



PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
June 2016

August 18, 2016 Picnic



Victor Park

4727 Emerald St. Torrance,
West of Anza
from 11:30-2pm

The PEP Annual Picnic

Every August we hold a picnic on the third Thursday instead of meeting at Sizzler, so mark your calendars now.

Price is \$10 for "All you can eat" BBQ hamburgers, hot dogs, Italian sausages, with all of the fixings, along with iced tea, water, and lemonade. **Potluck dishes of all varieties are enthusiastically accepted.**

This fun event includes Bingo with Jackie & Betsy as our callers. **"White elephant" prize donations are welcome.**

To help this event run smoothly, we are looking for volunteers to help set-up (at 9 am) and/or to clean-up afterwards. Set-up includes clearing the tables of 'tree' debris, putting on tablecloths, preparing canopy for over food tables, and hanging the PEP banner from the trees. Men are especially welcome for some of these jobs. If this is something you can do,

please contact: Pat Singleton @ 310-672-4521

Meet The Staff

featuring Jackie Tosolini

I am a Respiratory Therapist who has been in the field of Pulmonary Rehabilitation for the past 33 years. I did Critical Care Medicine for three years before that. I went to a one-year college for Respiratory Care and finished up my second year at El Camino College. Pulmonary Rehabilitation and the pulmonary patient is truly my passion. Being an asthmatic helps me understand the difficulties we feel when we can't breathe. I've been on breathing treatments, steroids and inhalers for most of my adult life.

I feel very accomplished in my career because I have such fabulous co-workers who make me look good. When I am not at work, I am a wife and mother. Mario my husband and Joshua my son are also my true passion. We like camping and going fishing. This year we plan to go kayaking and hiking.

We are pet people. Our dog Katie is a small Maltipoo with a big personality. We also have three desert tortoises. I enjoy going out with my friends and sometimes just staying home with my family. My father passed away 10 years ago but I still have the love of a great Mother.

Here are three things you might not know about me. One: I hate water in my face, Two: I played a Cello as a child. I would like to take it up again after I retire. It's such a beautiful instrument. Three: My favorite music group is Led Zeppelin. I saw them in concert in 1975 at the Forum. That did it. I was hooked, a true fan. I have been blessed to have a job that I love

for so many years. I've also been blessed to have known so many great patients / friends over the years. Many great memories I still hold dear in my heart.

I never wake up and say "Oh do I have to go to work today?" I say, "Oh I get to go to work today!" This is the best Gig in town. It's called Pulmonary Rehabilitation. I hope to be with you guys for another 33 years. Thank you for allowing me to write this article.

Love to all.....Jackie

July Birthday Celebrations

(sorted by date)

2 Arlene Thomas	22 Renie Haleen
3 Donald Hill	22 Joseph Sakamaki
3 Joanne Oestreich	24 Pat Coldiron
16 Gail Edwards	26 Mary Clark
21 Bob Rupkey	28 Homer Lowe

New Clinical Trials at LA BioMed

(by Harry Rossiter, PhD)

The research team at LA BioMed is excited to bring you news of three new clinical trials that will get underway this summer:

- ◆ A new pill designed to make it easier for COPD patients to exercise by making the leg muscles more efficient. You will not have to change any of your usual lung medications to participate in this trial.
- ◆ A trial of a new once-a-day inhaler that works to relax the muscles around the airways and reduce shortness of breath. The trial will determine whether using this inhaler reduces fatigue and increases the ability to exercise.

New Clinical Trials

(con't)

- ◆ A trial to determine whether a commonly used heart medication can reduce exacerbations in COPD.

The **Rehabilitation Clinical Trials Center** (RCTC) at LA BioMed offers opportunities for patients with or without COPD to join these, or other, clinical trials. Are you between the ages of 40 and 80? If so, then you may qualify for trials of these new COPD therapies.

If you are interested in these opportunities, or any other studies at RCTC, please call Letty or Renee on 310-222-8200 (or email Letty at ldiaz@labiomed.org) for more information.

OXYMIZER

(by Art Cottrell)

Has anyone used or ever heard of an OXYMIZER? Or even knows what an oxyimizer is?

Not a lot of folks with COPD really know what it is. I have been fortunate enough to have gotten one and have used it for the past one and a half years, and I think the world of it.

It is a device that replaces the normal cannula that COPD'ers use now. It comes in two styles: the Pendant and the Mustache Style (I prefer the Pendant Style). If used correctly, it will provide you with the oxygen you need at a lower flow (LPM) rate and will help conserve your oxygen tanks or POC's (Portable Oxygen Concentrator), electricity and batteries, life of your unit, etc.

You can check the OXYMIZER out at the next Luncheon; just seek me out. I'm usually at the door taking your money for lunch, and ask me (providing we aren't holding up the line!!) and I'll tell you all about it. For details search 'oxyimizer' at www.vitalitymedical.com/

More Nutrition and COPD

(From Perf Blog)

In the past few months we have mentioned the PERF blog and website (www.perf2ndwind.org). PERF supports the research and education program for Dr. Casaburi's group at LABioMed. (see article by Harry Rositer) On a PERF Blog about nutrition there is a link to this article by Eden Coleman at COPDStore.com It is too large for the newsletter so I am using some excerpts here. Please visit their Blog for all the educational details.

8-super-foods-that-boost-copd-health

- 1) Freshly Harvested Fruits and Bright Colored Vegetables
- 2) Potassium - 'To protect yourself from potassium deficiency eat foods including squash, yogurt, broccoli, banana, salmon, pistachios or tuna. Before packing your diet with potassium talk with your doctor to see if it would negatively impact any medications you are currently taking.'
- 3) Indulge in 21-38 Grams of Fiber Daily—'When it comes to fiber you must first know there are two types, soluble and insoluble fiber. Soluble fiber breaks down in water and is mainly found in fruits, vegetables, wheats and oats. Insoluble fiber does not dissolve in water and typically exits in the body unchanged, which is found in nuts, seeds, wheat bran and celery. Consuming insoluble fiber helps to speed the passage of food through the stomach and intestine.

Making it a priority to consume both types of fiber in your daily diet is imperative to your health. Fiber has been shown to lower cholesterol, reduce the risk of heart disease and the slow absorption of glucose into the bloodstream to reduce spikes and dips in blood sugar in diabetics.

In addition, fiber has also been shown to help COPD patients maintain a healthy weight due to its ability to

slow the delivery of foods and providing a feeling of fullness. By maintaining a healthy body weight you will reduce exacerbating your COPD symptoms, while also enjoying a boost of energy that would otherwise be used supporting extra body weight.'

4) Substitute the Salt - 'Instead of adding salt to your meal, try substituting herbs and no salt spices; especially if you have high blood pressure. Using these can actually make your food taste exceptionally better with more flavor.'

5) Indulge in a Protein Packed Diet

6) Calcium & Vitamin D - 'Both men and women have an increased risk of osteoporosis with COPD. A male in his 60's with COPD has the same risk of developing osteoporosis as a post-menopausal women. Even if you currently lack proper calcium and vitamin D, adding foods fortified with those nutrients into your diet will boost bone strength.'

7) Work in the Mighty Power of Whole Grains

8) Muscle Fueling Magnesium - 'When it comes to selecting foods that are high in magnesium look for dark green colored vegetables. Magnesium is part of chlorophyll or the dark green pigments in plants, meaning that dark green colored vegetables are an outstanding natural source of magnesium.'

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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