



PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
April 2017

Pulmonary Fibrosis Quick Primer

by Valeria Hatcher

Pulmonary Fibrosis is a terminal and progressive lung disease that no one has ever heard of. Until they get it personally...or a loved one gets it. It is a disease that falls under the umbrella of the Interstitial Lung Diseases. In the United States there are 200,000 thousand people living with Pulmonary Fibrosis. There are 50,000 newly diagnosed cases every year and 40,000 people die from it every year.

Pulmonary Fibrosis is chronic inflammation in the air sacs and lungs. The inflammation does damage to the lung tissue and creates a scar trying to repair the damage. The continued scarring make it hard for oxygen to reach the blood stream which makes life difficult for the patient to function with their daily activities of living.

Symptoms can vary from patient to patient but overall include shortness of breath on exertion which starts very subtle, a dry or productive cough, chest pain, weakness, loss of appetite, weight loss and sometimes clubbing of the fingers and nails. Diagnosis is not always easy because it can often mimic other diseases. Testing usually includes Pulmonary Function Test (PFT), Chest X- Rays, C.T. Scans and or MRI's and can and will include a Bronchoscopy and Lung Biopsy.

There are many varieties of Pulmonary Fibrosis. They often look and act alike. P.F. can be the result of other health conditions such as autoimmune diseases like Scleroderma or Lupus. It can also be caused by long term exposure to chemicals or dust or even by having chemotherapy. Alternately it can be familial or genetic

(passed down from parents or other relatives). Often some patients don't have any other medical reason associated with their inflammation source and their case is often referred to as Idiopathic meaning of unknown cause.

Treatments vary from patient to patient due to the differences of patient needs. Very often what works for one patient won't work for another. Treatments include medications and non-medications such as exercise and Pulmonary Rehabilitation and eventually lung transplantation.

May Birthday Celebrations

We celebrate the following birthdays in May. Whether you see them in the gym or in the market, please wish them happy blessings on their day / month

13 Patty Kaupp	23 Rose Sarukian
14 Raymond Wunno	26 Tom Anderson
18 Carol Jones	27 Edna Murphy
21 Robert Lucio	30 Duane Kelly
22 Rita Martinez	

Raffle News

by Mary Lee Coe

Last month we raised the most money we have ever raised on a monthly gift raffle. Thank you for your generous support I also want to thank wonderful donors. Everything on table is donated except the See's candy gift certificate. Traditionally See's certificates are paid out of the general fund.

The money we raise is used to defray the cost of our trips. If we didn't subsidize the trips, the cost might be prohibitive for many Peppers.

This is the time of the year when there is a lot of gift giving; Easter, Weddings, Showers, Graduations and

Mother's Day. You may want to consider these occasions when deciding which raffle prize (s) you'd like to win.
Good Luck!

New PF Support Group

by PEP Pioneers

We wish to announce the formation of the **South Bay Pulmonary Fibrosis Support Group**, and to invite anyone who is interested to join us at the first meeting:

Monday April 24, 2017

**Sizzler Restaurant, Torrance,
11:00-2:00**

Price: Optional lunch is \$14.00, collected by PEP Pioneers

Speaker: Susan Golleher, RN

RSVP (by 4/20) Necessary so we can give Sizzler a count of attendees for seating, lunch, etc.

For more information and to RSVP, please contact either
Valeria Hatcher 323-293-8663 or
Dan Buck 310-502-0245

PERF BETTER BREATHER'S CLUB MEETING April 19

by Kurt Antonius

The PERF Better Breather's Club has extended an invitation to PEP members to attend their next meeting, **April 19**, which will be held at the Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center in Torrance. Their address is: 1124 W. Carson St, Torrance, CA.

Better Breathers Club

continued

Paramedics from the Torrance Fire Department will speak on "Medical emergencies, when and when not to call". This should be a very interesting subject and we will be hearing from the experts on this important topic. We are grateful that the PERF Better Breathers Club has extended this invitation.

Schedule:

April 19
2:30-3:00 pm Social time
3:00-4:00 pm Presentation by Torrance Paramedics
4:00-5:00 Q&A and social time

We hope you can join the Better Breather Meeting plus it's a chance to meet some other people with COPD!

April Bake Sale

by Dan Buck

At the April Luncheon on Thursday, **April 20** will be PEP's fund raising bake sale to raise money for PEP activities. This is a great chance to show off your baking skills and help PEP Pioneers at the same time.

It doesn't matter what you bake (or bring something store bought). Cookies, bread, brownies, fudge, pies, muffins, or cakes, they will all help raise funds for PEP. These funds help to offset costs for field trips, annual holiday lunches, newcomer free lunches, thank you cards for sick PEP members and so much more.

Please price your items in even dollar amounts and you can sell the whole cake or pie, etc. or in several pieces individually priced. Small items such as cookies or brownies can be in Ziploc bags such as 3-6 items for a \$1. So turn on your oven, mix up the dough

and help raise some dough for PEP! Containers will be provided too.

We are sure this Bake Sale will be as successful as our previous ones. This is a great fund raiser for PEP Pioneers, and everything usually sells out. Please help us out by making or bringing some-thing delicious.

Medical Equipment Available

by Mary Lee Coe

We have a new '*lending library*' resource for Peppers. Many of us have medical equipment such as wheel chairs, walkers, shower chairs, etc that we no longer use, but others may need. So we are starting a lending library of available medical equipment and its location. The facilitator will have an inventory of these items and their location.

Peppers who need the equipment will call the facilitator who will locate the equipment's owner and put the two together. When the equipment is no longer needed it will be returned to the owner and put back in inventory.

News and Notes Around PEP

by Dan Buck

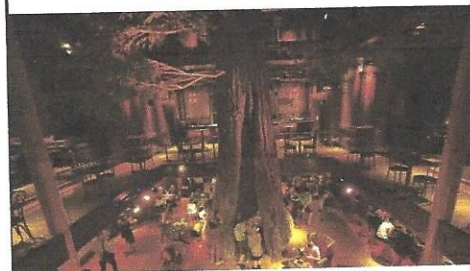
Often times I have spoken about PERF, the Pulmonary Education and Research Foundation, founded by a early PEP Member, which supports a portion of Dr. Casiburi's work for LA BioMed. Over the years we have been very close to PERF, and even now, Kurt Antonius is one of their board members.

PERF runs an exceptional website, full of pertinent information for all of us. <http://perf2ndwind.org/>

An current blog article discusses a recent study and states,

'A new study has revealed that endobronchial valves – tiny, one-way valves placed in the lungs to block airflow to diseased regions in order to achieve lung volume reduction – can benefit patients with homogeneous emphysema (emphysema distributed evenly across the lung).'

'Said Professor Ralf Eberhardt, MD, of the Thoraxklinik at the University of Heidelberg, and co-principal investigator of the study, "In the IMPACT study, we found that EBV treatment resulted in statistically and clinically significant improvements versus controls in pulmonary function, exercise capacity and quality of life in patients with severe homogenous emphysema and negative collateral ventilation.'"



Famous Redwood at Clifton's Cafeteria

The May bus trip to LA and Clifton's Cafeteria is full and we have a waiting list. Its very important that those who have signed up make payment by our April luncheon.

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 Free donations may be made to:

PEP PIONEERS

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