professor of Thoracic Medicine and Surgery,

During a bronchoscopic procedure requiring no cutting or incisions, tiny Zephyr Valves are placed in the airways to occlude a diseased part of the lungs and reduce hyperinflation. This helps the healthier parts of the lungs to expand and lifts pressure off the diaphragm, thereby decreasing shortness of breath and making breathing easier. Patients most likely to benefit from this treatment can be identified with assessment tools.



Since 2007, more than 14,000 patients have been treated with the Zephyr Valve worldwide. Zephyr Valve treatment is included in emphysema treatment guidance issued by leading health organizations worldwide, including the

Global Initiative for Chronic Obstructive Lung Disease (GOLD) and the UK’s National Institute for Health and Care Excellence (NICE).

The Pulmonx Zephyr® Endobronchial Valves are implantable bronchial valves indicated for the bronchoscopic treatment of adult patients with hyperinflation associated with severe emphysema in regions of the lung that have little to no collateral ventilation.

Reminder! Reagan Library Bus Trip April 11

(By Jocelyn Dannebaum)

Just a friendly reminder that Thursday, April 11th will be our first bus trip of 2019! We will be traveling to the Ronald Reagan Presidential Library, where a limited time exhibition of artifacts from Pompeii is currently being shown. You won't want to miss it!



Very few spaces remain for this great trip. Your ticket of \$25 includes the 1:30 hour bus trip with snacks, admission to the library, as well as a catered lunch nestled under the wing of Air Force 1! Please see Ann Jones to reserve

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your spot. If you have already claimed a spot, payment is due to Ann by the March luncheon (3/21). Please note, you will need to be in the parking lot of the rehab gym by 8:30am to ensure a departure of 9:00am. We look forward to seeing you there!

Lung Cancer Deaths 28% Lower in California Than Rest of U.S.

(By PERF Blog)

Annual lung cancer mortality was 28 percent lower in California than in the rest of the United States in 2013, according to a study published online Oct. 10 in Cancer Prevention Research.

John P. Pierce, Ph.D., from the Moores UC San Diego Cancer Center, and colleagues examined trends in smoking behavior in California and the United States using data from the 1974 to 2014 national Health Interview Surveys (962,174 individuals). Lung cancer mortality data were obtained from the national

Surveillance, Epidemiology, and End Results Program.



The researchers found that California had much larger declines than the rest of the United States in smoking initiation and intensity and increased quitting among those aged 18 to 35 years. Among this age group, only 18.6 percent had ever smoked in 2012 to 2014; smokers consumed only 6.3 cigarettes/day, and 45.7 percent of ever smokers had quit by age 35 years. Compared with the rest of the United States, each of these metrics was at least 24 percent better. Among seniors, there was no marked California effect on quitting or intensity. Annual lung cancer mortality

decreased more rapidly in California from 1986 to 2013 and was 28 percent lower by 2013 compared with the rest of the United States (62.6 versus 87.5 per 100,000). “While quitting smoking has increased across the country, this does not explain why the decline in lung cancer has been so much faster in California,” Pierce said in a press release. “This can only be attributed to the success of tobacco control in this state which has been so effective in convincing young people not to smoke.”

LOOKING AHEAD

March Luncheon

Jackie and Betsy will be next month’s speakers discussing oxygen therapy part 1. We hope to see you all there on Thursday March 21st at the Sizzler!

April Bake Sale

(By Sarah Albright)

Just a reminder to start thinking about goodies, desserts, and sweet treats! We will be having our annual bake sale at the April luncheon. Please bring in homemade or store-bought goodies to sell at the luncheon.



In Memoriam

Lydia Goode

March Babies

- | | |
|------------------|-------------------|
| 2 Bebe Bonnell | 22 Carol Sutor |
| 5 Robert Kubo | 23 Marybeth Jason |
| 6 Paula Amemiya | 29 Lolita Smith |
| 11 Silvia Arenas | 30 David Hobbs |
| 22 Bruce Summers | |



April Babies

- | | |
|-----------------------|----------------------|
| 4 Art Cottrell | 16 Harriet Shimohara |
| 5 Charles Garrett | 17 Kevin Bussi |
| 7 Maxine Robinson | 19 Nancy Cunningham |
| 9 Carlin Schindell | 19 Eileen Stallings |
| 9 Nazir Ahmed | 21 Pat Singleton |
| 10 Bella Brannan | 22 Norman Niederman |
| 11 Ruth Pallis | 24 Barbara Frey |
| 12 Michael Leiran | 24 Donna Mirassou |
| 12 Jane Ryan | 25 Andrea Legacki |
| 12 Masako Batjer | 26 Charlotte Johnson |
| 12 Marsha Doolittle | 28 Jeanine Falk |
| 15 Bobbie Stojanovski | 29 James Duncan |

Editor- in- Chief : Sarah Albright

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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