

PULMONARY

EDUCATION

PROGRAM

PEP PIONEERS is a non-profit corporation comprised of graduates of the Pulmonary Rehabilitation Programs at Medical Centers including Providence Little Company of Mary, Torrance Memorial Medical Center, and Kaiser Permanente. We are dependent on private donations and fundraisers to finance field trips, luncheons, publication and distribution of our monthly newsletter *PEP TALK*, and other beneficial events to support the well-being of our members.



Pulmonary Fibrosis Awareness Month 2022

September is Pulmonary Fibrosis Awareness Month. The Pulmonary Fibrosis Foundation's theme for this year is "Here For Each Other". Most of our PEP members have COPD. Some, myself included, suffer from one type of Interstitial Lung Disease called pulmonary fibrosis or PF. The word "pulmonary" means lung and "fibrosis" means scar tissue. More than 250,000 Americans live with PF and more than 50,000 new cases are diagnosed each year. Currently there is no known cure for this disease that scars the lungs, which makes it progressively more difficult for the lungs to take in oxygen. It can be linked to connective tissue disease such as scleroderma, systemic lupus, and rheumatoid arthritis which are autoimmune diseases. They cause your body's immune system to attack its own cells and tissues which leads to lung scarring. Connective tissue disease can affect many other body organs. PF can also be associated with Sarcoidosis which results in the enlargement of the lymph glands and can affect the lungs.

Even rarer are those diagnosed with IPF or "Idiopathic Pulmonary Fibrosis" where there is no known cause. We have a few IPF members who are fortunate to have had lung transplants to extend their life expectancy.

The Pulmonary Fibrosis Foundation (PFF) has a new "Patient Stories and disease Education" DVD that features 23 of the Foundation's informational and documentary style videos. Each DVD is free of charge. The content is varied. You can learn about the different types of interstitial lung disease from a pulmonologist and hear from patients who are living with PF and discover the importance of support groups. There are step by step instructions on how to start one. Included is PFF's highest-viewed video entitled "What is Pulmonary Fibrosis?" which has had more than 124,000 views on YouTube.

To order the free Patient Stories and Disease Education DVD, contact the PFF Help Center at 844.TalkPFF (844.825.5733) or help@pulmonaryfibrosis.org

Source: Pulmonary Fibrosis Foundation

Submitted by Yvonne Koga



The Lundquist Institute (TLI) Receives Grant from the Johnny Carson Foundation to Support the Training of the Next Generation of COPD Researchers

After 38 years, the Pulmonary Education and Research Foundation at Harbor UCLA dissolved in June, with the burden of research and education being passed over to The Lundquist Institute and the creation of the Pulmonary and Exercise Research Fund at the Lundquist Institute. There, our friends Dr. Harry Rossiter and Dr. Richard Casaburi will be able to continue their work with pulmonary disease and the research that has so benefitted the lives of many PEP members throughout the years.

In May, the Lundquist Institute announced that a grant in the amount of \$112,000 was awarded from the Johnny Carson Foundation to support the training of the next generation of chronic obstructive pulmonary disease (COPD) researchers at its Institute of Respiratory Medicine and Exercise Physiology, a world-leading venue for respiratory medicine research spanning basic and clinical science.

“We are elated to have received this generous grant from the Johnny Carson Foundation,” said Harry Rossiter, PhD, Co-Director of the Institute of Respiratory Medicine and Exercise Physiology and Professor at the David Geffen School of Medicine at UCLA. “This grant will go toward our unique research training program that brings together basic, translational, and clinical researchers, devoted to the understanding of physiological impacts of chronic respiratory disorders on respiratory and physical function and to translate this knowledge into therapeutic strategies. Our research efforts are embedded alongside the County Hospital system, focusing on patients from diverse and underserved backgrounds. This new support will build on our 25 years of research success to identify new COPD therapeutics, and our excellent track record in training the next generation of COPD researchers. We are also pleased to be addressing COPD, the very disease that Johnny Carson suffered from in his life.”

“We see this grant as an investment in the important research and training needed to treat respiratory disease,” said Allan Alexander, Chief Executive Officer and President of the Johnny Carson Foundation. “Having an impact on the future of respiratory medicine is a goal of our foundation and we look forward to seeing the results of this critical work.”

The Johnny Carson Foundation gift will support an immersive research training experience with rotations in basic, translational, and clinical research laboratories and specialization in a chosen area. Its main goal is to provide trainees with a comprehensive conceptual framework to understand breathing, respiration, and exercise in health and disease, develop ability to perform meaningful research investigations of these responses and confer the professional skills necessary to succeed in a competitive research environment.

Source: The Lundquist Institute

Submitted by Jocelyn Dannebaum

<https://lundquist.org/news/lundquist-institute-tli-receives-grant-johnny-carson-foundation-support-training-next>

****September Birthdays****

4 Irene Konyi

8 Millie Maloney

10 Ellen Bullock

11 Noriko Shintaku

12 Ronald Ihlendorf

14 Bob Gellman

16 John Monaghan

17 Cammie Nguyen

23 Tony Gomez

23 Gary Kenner

24 Donna Marsh

25 Jo Graves

25 Gretchen Lewis

25 Aurelio Valdez

25 Carlene Anderegg

29 Paula Schneider

30 Juyoung Jang

****October Birthdays****

1 Mary Ellen Finn

4 Kurt Antonius

4 Myra Hauptman

9 Bill Bartron

11 Marguerite Ginekis

11 Rosemary Kolesnik

16 Michelle Mato

17 Dorelene Younger

18 Gwen Files

22 Morleen Golub

23 Antoinette Phillips

24 lida Kasy

25 Gayle Cottingham

26 Tim Giles

31 Donald Dewhirst

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

PEP PIONEERS INVITE YOU TO JOIN US FOR OUR

ANNUAL FALL LUNCHEON

WEDNESDAY SEPTEMBER 14, 11:00A

SALADS & COOKIES



BURGERS & FIXINGS

\$15



**VICTOR PARK (BEHIND THE LIBRARY)
4727 EMERALD ST, TORRANCE**

In Memoriam

Curtis Elder

Hildren Haitston

Joseph Sakamaki

Patti Kaupp

Freddie Hildreth

Dennis Stricker

Muniwarge Silva

Carolyn Mulhall

Tax Deductible donations may be made to:

PEP PIONEERS Pulmonary Rehabilitation

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