



PSP

TALK



PULMONARY EDUCATION PROGRAM
HOSPITAL

- LITTLE COMPANY OF MARY

Happy New Year!

CHRISTMAS PARTY

The 2008 Christmas Party Luncheon was held December 11th at Sizzler on Sepulveda Boulevard. The second Thursday of the month instead of the usual luncheon day of the third Thursday. This change was made to relieve some of the pressure of upcoming Holiday activities for everyone.



Attendance was excellent: the room was expanded to handle the large turnout. Mary Lee Coe, with Lavon Schnabel and June Robinson did a fine job decorating the tables in a festive, Christmasy manner.

If you were among those few who did not attend, we missed you and you missed a delightful repast.

JANUARY'S LUNCHEON
Will be held on the usual 3rd
Thursday (1/15/09) at the usual
time (11:30) and place (Sizzler on
Sepulveda)

WE'VE LOST A DEAR FRIEND



Janice Ann Hill, ("Jan"), whom we first met 'way back in 2002 upon her graduation from the Pulmonary Class, and who amazed and delighted us with her many abilities and sunny disposition, left us December 30th.

Jan was born in Kenosha, Wisconsin in 1930, finally moving to Torrance about 40 years ago.

Jan's demise was rather unexpected, and we will all miss her greatly.

What Is COPD?

COPD, or chronic obstructive pulmonary disease, is a progressive disease that makes it hard to breathe. "Progressive" means the disease gets worse over time.

COPD can cause coughing that produces large amounts of mucus wheezing, shortness of breath, chest tightness, and other symptoms.

Cigarette smoking is the leading cause of COPD. Most people who have COPD smoke or used to smoke. Long-term exposure to other lung irritants, such as air pollution, chemical fumes, or dust, also may contribute to COPD.

To understand COPD, it helps to understand [how the lungs work](#). The air that you breathe goes down your windpipe into tubes in your lungs called bronchial tubes, or airways.

The airways are shaped like an upside-down tree with many branches. At the end of the branches are tiny air sacs called alveoli (al-VEE-uhl-eye).

The airways and air sacs are elastic. When you breathe in, each air sac fills up with air like a small balloon. When you breathe out, the air sac deflates and the air goes out.

In COPD, less air flows in and out of the airways because of one or more of the following:

- The airways and air sacs lose their elastic quality.
- The walls between many of the air sacs are destroyed.
- The walls of the airways become thick and inflamed (swollen).

The airways make more mucus than usual, which tends to clog the airways.

In the United States, the term "COPD" includes two main conditions—[emphysema](#) and chronic obstructive bronchitis

In emphysema, the walls between many of the air sacs are damaged, causing them to lose their shape and become floppy. This damage also can destroy the walls of the air sacs, leading to fewer and larger air sacs instead of many tiny ones.

In chronic obstructive bronchitis, the lining of the airways is constantly irritated and inflamed. This causes the lining to thicken. Lots of thick mucus forms in the airways, making it hard to breathe.

Perhaps you can vicariously enjoy a visit to this less frequented locale. - Ed

I would like to share highlights of my recent trip to Argentina. Before doing that, let me preface this by saying that I've been there several times before, and have truly enjoyed each visit to this beautiful and interesting country. I

emphasize that I did not write this as a diary of the trip, but only a narrative of the highlights of my two-week visit. The main plan of my trip this time was to visit the Perito Moreno Glacier in Patagonia. However, as you will learn from what will follow, I had the opportunity to do much more than that while there, including:

- Arrival in Argentina, the Belgrano section of Buenos Aires, and its parks
- More of Buenos Aires – the food, Recoleta, and the Polo Matches
- Patagonia – The town of El Calafate, and Los Glaciers National Park
- San Antonio de Areco – an old historic town
- San Ysidro, and a boat trip through the delta of the Rio de la Plata

After beginning this article at Paul's request, I realize that there is no way I can do justice in describing my trip in a single article of his newsletter. For this reason, I will be presenting the highlights of my trip as a series of episodes to be found in this and future issues of the newsletter as space permits.

The flight to Argentina was pleasant and I learned that I had no problem on a Boeing

777 at an altitude of 38,000 feet. However, I did feel a little winded when the plane went up to 40,000 feet to clear the weather over the Andes. When traveling to Argentina from another country, one usually first arrives at the International Airport of Buenos Aires, the capital of Argentina. The architecture of Buenos Aires is heavily influenced by classic European design, and the people there project an easy and laid back lifestyle.



ARGENTINIAN DOG WALKING

Our daughter, Daniela, lives there, and was on hand to greet me on my arrival. She then brought me to her place that was about a one hour drive from the airport. We took a cab that cost us roughly \$30, a price quite reasonable considering how long it took us to get there.

There are many beautiful areas in Buenos Aires, and our daughter lives in a part of the city called Belgrano. During my visit I had several opportunities to walk through her neighborhood that consists of apartment houses, grocery stores, fruit stands, bakeries, outdoor cafes, and trendy shops. It was very easy for me to adjust to the very relaxed life in this part of the city. I loved the shapes of the trees that are shown in this photo of a typical street of Belgrano. Many city

streets are lined by beautiful trees providing shade.

An unusual sight to me, but one that can commonly be seen in many Buenos Aires neighborhoods are the "dog walkers", such as the one pictured below. This dog walker appears to have a pack of some 8 to 10 dogs under his care. As you can see, there are also several unleashed dogs that tag along not under his care that have been attracted to the pack. I believe that I have seen as many as 18 dogs being cared for by a single dog walker. The dog walkers collect the dogs from their client's apartments, and take them to special areas in one of the many parks of the city where they are unleashed and play together.

Speaking of parks, there are many beautiful and well cared for parks in Buenos Aires where the Argentines flock to relax, play, and sun-bathe during the spring and summer months in the city (November is late spring for them as, being south of the equator, their seasons are the reverse of ours). Adorned by statues of their heroes, like San Martin, Hidalgo, and Simon Bolivar, the parks also provide respite from the summer heat and humidity with broad and beautiful trees, such as the pink floss silk, and blue jacaranda in this photo.

