



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY
OF MARY HOSPITAL
August 2018

DATE CHANGE FOR PICNIC!

(By Sarah Albright)

The August Luncheon will be our annual picnic at Victor Park in Torrance. It will be held on **August 23rd**. The date has changed because of an event at the park! It will be from 11:30 AM to 2:00 PM. There will be a fee of \$10.00 per person. There will be shade at the park so please bring a sweater, and chairs to sit on.

The lunch is a potluck, so please bring your favorite dishes, salads, or desserts. They can either be homemade or store bought. PEP will supply delicious Italian sausages, hot dogs, and hamburgers with all the fixings. Cold drinks will also be provided.



After lunch there will be Bingo where you can win fun prizes! If you have any books, or miscellaneous items to donate for the white elephant table please bring them to the gym, or drop them off to Mary Lee Coe. This is always an exciting event, we hope to see you there!

Altitude, Oxygen Levels and Oximetry

(By Mary Burns- PERF Blog)

Summer vacations are upon us and some of you have expressed concerns about going to higher altitudes, either by flying, or by driving up to the mountains. You may remember that as you ascend in altitude you take in less oxygen with each breath, because the air pressure decreases, making the air “thinner” than at sea level. That means that your arterial blood oxygen, and your oxygen saturation, also decrease. Pulmonary patients, who already have low blood oxygen at sea level, may have a problem at altitudes as low as 3,000 feet where barometric pressure is 10% lower than at sea level.

High Altitude Simulation Test

How can the doctor tell if you need to increase the liter flow of your oxygen, or if you need to be put on supplemental oxygen when you fly across the country, or drive up to the mountains? He may order a HAST (High Altitude Simulation Test) which provides accurate information and is easily done in a pulmonary function lab. Another option is to perform a walking test to see if you desaturate. This can help him to estimate your oxygen needs at various altitudes. If you do need oxygen when flying, make sure you contact your airline company well in advance! Make sure you understand what their rules are for oxygen use, or taking along your equipment! If they want an

oxygen prescription from your doctor, bring at least one duplicate.

Oximeters - Oximetry

Many patients, who have gone through pulmonary rehab programs and gotten sophisticated about understanding the importance of their oxygen saturation, purchase their own oximeter. If you obtain your doctor's prescription, you should be able to deduct it from your income tax. On rare occasions, an insurance company will reimburse the purchase cost if you get a prescription. However, many oximeters are now available in sports stores or online.

Oximeters are great for patients who have gone through pulmonary rehab and are knowledgeable about oxygen, oxygen saturations and oximeters. Their physicians are sometimes comfortable with having their patients titrate their oxygen according to their saturations, especially when traveling to different altitudes. If, however, you haven't gone through rehab, or your program hasn't taught you about oximetry, there are some concerns about using this technology without a thorough understanding of its limits. You should definitely get your physician's advice on this. Remember, oxygen is a drug, and the dose (the liter flow) should be prescribed by your doctor and changed only with your physician's advice and permission.

A normal saturation, at sea level, is about 98%. Many patients with COPD will have an oximetry reading in the mid or low 90's, but that is fine. People without pulmonary disease also have low oximeter readings when they go to a higher altitude. In Denver, a normal saturation is about 90%. You should aim to have an oximetry reading above 88%, but don't worry if it jumps around and briefly drops below that. It can be due to your activity, circulation, a bent finger or arm, or cold hands. Consistently having levels drop below 88% is of concern and should be reported to your physician.



Breathing Techniques

Those of you with restrictive disease will find that your oxygen saturations may plummet with activity if you don't carefully pace yourself and practice good breathing techniques. If you have COPD, when you breathe slowly, breathe out longer than you breathe in. Using good pursed-lip breathing (PLB) can make the difference between a normal and an abnormal oximetry reading. If you have a form of restrictive disease, you may need to try different breathing techniques to see what works best for you. Slowing your breathing helps, and using PLB slowly usually helps also.

Why would you want to use PLB to increase your oxygen levels when you have oxygen prescribed for this very reason? For peace of mind! If you have confidence in your ability to keep your oxygen saturations at a safe level with your own breathing techniques, you never have to panic if you temporarily run out of oxygen!

Remember that each person is different! Please discuss these breathing techniques and the use of an oximeter with your doctor.

Amazon Smile

(By Jocelyn Dannebaum)

Expanding Your Donating Power

There are many ways for you to donate now with the introduction of PEP Pioneers as a 501(c)(3) charity. One of those ways, for those who shop online, is through a program called Amazon Smile. Amazon will delegate .5% of the price of your purchases to the charity of your choice if you opt in to the program. Doing so is simple and costs you nothing! Just be sure to follow these easy steps before you go on to your Amazon shopping:

- Go to <https://smile.amazon.com/> and sign in with your Amazon account information.
- You will be presented with a screen offering you the opportunity to select a charity. Search for PEP Pioneers in the search bar.
- Select PEP Pioneers as your charity.

While PEP Pioneers will remain your charity of choice until you change it, you must always start your Amazon shopping by logging in through Amazon Smile first in order for the donation to be made. After that, Amazon will automatically donate .5% of your purchases to the PEP Pioneers! Thank you for your support, and happy shopping!

PEP Website & Facebook Page

Members of the PEP board have been hard at work updating the PEP website to be more user-friendly and up-to-date, with access to the calendar, photos, videos of luncheon speakers, and relevant information to the membership. The website can be found at [http://](http://www.peppioneers.com/)

www.peppioneers.com/.

Another place for you to find information, photos, and interact with other PEP members is on our Facebook page. If you are a Facebook user, simply search for "PEP Pioneers" in your search bar, and give us a "like". You will be able to stay current on PEP news and events, as well as see photos and videos. Our goal is to create many outlets for you to be able to stay updated and connected with the PEP Pioneers.

In Memoriam

Dee Dee Skjervem

August Babies



3 Paul Sakanoi	17 Sidra Wieder
4 Alice Desving	18 Bob Campbell
7 Mich Chomori	21 Wally Adair
8 Karen Thompson	22 Dorothy Rodgers
10 Adrienne Katz	23 Dave Thomas
10 Rita Donahue	29 Bobbie Stafford
11 Terence Sato	30 Bernice Moses
15 Dorothy Slawson	31 Mary Gravlin
15 Margaret Smaldone	

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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