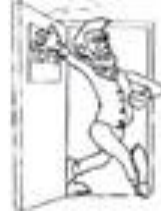




PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
AUGUST 2012

PEP SUMMER PICNIC 2012

Chef Mario Tosolini will be manning the BBQ!

Victor Park

4715 Emerald St. (1 block WEST of Anza) Torrance, CA

Picnic Area on the WEST side of the park under the trees

~~~Park in the lot behind the **Isabel Henderson Library**~~~

*Thursday, August 16<sup>th</sup>*

*12:00 to ???*

*Price: \$5.00 per person*

**\*\*\*Fully shaded picnic area...bring a sweater\*\*\***

**VERY CLOSE PARKING AND BATHROOMS!**

**BBQ hamburgers, Italian sausage, hotdogs, lemonade, iced tea, water bottles and the fixin's will be provided.**

***Potluck Dishes and BINGO Prizes Welcomed and Appreciated***

**RSVP via the telephone committee or @ 1-310-303-7079**

## COMMUNITY OUTREACH

DAN BUCK

In addition to serving PEP Pioneers as your webmaster, I also have the privilege of chairing our Community Outreach and Development committee. As a result I missed the last PEP luncheon to attend BREATHE LA's Green Salon with a tour of LA Harbor.

*BreatheLA was formed in 1903 as an independent lung health organization and today they are very involved in COPD, Asthma and environmental health advocacy. A non-profit organization, Breathe LA is partially funded by the National Heart, Lung, and Blood Institute and they sponsor the Better Breathers Club of Los Angeles.*

[[www.breathela.org](http://www.breathela.org)]

The purpose of the cruise was to focus attention to all the improvements the Port of Los Angeles has made in reducing air and water pollution. While LA and Long Beach Harbors remain the number one source of air pollution for the south coast AQMD, they have made tremendous progress in reducing pollution such as a 52% reduction in particulate matter (PM) from 2005 to 2009. PM is the worst air pollution for those with COPD.

Of course as a Vietnam-era sailor, the highlight for me was cruising past the USS Iowa BB61, our new



floating museum next to Ports O'Call in San Pedro. At 888 feet it is almost 3 football fields long, over 100 feet wide and has 3 triple turrets of 16in.

50cal guns capable of hurling a 2700 lb warhead over 25 miles. In 1980 it was updated to include several missile systems including 8 Tomahawk Cruise Missile launchers capable of delivering a 1000 lb warhead up to 1500 miles. I guess that's why they call it a battle ship. Community Outreach

## FRUSTRATION

Paul Robinson

Last week I took my puppy dog (a 110 lb German Shepherd) to our veterinarian. In the course of our conversation (with the vet, not the dog) he mentioned that a friend of his had worked at a local laboratory that had developed a double catheter that permitted the use of an external artificial lung in a hospital environment. The catheter, made by Avalon Laboratory of Compton, Ca, takes blood from a femoral artery to the artificial lung, where it is oxygenated, then back to the vena cava. That, in itself, is a major breakthrough. However, his friend, no longer with the lab, is now working to develop a portable artificial lung. A quick search of "portable artificial lungs" revealed that a number of researchers are doing the same thing with some success. These lungs, with the catheter, are expected to permit normal activity for the patient with lung disease, at least while waiting for a lung transplant. Problem is: all of the researchers predict it will be about 10 years before their work reaches fruition and approval for human use. Now, darnabbit, that is downright frustrating to me!

Other researchers at several universities are working on whole lung regeneration. It seems that all mammalian tissue contains a framework called extra cellular matrix. Or ECM, that gives the tissue form and structure. By removing all the cellular material from those

structures while keeping their form intact, the structure can be receded with the patient's own cells, essentially growing a brand-new organ that will not be rejected by the patient's immune system, thereby obviating the need for immunosuppressive drugs, all then contributing to a much longer, normal, life expectancy. But, again, Dagnabit! They are predicting a similar ten-year wait before we can hope to see those wonderful lungs available to us.

Like I said **FRUSTRATING!!!**

I hate being pessimistic, but let's face it: there are a whole bunch of us who may have some difficulty waiting that long. Granted, there are many problems to be overcome in accomplishing the desired result. But it appears that each of the researchers is to some degree duplicating efforts. It seems to me that it would be more effective if the various researchers were working on one of the various problems instead of all trying to solve all the problems. Sadly this won't happen, because each are working to attain the ultimate goal, patent their methods, and make the big bucks either for themselves or for their organization. Can't blame them but it is sure – uh - what's the word I'm looking for? Oh. Yeah! **FRUSTRATING!!!**

**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 purchase equipment that benefit all of its members.

Donations may be Made to:

**PEP PIONEERS.**

Attn:

PULMONARY  
REHABILITATION.

20929 Hawthorne Blvd.

Torrance, CA 90503