



PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
May 2018

MAY LUNCHEON RESCHEDULED FOR MAY 24

The Pulmonary Staff will be attending a symposium May 17 and 18. So mark your calendars for the May luncheon a week later on May 24. In addition, due to the symposium **THE GYM WILL BE CLOSED MAY 18.**

MIRACLES DO HAPPEN

(by Jackie Tosolini)

On Sunday, April 15th, our Sarah received a Double Lung Transplant. She is recovering and doing well. She is expected to go home in about a week. Sarah sends greetings to all and appreciates all



the cards, prayers, and well wishes sent her way. We will keep you posted on her condition as she continues to heal on this incredible journey.

POINT VICENTE INTERPRETIVE CENTER

by June Robinson

The center is located in Rancho Palos Verdes. The Weather was nice but the whales decided not to appear that day. The museum was very interesting and the docents were very well informed. The Whale Walk located at the entrance of the museum was traces in stone of the monumental migration of the Pacific Gray Whale from the frigid Arctic waters past the Southern California Coastline to the warm lagoons of Baja. We observed the different parts of the Gray Whale large sculpture in the lobby. The docent informed us that the calves travel with their mother to the lagoon.

California history started with the Tong Indians, who used whale oil for a variety of uses. The next people to arrive were Japanese farmers, Spanish Ranchers, offshore Portuguese whalers and early visionaries like Sepulveda, Cabrillo, and Dominguez.

After our museum trip we lunched at the Red Onion Restaurant where the food and service were excellent.

Many thanks to Ann Jones who arranged the wonderful trip and the restaurant reservations.

APRIL BAKE SALE

by June Robinson

Many Peppers contributed either store bought or home baked goods consisting of pies, cookies and breads. Everything not only looked tempting but was delicious as well. The Bake Sale was so successful it added \$153 to our treasury. It's a lot of fun to be involved in it. Thank you Peppers very much for your contributions.

WHAT YOU CAN DO TO HELP SOLVE THE TOBACCO PROBLEM

By PERF Blog

Although cigarette smoking is on the decline, it remains the leading cause of preventable disease in the U.S. More than 480,000 deaths every year are due to cigarette smoking. The rates of cigarette smoking remain highest among young adults ages 18 to 24, people with lower levels of education, those whose incomes are below the poverty level, and some races and ethnicities. In fact, among high school students, tobacco and nicotine use is growing because of their use of e-cigarettes, hookahs, and vaping.

Then there's the issue of marijuana smoking. Marc Moss, M.D. lives in Colorado, where marijuana was recently legalized, and he notes that the percentage of cannabis users has increased steadily since its legalization, going from 6 to 12 percent among adults age 26 and older, and from 22 to 31 percent among college-age students. This raised serious concerns, he says. In a recent article for the American Thoracic Society, he wrote, "the potential harmful effects of e-cigarette and cannabis on the lung cannot be overlooked.

One Way to Help the Tobacco Problem: Support a Higher Age for Tobacco Sales.

One city in Massachusetts reported that, when they raised the age for tobacco sales, teenage smoking dropped by almost 50 percent. Dr. Moss urges people to support a raising of the age for tobacco sales in their states. Ways you can lend support to this effort include writing to the editor of your newspaper, writing posts on your social media accounts about why we need to raise the minimum age, and stressing that we need to do this to protect our children. You can also contact your local, state, and federal legislators and ask them to support laws that raise the age of legal tobacco purchase to 21 years.

Another Way to Support Lung Health

As discussed above, it's not just tobacco smoking that contributes to lung disease; it's also the use of e-cigarettes, vaping, and marijuana. To help support lung health, Dr. Moss urges you to also post, dis-

cuss, and send letters about the deleterious effects of these products.

Information for this article was obtained from [ATS News](#).



MUCUS CLEARING TECHNIQUES

Flutter Mucus Clearance System

The Flutter mucus clearing device uses a combination of PEP (Positive Expiratory Pressure) therapy with high-frequency oscillations. By featuring a controlled vibration system, the Flutter mucus clearing device is able to gently oscillate both the small and large airways during exhalation.

Stay Hydrated

Reduce the thickness and stickiness of mucus by staying hydrated throughout the day.

Control Your Breathing

Avoid taking quick, deep breaths after coughing.

Use a Bronchodilator Inhaler

By using a bronchodilator before any coughing technique, your airways become relaxed to make coughing and mucus clearance more effective.

MAY LUNCHEON SPEAKERS

PEP members Sarah Albright (Cystic Fibrosis) and Valeria Hatcher (Pulmonary Fibrosis) will share ways they are dealing with their lung diseases.

In Memoriam

We send our condolences and prayers to the families and friends of the following PEP members. They will be missed.

Winnie Martin
Nan Ragan

May Birthdays



We celebrate the following birthdays this month. Whether you see them in the gym or at the market, please wish them Happy Birthday.

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|--------------------|------------------|
| 6 Connie Delgado | 22 Rita Martinez |
| 6 David Viega | 23 Rose Sarukian |
| 13 Patty Kaupp | 26 Tom Anderson |
| 14 Raymond Wunno | 27 Edna Murphy |
| 17 Margaret Equchi | 30 Duane Kelly |
| 18 Carol Jones | 31 Frank Valenza |

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

Attn:
Pulmonary Rehabilitation
20929 Hawthorne Blvd.
Torrance, California 90503
310-303-7079