



PEP

TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL JUNE 2010

New PEP Board of Directors Member



Mike Bergeron, Class of April 2009, has joined the Board of Directors as Co-Chairperson to Teri Neilson. Mike is a native of Massachusetts and lived there most of his life. He came to California in 1991 and liked it so much, he and his wife Julie and son Michael decided to stay. Mike worked most of his career for an industrial insulation contractor. For almost 25 years, he was employed as a Project Manager by New England Insulation Co. in Boston and was responsible for the insulation portion of many major projects. Included were

numerous power plants, nuclear generation plants, paper mills, and a variety of other projects. After arriving in Torrance, CA, he was employed by Thorpe Insulation Co. (now Farwest Insulation Co.). One of his major accounts was the Chevron Refinery in El Segundo. Retiring in 2001, Mike continued to do projects for the company on a part-time basis. This included power plant construction in Bakersfield, Blythe, Boron, and Romoland, near Hemet ... all garden spots of California. Finally retired officially in August of 2008, Mike was diagnosed with COPD in December of 2008. He was welcomed by the PEP Pioneers and was soon integrated into the world of PEP education and healthy choices of workouts twice a week. Mike is pleased to be a member of the board and will work with everyone to maintain the great organization we have in PEP Pioneers. You will see Mike almost every Tuesday and Friday in the "Gym." Make sure to say hello and ask questions.

THE OLD TOWN MUSIC HALL

Join us on Sunday afternoon, 27 June, for the first event of the summer season. We'll be gathering at the **Old Time Music Hall** in El Segundo for the **35th Annual Ragtime Festival** featuring the syncopated rhythms of Alex Hassan, Cathy Craig, Frederick Hodges, and Adam Swanson. Tickets are \$20.00 per person. Plan to be at the theater no later than 2:15 p.m., to secure parking in the lot ½ block north of the theater, or on the street (Parking limits do not apply on Sundays). The music starts at 2:30 p.m. Car pooling is recommended.

An early dinner at a local restaurant, still to be determined, will follow the event. For more information contact Mary Marsh at (310) 325-2106.

The Old Town Music Hall
140 Richmond Street
El Segundo, CA

(310) 322-2592

NAVIGATING HEALTH CARE

The following are highlights from Dr. Wishon's presentation in May.

In today's world of high technology and "the information superhighway" it is hard to tell the difference between what is advertising and media hype and what is fact.

Hope is good for people and has been shown to improve health and well-being but be careful when making decisions. Advertisers market to our fears and weaknesses so be careful of any product that makes a broad claim. A statement

that claims you will get a good nights sleep, lose weight without diet and exercise or get more energy with their product is just not being truthful. It would be truthful if they stated that you might benefit from their product. If something sounds too good to be true, it probably is.

There are no regulations over the quality or effectiveness of vitamins, food supplements, herbal compounds or alternative medications. The companies that make these products don't do research on their effectiveness because they aren't required to. Why do research that may prove that their product is ineffective when they can hire marketing firms to sell it without the research?

Marketing is not about what is "good", but what is "better" or...better yet!...what is BEST. A "new" product hitting the market may not be new at all, just repackaged, renamed, and remarketed. Advil, Motrin, Nuprin and Medipren are all Ibuprofen but each company will swear that theirs is better. Often two different commonly used drugs are combined to form a new "miracle" drug. There is nothing new about it at all. In fact, you may be using these two drugs separately and be doing great on them. It's all about the marketing.

Television infomercials and the Internet are full of scams that offer "free trials." They lock you into a renewal program or contract that is difficult to get out of. Beware of any "free" product or trial that requires credit card information. You may get one month free but then start receiving a charge on your credit card.

Beware of television "experts" that are touting the miracles of their product or state that they know something "that nobody else knows." If they are making money off of you then they have a vested interest in convincing you that theirs is better. Look for the expert that is NOT trying to sell you anything, whose findings are published in a respected journal and is simply reporting his results to you.

As we age we see changes in our bodies and become more vulnerable to schemes that play on that vulnerability. Look out for claims like "Brain Food" "Life Extension" "Magic Bullet" "secret

Compound" or "Instant Results." There are no such things.

So where do you go when you want reliable information on your healthcare? Start with your own physician. Make a list of things that you want to ask during your visit. Also look for reputable medical journals wither online or in your local library. Third party reviewers are good places to look. They report and relay information to you in an unbiased way. Since they are reporting information and not trying to sell you anything they have no financial incentive to influence your decision.

Grandma knew snake oil when she smelled it and we all know the basics that are good for us:

- ✓ *Drink eight glasses of water every day*
- ✓ *Look both ways before crossing the street*
- ✓ *Eat a healthy diet rich in fresh fruits and vegetables and whole grains*
- ✓ *Get plenty of sleep*
- ✓ *Exercise regularly and find time to play*
- ✓ *Avoid tobacco products*
- ✓ *Avoid alcohol*

The Internet is a fast and easy source of endless information. In fact, there is too much information on the Internet and it is hard to tell what is accurate and reliable from what is profiteering.

LOOK FOR SITES THAT HAVE NOTHING TO SELL!

Search engines such as Google, Bing, Yahoo, etc are for profit companies and will direct you to their biggest advertisers. Check the actual site that you are reviewing. Beware of wikipedia. Anyone can post on the site and the information is not necessarily valid or accurate. Ed. Note: As a rule of thumb look for sites that end with ".org" or ".gov". That denotes it is run by a valid organization whereas ".com" is usually a commercially based company.

Below are some websites to search:

www.nlhep.org National Lung Health Education Program
www.nhlbi.nih.gov National Heart, Lung, and Blood Institute

www.mayoclinic.org Mayo Clinic (They DO have something to sell...themselves)
www.lungusa.org American Lung Association
www.vdf.org Vascular Disease Foundation
www.americanheart.org American Heart Association
www.netwellness.org A University consortium in Ohio that answers health questions
www.breathingeasy.com A guide for travelers with COPD
www.seniors.gov Senior citizens resources
www.healthfinder.gov department of Health and Senior Services
www.webmd.com National Medical News Center
www.socialsecurity.gov Social Security Online
www.consumerreports.org Consumer Reports Online

LUNCHEONS

June's luncheon on Thursday, the 17th, will feature Cynthia Rohrer discussing her "**Strength & Balance**" exercise program that is proving very popular.

Then, on Thursday, July 15th, comes the great fun of the **Annual Picnic** at Victor Park on Emerald Street in Redondo Beach. (Parking, behind the adjacent library, is only a few steps from the picnic area under the trees. It can be a little breezy and cool, so a sweater or light jacket might be comfortable.) "Admission" is \$5, as usual, but the PEP club treasury is also suffering from low income, so if you have a few "extra" bucks, it sure could use 'em! All donations deeply appreciated!!

Directions? Emerald Street is between Del Amo and Torrance Blvd. Victor Park is west of Amza, just before Victor St. You can't miss the park and the library. Just turn in the driveway alongside the library and proceed all the way to the back.

The PEP Pioneers are an independent group of graduates of the Pulmonary Rehabilitation Program at Little Company of Mary Hospital that are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of their members. Donations may be sent to the PEP Pioneers, attn: Pulmonary Rehab, BCACC, 514 No. Prospect Ave, Suite 160, Redondo Beach, CA. 90277