



# PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
May 2016

## HARRAH'S Casino Trip Big Success

(by Kurt Antonius)

Forty PEP Pioneers ventured off into the desert for a full day of



gambling and dining on this popular field trip. The two-hour chartered bus trip went quickly as several one dollar Bingo games were played in route. Each person on the trip received a nice goodie bag filled with treats, fruit, candy and June's famous home made cookies!

Upon arrival at the casino, Harrah's staff boarded the bus and welcomed PEP to the casino. As we disembarked the bus, the staff were right there to give most of us our gambling cards which included \$5 in casino dollars and buffet lunch discounts.

Most of the group headed first to the terrific buffet lunch in the

main casino restaurant which featured a wide variety of outstanding entrees in the buffet and an outstanding dessert selection which this author visited several times.

Then it was time for some serious gambling and PEP Pioneers were found all over the casino floor at blackjack and craps tables, slots, and other machines designed to take one's money. I had no idea just how knowledgeable and successful some of our members are!

On the bus ride home, an informal poll was taken to determine if any people were coming home with more money than they left with. An astonishing 35-40% raised their hands to indicate a financial success!



Big kudos to Bebe Bonnell for all the hard work she put into planning and organizing this popular event.

## Nutrition and COPD

(From Perf Blog)

You've no doubt heard of nutrition as a factor in improving energy levels, healing, strength, and joint health, but did you know that nutrition may be a factor in how well you cope with COPD?

People with COPD come in a variety of body sizes. Like many Americans, many people with COPD are overweight. This adds to the effort (and shortness of breath) associated with activity... and keeping active is very important. On the other hand, as COPD progresses, some people lose weight, a process known as "cachexia." Both ends of the spectrum are bad places to be. Good nutrition is one (but not the only) measure that can help maintain good health.

Any old source of calories won't do. The better the quality and nutritional value of the food you put in your body, the more benefits you'll get out of the food. Here are some foods to avoid.

1. First – and this won't surprise you – avoid or at least cut down on foods that are devoid of nutritional value: candy, sugary drinks, overly processed foods,

## Nutrition and COPD

(continued)

caffeinated drinks, fast food, alcohol, and even low calorie/low fat foods (unless you're overweight and working to shed the extra pounds).

2. Foods that cause heartburn or acid reflux. Acid reflux causes stomach acid to enter the esophagus and sometimes the lungs as well, which can cause a flare-up in breathlessness or chronic cough.

3. Cured and processed meats that have nitrates in them. This includes bacon, cold cuts, hot dogs, and ham. Consumption of nitrates in large amounts can exacerbate COPD symptoms.

4. Salty food. Excess sodium consumption can cause increased blood pressure and water retention, which can interfere with your breathing. Try using herbs and salt-free spices when you can.

5. Foods containing sulfites. Some foods that often contain sulfites: potatoes, shrimp, wine, and beer. Sulfites cause your bronchial tubes to narrow, making it harder to breathe.

Check back next month for information on key nutrients that are especially beneficial for COPD patients, helping them stay as strong and healthy as possible as they cope with their disease.

## June Birthday Celebrations

(sorted by date)

1 Ellen West	19 Hilda Ghurani
5 Gregory Cookson	19 Jimmie Double
5 John Fernandes	19 Rubye Richey
6 Shirley Tracy	24 Elaine Burlin
6 Eddie Sekine	26 Cathy Teitelbaum
11 Jack Kramer	27 Dean Peterson
11 Carolyn Mulhall	28 Sue Coppock
12 Carole Hoshiko	30 Joann Cannon
12 Nancy Kimball	30 Ellen Jordan

## News and Notes Around PEP

(by Dan Buck)

Once again the PEP Pioneers had a

fun and successful field trip. COPD can be a very debilitating disease if we let it, and these outings help us realize we can still get out and do things. On each trip Betsy, Jackie and Joseph come along for medical support and bring lots of oxygen. If you don't walk too well we bring several wheel chairs and walkers too. So come join us the next time we announce another trip. Plans are already in the works.

### Clean your showerhead

Growth of a bug called atypical mycobacteria can buildup, which can cause coughing and shortness of breath and be especially dangerous for COPD sufferers. Every six months, fill a plastic bag with white vinegar and attach it to the showerhead with a rubber band so the head is submerged. Remove after an hour and run the shower to flush out.

**Website Update:** Our website hosting service, GoDaddy, informed me that they are updating their software and servers so we won't be able to make any website updates for the next 6-8 weeks. (I know, it was a little behind in current activities too.) The site and all of its valuable information is still functional during this time. It may be offline for at most a day to install the updates.

We still have plenty of room at our monthly luncheons, and we always welcome our new graduates to join us, the third Thursday of every month at the Sizzler on Sepulveda in Torrance from Noon to 2:00. This month's speaker will be Treasure Joyce, RN who will speak about avoiding strokes as we age.

### Medical errors may be third leading cause of death in the U.S.

News excerpt from CNN 5/3/2016

"In fact, the study, from doctors at Johns Hopkins, suggests medical errors may kill more people than lower respiratory diseases like emphysema and bronchitis do. That would make these medical mistakes the third leading cause of

death in the United States. That would place medical errors right behind heart disease and cancer.

Through their analysis of four other studies examining death rate information, the doctors estimate there are at least 251,454 deaths due to medical errors annually in the United States.

According to *HospitalSafetyScore.org*, "As the patient, you too are part of the health care team. It's important that you prepare, listen carefully, and speak up when you need to " Ask questions when you are unsure of what you are being told, or when some something unexpected happens. For instance, if you aren't sure what kind of medication you're being given, try saying: "... What kind of medication are you giving me? What is this medication for?"

**Fund Raising** - PEP can always use additional items for our raffles and financial donations to buy equipment and make our trips less expensive. One thought is to hold a PEP Parking Lot Garage Sale some weekend this summer.. Tell the staff what you think?

### In Memoriam

We send our condolences to the families and friends of the following PEP members we have lost this year. They will be missed.

**Jan. Dana Capp**

**Jan. Sally Stowe**

**Mar. Ernie Held**

**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

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