



# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE  
OF MARY HOSPITAL

January 2019

## Holiday Party: Recap

(By Sarah Albright)

On Thursday, December 13th, festive Peppers filled the Sizzler with holiday joy and cheer. Everyone looked so festive in their holiday outfits,



and our raffle prizes, and mystery gift, beamed with bows and wrapping! The music was amazing as Time Machine played holiday songs. Peppers were given drink tickets and enjoyed the food and each other's company.



50/50, and mystery gift. The raffle included beautiful bas-

There were many donations to the PEP Pioneers, and the buckets were full of names for the raffle drawing,

kets of chocolates, candies, cheeses, wine, and much more. The mystery gift was a high-end air filter, and the 50/50 gave out some serious cash! It was such a fun event and we look forward to next year!



## Lung Cancer Mortality Decreased by Early Screenings

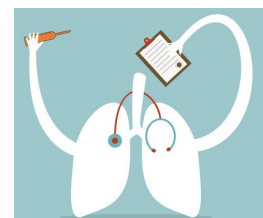
(By PERF Blog)

What if one simple thing could decrease your mortality risk from lung cancer by 26%? Or by 61%? Amazingly, a screening chest CT scan can lower mortality by 26% for men and by 61% for women!

Harry J. de Koning, MD, Ph.D., of Erasmus Medical Center, reported the results of the study at the World Conference on Lung Cancer. In the study, investigators in The Netherlands and Belgium recruited participants

from population registries, submitting questionnaires to those who fell into the high-risk category for developing lung cancer. These were individuals between 50 and 74 years of age who had smoked 10 or more cigarettes a day for 30 years or at least 15 cigarettes daily for 25 years, and had ceased smoking within the past 10 years. A total of 15,792 participants who met the criteria were studied.

The group was divided into two groups that were balanced with respect to age, sex, smoking history, and smoking cessation. One group had chest CT imaging in the first and second years of the trial and again at 4 and 6.5 years, with follow-up to year 10. The second group did not have chest CT imaging. During the term of the study, about 400 lung cancers were diagnosed in the screened



group versus 350 in the group that had no

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screenings. About 50% of the cancers in the screened group were at stage I at diagnosis; almost 70% were between stages I and II. These are stages where most cancers can be cured. By contrast, in the group that had no screenings, about 70% of the cancers had reached stage III/IV at diagnosis, stages at which cure is much less likely. The un-screened group of participants had a significantly higher mortality rate than the screened group; 214 patients died, as opposed to 147 patients who were screened.

### *Expanding Your Donating Power*

*(By Jocelyn Dannebaum)*

There are many ways for you to donate now with the introduction of PEP Pioneers as a 501(c)(3) charity. One of those ways, for those who shop online, is through a program called Amazon Smile. Amazon will delegate .5% of the price of your purchases to the charity of your choice if you opt in to the program. Doing so is simple and costs you nothing! Just be sure to follow these easy steps before you go on to your Amazon shopping:

- Go to <https://smile.amazon.com/> and sign in with your Amazon account information.
- You will be presented with a screen offering you the opportunity to select a charity. Search for PEP Pioneers in the search bar.
- Select PEP Pioneers as

your charity. While PEP will remain your charity of choice until you change it, you must always start your Amazon shopping by logging in through Amazon Smile first in order for the donation to be made. After that, Amazon will automatically donate .5% of your purchases to the PEP Pioneers! In 2018, PEP made \$12.55 through Amazon Smile and the shopping power of our Pioneers! Thank you for your support, and happy shopping!

### **Looking Ahead**



### *IPF Summit & New Location*

*(By Valeria Hatcher)*

Hello PF friends (all of us affected by IPF/ILD). Did you know that the Pulmonary Fibrosis Foundation sponsors an extensive health conference called the "PFF Summit" taking place Nov. 7-9, 2019 in San Antonio, TX. It's an outstanding opportunity to be educated and meet new people worldwide who are affected by IPF/ILD. The website has more details: [pulmonaryfibrosis.org/pff-summit-2019](http://pulmonaryfibrosis.org/pff-summit-2019) or call 888.733.6741.

Also, good news from the "Scoop In A Group" Support Group. We are moving to larger quarters in 2019! We will be meeting at 1:30pm on Monday, January 14th at the PLCOM

Center for Health Education Room D. Future meetings are on the second Monday of every month. Free valet parking is provided. RSVP to Jackie at 310-303-7079.

### *In Memoriam*

Terry Sato  
Bernice Moses  
Anita Gerlach  
Janice Waldron

### *Unwanted Xmas Gifts*

*(By Sarah Albright)*

We are always looking for nice, usable gifts for the luncheon raffles. If you have some lovely gifts that you can't use, please bring them to the luncheon for future monthly raffles!



### *January Babies*

1 Cheryl King	16 Preston Domingue
3 Freddie Austin	23 Brooke Gilchrist
12 Melba House	27 Mary Kay Erickson
12 Ella Rodgers	27 Bill Paul
12 Dennis Stricker	29 Sarah Albright
16 Erika Butryn	29 Behzad Pak

PEP PIONEERS is a non-profit corporation comprised of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital. We are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members. Tax Deductible donations may be made to:

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