



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
September 2014

AACVPR Recertifies our Pulmonary Rehabilitation Program

By Betsy Barnes

We did it again! Actually, YOU did it for the 4th time. We have been officially notified by the American Association of Cardiovascular and Pulmonary Rehabilitation (whew!) that our application for recertification of our pulmonary rehabilitation program has been accepted. This is a huge plus for our program and an even bigger accomplishment for you. Without all of your hard work and commitment to successfully managing your life with chronic lung disease we would have not have had the statistical outcomes to show our effectiveness. All of your gym exercise time has paid off in many ways. You are stronger and functioning at a higher level, you delivered us great outcome statistics, Carol and Betsy put their heads together and crunch the numbers and something beautiful happens... recertification. I would also like to congratulate our cardiac friends for passing their initial certification. You can all rest assured that both departments are delivering you top quality services that meet the national standards. Hooray for all of us!

September's PEP Luncheon brings us a Very Special Speaker

The RENEW study of Lung Volume Reduction Coils is making big news in pulmonary medicine today. This clinical trial is looking at the efficacy and safety of using multiple coils inserted into the lungs via bronchoscopy, a minimally invasive, non-surgical approach, to relieve short-

ness of breath, improve oxygenation and enhance quality of life for people with severe emphysema. Jackie, Joseph and I attended a presentation on the procedure and the preliminary outcomes by the physician inserting the coils as our annual CSPA meeting in San Diego in May and the results so far are impressive.

This is a large, multi-center, international study. The British Medical Journal Thorax published their results on June 2, 2014. A very brief excerpt from their summary reads "Bronchoscopic lung volume reduction coil treatment is associated with a good safety profile and significantly improves quality of life, exercise capacity and pulmonary function in a broad group of patients with severe emphysema, with sustained results at 1 year." The sustained result of one year is solely because that is the length of time that they are following up on the patients, not that the improvements subside at one year.

In our effort to share this exciting information with you, we have scheduled **Heather Merry, MD.**, Cedars Sinai thoracic surgeon, transplant surgeon and the physician that is participating in this study by actually inserting the coils, to speak at our luncheon in September. Dr. Merry will explain the procedure, how it works and provide us with the latest outcomes. We're excited to have Dr. Merry take time from her very busy schedule to explain this ground breaking procedure and keep us informed on an option that may be available to many of us in the future. For a preview on how this procedure

works, go to <http://www.pneumrx.com/usa/products-technology/how-it-works/>

Please mark your calendar now for **Thursday, September 18th** and plan on attending this very special presentation. This is so exciting that we have invited other local pulmonary rehabs to join us this month. **Dr. Merry begins her talk at 1:00 sharp.** See you there!

HARBOR CRUISE REMINDER

Remember, Thursday, September 25 is the PEP Harbor Cruise. The bus leaves the PEP parking lot sharp at 10:00 am, so please be there in time to load up and sign the PEP release. The bus is 100% full, but if you wish to go and can drive to the parking lot next to the boat, there is plenty of room on board. Please see Bebe Bonnell asap to let her know you will be driving and we will give you a map to the parking lot.

Remember to wear **appropriate shoes** that are not slippery. This should be lots of fun for all of us and we look forward to seeing you!

September Birthdays - In lieu of birthdaycards, PEP Talk will recognize member birthdays every month. This month we had 13 including; Donna Duffy, Loretta Carson, Noriko Shintaku, Bob Gellman, Charleen Naughton, Bill Feess, John Monaghan, Anita Correy, Donna Marsh, Gretchen Lewis, Beverly Poston, Patricia Lannom and Helen Baker. **Happy Birthday to all!**

News and Notes Around PEP

By Dan Buck

COPD Digest - <http://copddigest.org/>

COPD Digest is a free quarterly publication of the COPD Foundation whose purpose is to disseminate up-to-date information on research, latest therapies, legislative issues, and other useful information for individuals with COPD worldwide. It is distributed internationally and currently has a circulation of 170,000 individuals. If you don't already subscribe I highly recommend that you do. You can subscribe to the online magazine at the above link or to the print version by calling the C.O.P.D. Information Line toll free at: 1-866-316-COPD (2673).

As the result of some correspondence I've had with the magazine they have indicated an interest in printing an article featuring **PEP Pioneers**. This past week I have been reviewing scrap books and other memorabilia of PEP Pioneers dating back to our first graduating class is May, 1977. We have a very rich and exciting past as the true pioneers of **P**ulmonary **E**ducation **P**rograms and how their graduates can grow healthier to maintain a better quality of life.

What I have learned from this is that we have a very pressing need for an historian and archivist who can assemble and maintain current and future scrapbooks. If this is at all interesting, please contact Betsy or myself.

BreatheLA is hosting their 6th. Annual COPD Conference entitled "New Technologies and New Hope for an Old Disease" on Wed., November 19th. Once again it will be at USC from 8:00am to 12:00pm.

GETTING TO KNOW YOU

By Nan Werley

Some time ago I was talking with a friend at happy hour, one of us, whom I had known for some time. When I said to her, "Tell me your story, Edna," She started talking and I very much enjoyed learning things about her that I had not known before. It occurred to me then that although we care for each other, support each other and think of each other as friends, we may not know a lot about who we are and the way we once were. That's what prompted this article and the ones that will follow from time to time. We'll call it Getting To Know You and we'll start with Sally Stowe.

Sally entered this world in Michigan on January 17, 1931 and after enjoying what she describes as a wonderful childhood she attended University of Michigan, majoring in music. She also met Charlie while in college, the man she later married and has enjoyed being with for many happy years. After graduation she taught music in elementary school for 4 years and spent many years storytelling in libraries. She has also been involved with a variety of volunteer work.

She and Charlie moved to California in 1963 and shortly after, they began to produce Musical Theater with the Manhattan Beach Community Church. Their first production was Music Man, with Sally's husband, Charlie, playing the leading role. That started a 50-year dedication to theater, during which time they produced 30 musicals.

In addition to the work they did with their church, in the '70's they were hired by the city of Redondo Beach and later by El Camino College to handle the production and direction for their musical programs. Both

Redondo and El Camino put on Hello Dolly and Sally auditioned for each and was awarded the leading role for both.

She tells me that what she is most proud of are her four children and what gives her the most joy, in addition to her children, is her husband. "He is great to live with and very funny."

She feels her greatest accomplishment is the joy and pleasure she has brought into the world by sharing her love of theater. She said, "Bringing smiles to the people around you is like throwing pebbles into a pond and seeing joy expand like ripples."

Sally has received many acknowledgements for her years of service, including some of the most recent: Honorary Service Award from PTA; Award for being a volunteer par excellence; Employee of the year from Manhattan Beach Community Church for 50 years of Broadway.

In 2010 they produced Mame, which she says was her last involvement with theater before her condition took over. She just couldn't do it any more. At this time, Sally is dealing with Pancreatic cancer. When I asked her if she wanted me to share this with all of you she said, "Absolutely, I need all the prayers I can get. I'd tell the world if that would help."

PEP PIONEERS is an independent group of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital that is dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members. Donations may be made to

PEP PIONEERS

Attn:

Pulmonary Rehabilitation
20929 Hawthorne Blvd.
Torrance, California 90503