



PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
February 2017

Weight Gain Tips

by Jocelyn Dannebaum

Weight loss can be an issue for COPD patients, especially when just the act of consuming a meal makes it difficult to breathe. Cooking can be a chore, and if you are cooking for only yourself it can be a task that simply doesn't seem worth it to undertake. There are a few things you can do to make it easier on yourself to help get the calories you need on a daily basis without overexerting yourself.

- Find high-calorie and high-fat substitutes. Instead of using milk in cereal, cooking, or baking, use half & half or even whole cream. Cook with butter instead of oil. Put a generous amount of mayonnaise on your sandwiches. Double up on the avocados (a healthier way to get more fat!). Add evaporated milk to eggs, soups, or yogurt (this will give you added calories and protein without bulk). Add cream cheese to scrambled eggs. Consider adding a nutritional supplement drink to your daily diet, like Boost or Ensure. They offer a high-calorie drink option in multiple flavors, while also providing protein and vitamins your body needs.



- Don't focus on three square meals per day. Every couple of hours you should be eating something, even if it's small. Start your day with a good breakfast, and eat every couple of hours after that. Adding the nutritional drink supplements is a great way to continue getting your calories without struggling to eat when you don't feel hungry, and without having to prepare anything. Good foods to

keep in stock for small, easy meals throughout the day are muffins, soups, protein salads (like egg, tuna, or chicken), salads with a creamy dressing, and frozen options in the freezer that will not only keep longer but will be easy to prepare when you don't feel like cooking.

- Take it easy. When you are struggling and fighting to breathe, you are burning an enormous amount of calories, calories which you may not be consuming and are therefore losing. Find ways to make things around your house and in your life easier for you. Ways like...

- Don't be afraid to accept help. As part of a pulmonary rehab group, I'm sure you understand that this fight is fought best when fought with others on your side. While it can be difficult for some to acknowledge the need for help or ask for it, it is vital to maintain or gaining weight. When you eliminate the stress and exertion of preparing a meal and allow someone else to do it for you, not only do you save yourself the difficulty of cooking, you also gain a friend or family member to dine with! If you allow someone to come in to help you with cooking a couple times a week, you could get multiple meals out of it in leftovers, and the only effort you need to exert is simply to eat it!

Pedometer Update

by Kurt Antonius

Contest - For those of you who are keeping track of your daily steps, I think it is easiest to think of every month having 28 days as the chart has boxes for 7 days a week and 4 weeks. Don't worry about the date, just think of entering steps for day 1 thru day 7 with 4 weeks in a row! It is important to wear your pedom-

eter everyday and record your numbers every evening.

As our PEP luncheons are in the middle of the month, we will tally scores as follows:

March luncheon- charts collected for January and February. We will tally at the lunch your improvements for the month of February over January. Winner gets \$50!

April luncheon - charts collected for March. We will tally at the lunch your improvements for the month of March over February. Winner gets \$50!

For those who can't attend the lunch, stop by the gym, copy your chart and drop it in the basket provided. Be sure your name is on the chart and it is turned in at PEP before our monthly luncheon. If you win we will announce it at the luncheon and have your \$50 gift awaiting you at PEP.

Mar. Birthday Celebrations

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

1 Ronny Marshall	7 Earl Grant
2 Bebe Bonnell	11 Silvia Arenas
6 Paula Amemiya	26 Grayce Colwell
6 Vangie Maynard	30 David Hobbs

**Come join our Happy Hour
Last Tuesday of the month**



More from LA BioMed

We are so fortunate to be within a couple miles of Dr. Casaburi's Rehabilitation Clinical Trials Center at LA BioMed on the Harbor UCLA campus. The following is a list of accomplishments they have achieved in the last 20 years, and many PEP Pioneers have participated in each of these studies. By helping them they help us with new medications, medical equipment and exercise techniques. Call to see if you can participate; (310) 539-8390 (from <http://perf2ndwind.org/research.html>)

Research in the Rehabilitation Clinical Trials Center, partially supported by PERF, has achieved major contributions to the understanding of exercise intolerance in COPD patients. Established in 1998 at the Los Angeles Biomedical Research Institute, it is dedicated to top level clinical research.

Major achievements include:

- Demonstrated that vigorous exercise is capable of markedly improving exercise tolerance, even in patients with severe lung disease.
- Evaluated the utility of strength training programs in improving functional capabilities and strength of patients with COPD.
- Expanded the understanding of the utility of oxygen therapy in improving the exercise tolerance of COPD patients who do not meet the usual criteria for requiring supplemental oxygen.
- Investigated new oxygen conservation strategies to improve the utility of ambulatory oxygen therapy.
- Evaluated new bronchodilator and anti-inflammatory drugs intended to improve lung function and exercise tolerance in COPD patients.

- Established the value of pursed lip breathing techniques in patients with emphysema and bronchitis.
- Defined abnormalities in muscle function in patients with lung disease that can limit exercise tolerance.
- Showed that an appetite stimulant was effective in increasing body weight in underweight COPD patients.
- Completed a study showing that anabolic drugs can increase muscle size and strength in men with obstructive lung disease.

News and Notes Around PEP

by Dan Buck

Well its been awhile since I've seen many of you. I'm normally in the gym 3 days a week pushing the importance of exercise. However, back surgery in November and two bouts of pneumonia have kept me away far too long.

Here's the news;

Our February Luncheon speaker will be Dr. Bruce Jackson, cardiologist and excellent speaker. Come join us at Sizzler on Thurs., Feb 16.

Speaking of future events, our Ways and Means Committee is already planning a new PEP fieldtrip for April. Looks like we might get a tour bus trip of the new and improved downtown LA as well as lunch at a famous LA Landmark restaurant. We will know more once we have a date confirmed.

One of our members had a new handicapped bathtub installed and discovered she could deduct it from her taxes as a home accommodation for medical necessity. Talk to your taxman if you've had any work done, or plan to.

Don't forget that PEP Pioneers is now a 501c(3) tax deductible non-profit, so if you want to support our organization tell your friends and family.

I'll try to share my recent medical issues as a learning experience in hopes it will help one of our members in the future. A few years ago I attended a COPD Conference and heard one of PEP's old time friends, Dr. Brian Tiep, talk about a 'rapid action plan'. He explained that a COPD exacerbation should be treated within 2 days.

Since October I've had to use my rapid action plan (a Z-pack and prednisone) twice, but the congestion never went away. By Christmas eve it was so bad I couldn't breathe and ended up in Little Company with pneumonia. After 8 days I was begging to go home but my breathing was still poor.

13 days later I had the same problems but went to Torrance Memorial ER because it has single rooms. In both places I was seen by pulmonologists from Dr. Chang's organization, Peninsula Pulmonary. They told me that I had a couple infections found in my sputum including Pseudomonas and possibly MAC. My research told me that pseudomonas grows in medical tubing and ventilation equipment. Well I hadn't changed or cleaned my CPAP equipment in a long time.

My conclusion; Its very important that we follow the maintenance directions on all the equipment we use, and that we clean or replace our cannulas frequently. Also talk to your doctor about a rapid action plan. It may be months yet for me to recover, and I am adjusting to a new 'normal'. Hope to see everyone soon.

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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