



PEP TALK



PULMONARY EDUCATION PROGRAM

PROVIDENCE LITTLE COMPANY OF MARY HOSPITAL

APRIL 2013

Get Your LOx Now!

DAN BUCK

Forget about the bagels and cream cheese, we're talking about Liquid Oxygen (Lox) before it goes the way of the dinosaur. Medicare, specifically CMS, has made significant changes under Medicare's Competitive Bidding Program affecting medical equipment (DMEPOS) including medical oxygen. Under 'Round 2' scheduled to take effect on July 1, 2013 Medicare reimbursement for oxygen suppliers will be dramatically reduced.

I have spoken with two local suppliers including Lincare who will quit taking new Medicare patients for liquid oxygen. In addition these changes

could affect how they distribute compressed gas in aluminum cylinders

potentially reducing the frequency of home deliveries they make. If you receive your medical supplies including oxygen through Medicare, I suggest you talk to your MD about getting liquid oxygen (Form CMS-484) right away. If you have private insurance or other sources for reimbursement you may be able to continue with your existing supplier.

The PEP Pioneers exercise program has been a tremendous success because of Lox. Those little tanks allow us the flexibility to move about easily and exercise in groups of 25 or more at a time. Imagine what our

S&B classes would be like if all our portable oxygen users had to be connected to an electrical concentrator.

This is a very pressing issue and I urge all of you to get involved. Learn more about the future of Lox from your current supplier and then take action to share your opinion with your local government representatives. You can find much more information about this issue on the PEP website, www.PEPPioneers.com.

RESEARCH IS MOVING RIGHT ALONG.

PAUL ROBINSON

Some of you may already know about some of these research developments. But perhaps not all of them. Researchers all over the world, and especially here in the United States, seem to be making breakthroughs in the potential for for improving or replacing diseased lungs. Many of the successes currently occurring would have been, according to one researcher, considered to be mere science fiction only four or five years ago. It is rather amazing, isn't it?

Several groups of researchers, notably at Yale, Harvard, and the Mayo Clinic, are working on whole lung replacement, using a patient's own cells to grow a new, non-rejectable, lung of the patient's own tissues. This is accomplished by removing the cellular material from the structure of a donor lung, then "reseeding" that structure (called Extra Cellular Matrix-ECM-which is a nonliving protein structure common to all animals.) with the patient's own cells, thus avoiding an immune reaction and rejection. Recent efforts have been wonderfully successful! Both human donor lungs and porcine (pig) lungs can be used for this purpose, which will inevitably lead to an ample supply of lungs for transplantation! The several years patient must wait for transplants will be reduced to a matter of about 8 weeks!

The extreme shortage of viable lungs for transplant may be partially alleviated by yet another research development. They have found that some donor lungs that are not suitable for transplant because of damage or disease can be restored in a matter of a couple of hours to relatively good health, thereby making them suitable for transplantation! Amazing, isn't it? This is accomplished, as I understand it, by a special machine that pumps a fluid, presumably consisting of nutrients and medications, through the lung, literally restoring the lung to the "pink of condition"! What will they think of next?!

And then there is yet another approach: researchers have found that under certain conditions murine (rodent) lungs are at least partially regenerated in the living animal. It is expected that this ability is similarly in human lungs. The problem at present is determining the trigger chemical in the lung that will activate that restoration. It may not take long to find that trigger in mice. There is a good chance that the same chemical trigger will work in human lungs as well.

So the bottom line here is: Hope springs eternal! Now it is up to us to do what we can reduce the advance of whatever lung disease we have. In the case of COPD, and perhaps some other lung maladies,

exercise has proven to be, beyond a shadow of a doubt, a successful means to accomplish exactly that! Which brings us to a developing problem in our Pep Pioneer group,

now numbering upwards of 190 members. Of that number, fewer than 20% regularly attend and participate in the therapeutic exercise program under the very able direction and supervision of Carol, Betsy, Jackie, and Joseph. Records indicate that such participation almost invariably results in a positive effect, unquestionably improving the quality of life of those patients and quite possibly extending life. That program, along with the use

of daily exercise at home, consisting of the use of a Theraband as well as that exercise for which the human body was designed originally: WALKING, unquestionably will contribute positively to your condition! That is not simply my opinion Dr. Richard Cassaburi, the world renowned expert at Harbor UCLA hospital and who has spoken at many of our luncheons, extols the same sentiments! (By the way, walking does not mean power walks or even very rapid walking. Just walking, with arms swinging naturally at your sides and at a moderate, comfortable, pace will do great things.)

So please, for your own good, make a real effort to attend every Tuesday and Friday from 12 until 4 PM, and perhaps even Cynthia's Strength & Balance classes on Wednesday and Friday the addition of yet another New Step has reduced the waiting time noticeably. You can further reduce by adjusting your arrival time for the therapeutic activity

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 events and purchase equipment that benefit all of its members. Donations may be made to

PEP PIONEERS

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