



PSP TALK



PULMONARY EDUCATION PROGRAM – LITTLE COMPANY OF MARY HOSPITAL

FEBRUARY 2009

EASIER ACCESS & EGRESS

by Betsy Barnes

Special thanks to Pioneer Mary Lee Coe for her successful lobbying efforts to have BCHD install an electric door for our ease of entrance into the building. From now on, don't worry about that heavy glass door. Simply push the large button located near the inside and the outside of the door and it will swing open...just like magic! Kudos to you, Mary Lee, for a job well done.

January Luncheon Announcements

At our January meeting we welcomed the following guests: New Pioneer members Dee Dee and Kenneth Skjervem, and Michael Jongsma, RN, manager of Cardiac Services and Carol's new boss. Thank you for taking the time to get to know us a little better!

TICKETS NOW AVAILABLE for the **Rolling Hills Covenant Church "Pageant of Our Lord"**. If you have enjoyed seeing the "Pageant of the Masters" in Laguna Beach then this is a must for you. RHCC creates living art from famous paintings throughout history that has superb quality and likeness. Our tickets are for the **Saturday, April 11, 1:00 p.m. performance.**

Depending on interest, we may organize an early dinner after the show.

Tickets are \$11.00 per person.

Contact Bunny Marsh @ 310-325-2106

Congratulations to Pioneer Yolanda Weiss who finally won her first raffle prize since her graduation in 1993! Wow, Yolanda, I hope that you got something that you really, really like!

A Brief History of Pulmonary Rehabilitation

Presented by Richard Casaburi, PhD., MD

Dr. Alvin Barach, a "Breathing Expert" that lived from 1895 to 1977 is very well known as the physician who perfected the oxygen (O2) tent, aerosol therapy and O2 treatments, mechanical ventilation, recognized the value of O2 in chronic lung disease and, especially, recognized the value of exercise in COPD. He was the first to rebuff the practice of advising people that were short of breath (SOB) to "sit still and don't do anything that will make your breathing bad." He had a very untried and unpopular notion that people with COPD should get up and exercise their muscles.

In the 1970's Dr Thomas Petty of Denver, Co followed in Dr. Barach's footsteps by perfecting O2 therapy and proposing that PR be conducted as we know it today.

In June, 1969 Dr. Petty published the first article in a medical journal on PR. Then, he called it "A Comprehensive Care Program for COPD" but it incorporated the components of exercise, O2 therapy and breathing medications to be used together. He did his own study that showed that after three months of this therapy 91 of 124 patients reported that they felt better, were hospitalized less and some even went back to work. He got national recognition for this paper even though verbal reporting is not a scientific study. Insurance companies will not pay for a service without science to support its benefit. He needed scientific data to prove his beliefs, but there wasn't any studies done.

So, in the 1980, studies began, some right here in our own backyard at Harbor-UCLA and, currently, at LA Biomed. Our Pioneers were involved on many studies investigating the benefits of exercise, pursed lips breathing (PLB), medications (Spiriva) and O2 therapy.

We learned via scientific studies that exercise is the most important component of PR programs.

Where are we today?

We learned that Spiriva increases your ability to exercise by up to 42%.

There is one paper alone that has 38 pages of evidence that PR works to decrease SOB, increase quality of life (QOL) and increase your ability to function independently. We know that PR works better than any other COPD therapy. It decreases hospitalizations and, when hospitalization does occur, it decreases the length of stay.

So why is PR non existent in some part of our country? Because it is poorly funded, has inadequate lobbying, and, by some legislatures, is still considered to have inadequate evidence of benefit.

One of the missing pieces is survival. Why does the US government spend more than 2 billion dollars on O2 therapy for COPD patients annually? Because it has been proven, scientifically, over and over again and by many different researchers that if you have COPD with low O2 levels that O2 THERAPY MAKES YOU LIVE LONGER. That is undisputed. Now, we need a survival study to show that PR makes you live longer. We have a very good idea that it does but the studies have never been done...until now. LA Biomed is preparing the first survival study comparing the outcomes of people with COPD comparing those that complete PR programs and those that do not participate in on.

Also being investigated:

Why do some smokers get COPD and some don't? The search for a COPD gene is on.

When should O2 therapy be initiated? Will those with moderately low levels of O2 benefit from using it?

Will daily low dose antibiotics prevent COPD exacerbations?

Will stem cells play a role in COPD treatment?

For further information on clinical trials contact 1-310-222-8200

Tom's Travels, part II..

Eating in Buenos Aires

by Tom Melton

Like here in the U.S., one can find almost any kind of food desired in the city of Buenos Aires. Not only do you find restaurants serving great local cooking as well as the traditional meat dishes of Argentina, but you also find cuisine from the neighboring countries of Brazil and Peru, as well as ethnic restaurants from counties like Germany and Japan. And if perchance you get homesick, you can either get a cup of coffee at Starbucks or grab a Big Mac. There's even a Chinatown, and like here, their Chinatown has fruit and magazine stands, grocery and hardware stores, as well as restaurants. However, those of us who enjoy spicy food from places like Mexico or Thailand will be disappointed. If you find that type of restaurant in Argentina, the food will not have that "hot zing" we love. Argentineans do not enjoy spicy food.

In this city, the day starts off right with a cup of good, strong coffee, and some freshly baked pastry known as "media lunas". Media lunas (translation - "half moons") are like croissants, but usually somewhat



smaller. There are many varieties of these little pastries (plain, sugar coated, and some more crispy than others). I know that they have different names for the different varieties, but I've yet to learn each of the associated names as I like them all! And, whether you live there, or just visit the city, you can be assured that there will be a quaint little café nearby that can satisfy your morning

hunger with coffee and these fresh little delicacies.

I didn't find much of a difference between their midday meal, and what we normally eat. Luncheons consist of a combination of soup, salad, and sandwiches. Their big meal of the day is in the late evening. I emphasize "late evening", because it's usually after 8PM and in fact it's not considered very unusual for them to eat their dinner as late as midnight (I know this to be true when eating at restaurants, but am not sure if they also follow this tradition when at home).



Being a good eater, I was especially impressed with the quality of beef dishes, and I love the ambiance of their steakhouses, called parrillas (pronounced parrijas). I don't think a better, or more tender, steak can be had than at a good parrilla! Waiters, sometimes in Gaucho attire, will serve you portions of grass fed goat, lamb and pork meat, slicing from carcasses that are rotating slowly over an open fire of glowing coals (called an Asador). I don't think you would be disappointed with a beef dish at almost any restaurant you go to. But, if opportunity ever presents itself, I think you'll love the experience of eating at a parrilla.

In closing this part of my adventure, I hope I've given you some idea of the food varieties offered in Buenos Aires. I suppose I should have added something on Argentine wines, or at least Malbec, which they are known for. Let me just say that this wine seems the perfect complement to a cut of lomo

(their filet mignon) that is tender enough to be cut with a spoon!

We deeply regret we lost a dear friend, **Dick Loughran** on **Wednesday January , 2009.**

Dick graduated from the PEP Program in July 2000, and had been a regular participant in Pulmonary Rehab up until last year when his health no longer permitted him to do so.

Dick leaves his wife, Eileen, and their children, most of whom reside nearby in Orange County.

Dick's funeral was Tuesday, the 27th of January, at Saint John Fisher Church. The funeral service was followed by a reception in Barrett Hall, that is also located on the grounds of Saint John Fisher

Are you keeping up with your Pioneer buddies on a regular basis? How else can you know what's going on? If you haven't bookmarked <http://www.peppioneers.org> yet, you'd better get busy and do it now! Tom Melton, your Webmaster, does a great job keeping you up-to-date.

**LUNCHEON: Thurs., Feb 19th
11:30-2:00 P.M.
SIZZLER on
Sepulveda. Come and join the fun!**