

PEP TALK



PULMONARY EDUCATION PROGRAM – LITTLE COMPANY OF MARY HOSPITAL NOVEMBER 2009

LUNCHEON CANCELLED

Due to the activity of the H1N1 virus in our community and the lack of available vaccinations Dr. Chang has asked us to cancel the PEP lunch scheduled for **November 19th**.

We are still planning on having our Holiday Party on Thursday December 10th (one week earlier than usual due to the holidays.) If that changes we will let you know immediately.

If you are able to get the H1N1 vaccine at a community immunization clinic, **DO IT**. It is not known when it will be available at your doctors office. Until then, if you have any symptoms of the flu **PLEASE STAY HOME AND QUARANTINE YOURSELF UNTIL ALL SYMPTOMS HAVE BEEN GONE FOR 24 HOURS.**

COMMON SYMPTOMS:

- Cough
- Fever
- Body Aches
- Increased Shortness of Breath
- Headache
- Increased Nasal Congestion

Remember to wash and/or sanitize your hands frequently and avoid people with flu like symptoms. If you get the flu and the symptoms become severe contact your doctor immediately.

GETTING ENOUGH EXERCISE??



If your answer is “no”, come and rejoin the rest of us and greet old friends (*or make some new ones – lot of really nice folks here!*) in the Gym! Betsy, Jackie, & Joseph will be here to welcome you and help if needed.

HALLOWE'EN FUN

Some of us dressed up for the holiday



JOKER JOSEPH



THREE DOLLED-UP DOLLS:

RUBY, JACKIE, & BETSY



JUNE AS A “WORKING GIRL”?

Stem Cells Repair Acute Lung Injury in Mice

Study findings may lead to way to prevent this cause of death in people

Adult stem cells from bone marrow can prevent acute lung injury in mice, U.S. researchers report.

Acute lung injury, which is caused by major inflammation or injury to the lungs, causes about 74,500 deaths each year in the United States. There is no effective drug treatment for the condition, which is a major cause of death among patients in intensive care units.

A team at the University of Illinois at Chicago College of Medicine identified progenitor

in the bone marrow of mice that could prevent and treat acute lung injury. The researchers also found a way to culture the cells -- called Flk-1 and CD34 -- to increase their numbers and ability to attach to targets and make repairs.

When the purified and cultured Flk-1 and CD34 stem cells were injected into mice with acute lung injury, the cells repaired the lung injury, prevented fluid build-up and improved survival of the mice, the researchers found.

WORLD'S FIRST FATTY TISSUE STEM CELL TRANSPLANT INTO LUNG OF PULMONARY FIBROSIS PATIENT CARRIED OUT IN ALEXANDROUPOLIS

A pioneer transplant of stem cells from fatty tissue to the lung of a 65-year-old patient suffering from pulmonary fibrosis, the world's first such operation, took place at the Alexandroupolis University Hospital's Pulmonary Clinic with a bronchoscopy procedure and only local anaesthesia, and required just 10 minutes.

The patient, who had been diagnosed with pulmonary fibrosis 2 1/2 years ago, underwent liposuction three months ago at a private hospital in Athens in order to isolate stem cells from the fatty tissue removed. Following a required quality check by the National Research Foundation's Primordial Cells Bank, a portion of the stem cells was administered to the patient intravenously. Three months after the first administration, the patient's condition had stabilised, while a marginal improvement was also recorded, Thrace's Democritus University pulmonology professor Dr. Demosthenes Bouros told ANA-MPA.

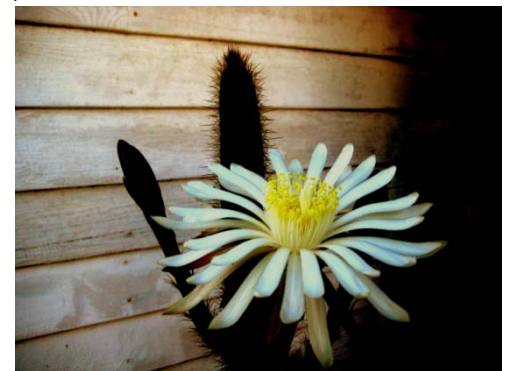
Prof. Bouros added that, in order to achieve better results, the patient was administered the stem cells a second time on

October 8, again via bronchoscopy, this time directly into the patient's lung.

He explained that the first administration was carried out intravenously because that was the only known procedure at that time. But the surgeons at the Alexandroupolis University Hospital decided to conduct the second administration directly into lung, for the first time in the world, in order to achieve better results.

The patient left for his home in Athens after the second procedure, and the results of the surgery were expected over the next six months.

The PEP Pioneers are an independent group of graduates of the Pulmonary Rehabilitation Program at Little Company of Mary Hospital that are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of their members. Donations may be sent to the PEP Pioneers, attn Pulmonary Rehab, BCACC, 514 No. Prospect Ave, Suite 160, Redondo Beach, CA. 90277.



Echinopsis Peruviana (Trichocereus)

I've had this cactus for 15 years. Just a nondescript columnar cactus until..... *it has bloomed in April, August, and again a few days ago!!* Beautiful fragrant flowers open at night and close then the sun touches them. Just thought you might enjoy the picture