



Our Daily BREATH



*Cope;
don't
mope.*

A newsletter published by PULMONARY REHABILITATION
Inter-Community Hospital

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Message from Nance...

How often do we greet someone with “How are you?” Out of habit, we are expecting the proverbial response “I’m fine” and are not really listening to their response. When we listen to friends, spouses, children, acquaintances and co-workers – are we being a good listener? What makes a good listener? First, LISTEN without distraction and be fully present. Do not try to judge, evaluate or fix. Then, ask questions to assure your understanding. If we are truly listening effectively, then we will try to understand what that person is feeling, and/or thinking, from their perspective. We may have a different viewpoint or may not even agree – however – as we LISTEN, we can try to understand their perspective. To be a good listener is not passive (like hearing), but an active pursuit which takes time and patience. It is a beneficial skill that takes practice and results in more meaningful relationships. LISTENING is one of the greatest and hardest skills. May we just be more mindful when we LISTEN to one another, and strive to be an empathetic listener.

“The basic of all human needs is the need to understand and be understood. The best way to understand people is to LISTEN to them.”
– RALPH NICHOLS

Listen, be well and remember to breathe and move...Nance

Our next Breath Savers meeting will be Thursday, March 21, 2019. Lunch will be offered at noon for \$7. You may bring your own if you prefer. The menu will be tri-color tropical quinoa salad, corned beef, cabbage, parsley heirloom potatoes, roasted root vegetables, Irish soda bread, lemon cake and St. Patrick cookies for dessert. The program is FREE and will start at 1 p.m. The topic will be “Antibiotic Therapy and Blood Pressure Therapy” presented by Danny Kudo, PharmD. Come learn about these medications from a pharmacist’s point of view. I am sure that it will be very interesting and informative. He spoke in 2014 and gave an outstanding presentation. Please come, bring a friend and join us for this very informative program. We are having record attendance for our luncheons. We need to know ASAP if you will be having lunch. We have moved the RSVP to no later than Thursday, March 14, 2019 at (626) 331-7331, ext. 14455. We want to have enough food for everyone. Thank you! See you there!

Our last Breath Savers meeting was a great success! We had over 80 attendees. Great program and delicious food. Loretta Ann Layton RN, CCRN-K, MSN, ANP-C gave a very informative presentation on heart disease as well as describing less invasive heart surgery procedures that they are doing here at ICH. The video clips were great in supporting her clear and easily understood presentation. Thank you, Loretta, for taking time out of your busy schedule to provide Breath Savers and Mended Hearts with such a wonderful and well thought of program. A great way to celebrate heart month. Also, a BIG THANK YOU to Don and Margarita Richards for the beautiful floral centerpieces. A big hit!



ADDENDUM: Last month’s centerpieces were created by Toni Baiunco with the \$\$ donations from Isabel Ozarko and Lynne Nagel. Thank you ladies – for your donation to Breath Savers.

SIGN-UP NOW! Mission Inn Riverside – Thursday, May 9, 2019 (See page 4 for details.)

OUR “SO SMART” PULMONARY REHAB GRADUATES:

Thane Durst, Dale Horner,
Milan Magdalik, Robin Rudy

DONATIONS TO BREATH SAVERS:

Patricia Polasik

GET WELL WISHES AND PRAYERS TO:

Dennis Fredrick, John Scheuplein, Anthony Williams,
Edward Vasquez, Fredrick Mock, Mark Carter,
Walter Trask, Irene Meyer, Jackie Nowell

Sleep Apnea Overview

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. If you snore loudly and feel tired even after a full night's sleep, you might have sleep apnea.

The main types of sleep apnea are:

Obstructive sleep apnea, the more common form that occurs when throat muscles relax.

Central sleep apnea, which occurs when your brain doesn't send proper signals to the muscles that control breathing.

Complex sleep apnea syndrome, also known as treatment-emergent central sleep apnea, which occurs when someone has both obstructive sleep apnea and central sleep apnea.

If you think you might have sleep apnea, see your doctor. Treatment can ease your symptoms and might help prevent heart problems and other complications.

Symptoms

The signs and symptoms of obstructive and central sleep apneas overlap, sometimes making it difficult to determine which type you have. The most common signs and symptoms of obstructive and central sleep apneas include:

- Loud snoring
- Episodes in which you stop breathing during sleep, which would be reported by another person
- Gasping for air during sleep
- Morning headache
- Awakening with a dry mouth
- Difficulty staying asleep (insomnia)
- Excessive daytime sleepiness (hypersomnia)
- Difficulty paying attention while awake
- Irritability

When to see a doctor

Loud snoring can indicate a potentially serious problem, but not everyone who has sleep apnea snores. Talk to your doctor if you have signs or symptoms of sleep apnea. Ask your doctor about any sleep problem that leaves you fatigued, sleepy and irritable.

Causes

Obstructive sleep apnea

This occurs when the muscles in the back of your throat relax. These muscles support the soft palate, the triangular piece of tissue hanging from the soft palate (uvula), the tonsils, the side walls of the throat and the tongue.

When the muscles relax, your airway narrows or closes as you breathe in. You can't get enough air, which can lower the oxygen level in your blood. Your brain senses your inability to breathe and briefly rouses you from sleep so that you can reopen your airway. This awakening is usually so brief that you don't remember it.

You might snort, choke or gasp. This pattern can repeat itself five to 30 times or more each hour, all night, impairing your ability to reach the deep, restful phases of sleep.

Central sleep apnea

This less common form of sleep apnea occurs when your brain fails to transmit signals to your breathing muscles. This means that you make no effort to breathe for a short period. You might awaken with shortness of breath or have a difficult time getting to sleep or staying asleep.

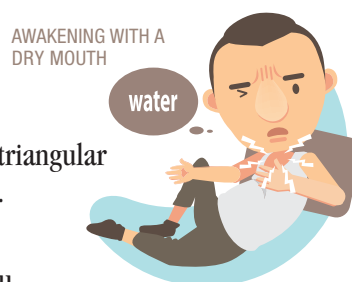
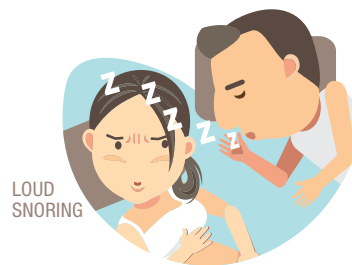
Risk factors

Sleep apnea can affect anyone, even children. But certain factors increase your risk.

Obstructive sleep apnea

Factors that increase the risk of this form of sleep apnea include:

- **Excess weight.** Obesity greatly increases the risk of sleep apnea. Fat deposits around your upper airway can obstruct your breathing.
- **Neck circumference.** People with thicker necks might have narrower airways.
- **A narrowed airway.** You might have inherited a narrow throat. Tonsils or adenoids also can enlarge and block the airway, particularly in children.



- **Being male.** Men are two to three times more likely to have sleep apnea than are women. However, women increase their risk if they're overweight, and their risk also appears to rise after menopause.
- **Being older.** Sleep apnea occurs significantly more often in older adults.
- **Family history.** Having family members with sleep apnea might increase your risk.
- **Use of alcohol, sedatives or tranquilizers.** These substances relax the muscles in your throat, which can worsen obstructive sleep apnea.
- **Smoking.** Smokers are three times more likely to have obstructive sleep apnea than are people who've never smoked. Smoking can increase the amount of inflammation and fluid retention in the upper airway.
- **Nasal congestion.** If you have difficulty breathing through your nose – whether from an anatomical problem or allergies – you're more likely to develop obstructive sleep apnea.



Central sleep apnea

Risk factors for this form of sleep apnea include:

- **Being older.** Middle-aged and older people have a higher risk of central sleep apnea.
- **Being male.** Central sleep apnea is more common in men than it is in women.
- **Heart disorders.** Having congestive heart failure increases the risk.
- **Using narcotic pain medications.** Opioid medications, especially long-acting ones such as methadone, increase the risk of central sleep apnea.
- **Stroke.** Having had a stroke increases your risk of central sleep apnea or treatment-emergent central sleep apnea.



Complications

Sleep apnea is a serious medical condition. Complications can include:

- **Daytime fatigue.** The repeated awakenings associated with sleep apnea make normal, restorative sleep impossible, making severe daytime drowsiness, fatigue and irritability likely.
You might have difficulty concentrating and find yourself falling asleep at work, while watching TV or even when driving. People with sleep apnea have an increased risk of motor vehicle and workplace accidents.
You might also feel quick-tempered, moody or depressed. Children and adolescents with sleep apnea might perform poorly in school or have behavior problems.
- **High blood pressure or heart problems.** Sudden drops in blood oxygen levels that occur during sleep apnea increase blood pressure and strain the cardiovascular system. Having obstructive sleep apnea increases your risk of high blood pressure (hypertension).
Obstructive sleep apnea might also increase your risk of recurrent heart attack, stroke and abnormal heartbeats, such as atrial fibrillation. If you have heart disease, multiple episodes of low blood oxygen (hypoxia or hypoxemia) can lead to sudden death from an irregular heartbeat.
- **Type 2 diabetes.** Having sleep apnea increases your risk of developing insulin resistance and type 2 diabetes.
- **Metabolic syndrome.** This disorder, which includes high blood pressure, abnormal cholesterol levels, high blood sugar and an increased waist circumference, is linked to a higher risk of heart disease.
- **Complications with medications and surgery.** Obstructive sleep apnea is also a concern with certain medications and general anesthesia. People with sleep apnea might be more likely to have complications after major surgery because they're prone to breathing problems, especially when sedated and lying on their backs.
Before you have surgery, tell your doctor about your sleep apnea and how it's being treated.
- **Liver problems.** People with sleep apnea are more likely to have abnormal results on liver function tests, and their livers are more likely to show signs of scarring (nonalcoholic fatty liver disease).
- **Sleep-deprived partners.** Loud snoring can keep anyone who sleeps near you from getting good rest. It's not uncommon for a partner to have to go to another room, or even to another floor of the house, to be able to sleep.





*** INCLUDES Bus Transportation & Docent Tour**

- Bus will leave 9:15 AM
- Inter-Community Covina Hospital
- NW section of parking lot
- Lunch on your own
- Return to Covina 4:30 PM


DATE: THURSDAY, MAY 9, 2019
COST: \$16.00 pp*



- ❖ If you need assistance, please bring your own person to help you move around.
- ❖ Please bring your own walker or wheelchair.
- ❖ First come first serve basis--monies must be received by **May 3, 2019**
- ❖ Make check out to **BREATH SAVERS** and send to: Carol Urlic
1105 E. Blue Drive
West Covina, CA 91790

Questions: Call Nancy Anderson 626-331-7331, ext.14455

Great Mother's Day Outing!!

 **PLEASE PRINT** all information below, detach, & mail as soon as possible:

Name(s) _____

Address: _____

City: _____ Zip: _____

Cell Phone _____ Home Phone _____

Total Paid: _____ Need OXYGEN - Yes / No Check No: _____



Heart Disease - Trends & the Future

Presented by:
Loretta Layton, RN, MSN, ANP-C
Luncheon Feb. 21, 2019

CHEF'S CORNER BY EXECUTIVE CHEF EMILIO WITH LEAD COOK ERIK LUNCHEON FEBRUARY 21, 2019

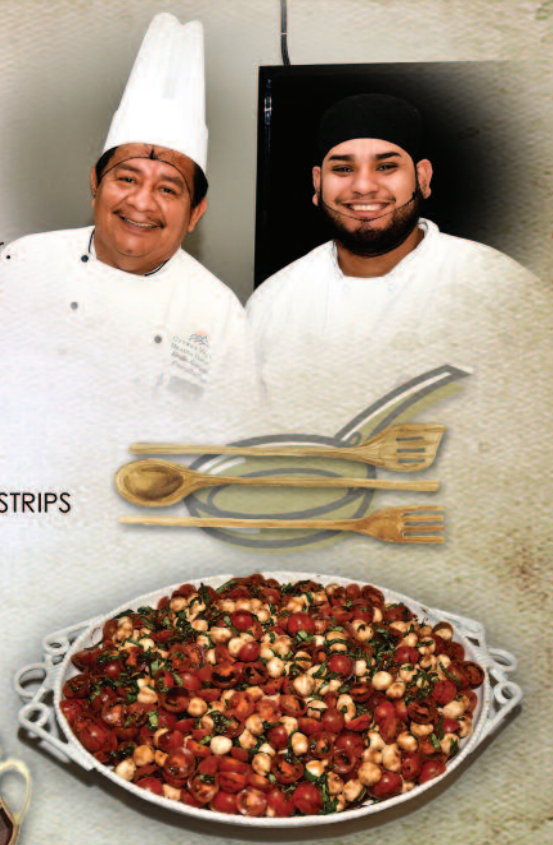
CAPRESE SALAD WITH BALSAMIC GLAZE RECIPE -
A classic caprese salad recipe with "out of this world" flavor. Topped with a sweet, yet tangy, balsamic glaze, to elevate every bite.

CAPRESE SALAD INGREDIENTS

- 2 BASKETS CHERRY TOMATOES, WASHED AND SLICED
- 12 OUNCES MOZZARELLA CHEESE SLICED INTO 1/4-INCH SLICES
- 1/2 CUP BASIL LEAVES, WASHED, ROLLED AND SLICED INTO THIN STRIPS
- 1 TABLESPOON OLIVE OIL
- 1/2 TEASPOON KOSHER SALT
- 1/2 TEASPOON FRESHLY GROUND BLACK PEPPER
- 1 TABLESPOON BALSAMIC GLAZE

FOR HOMEMADE GLAZE: USE 1/2 CUP BALSAMIC VINEGAR REDUCED WITH:

- 1 TSP HONEY
- 1 TSP DIJON MUSTARD



CAN ALSO USE PEAR TOMATOES & AVOCADO IN SALAD

ASSEMBLE SALAD BY ALTERNATING TOMATO & MOZZARELLA SLICES ON A MEDIUM PLATTER - TOP THE SLICES W/STRIPS OF BASIL & DRIZZLE W/OLIVE OIL. SPRINKLE SALT & PEPPER EVENLY OVER THE SALAD & DRIZZLE W/ BALSAMIC GLAZE.

The Sunshine Corner



March Flower - Daffodil



March Birthstone
Aquamarine

March Birthdays

Sara Kawaguchi	1
Vincent Wirth	1
Dawn Reguero	2
Eldon Long	6
Rose Brandestein	12
Joy Bevilacqua	12
Linda Malcor	16
Elaine Flores	17
Donna Petrokowitz	18
Karl Urlie	18
Dennis Biel	18
Jim Weingarten	18
Victoria Anderson	20
Frank Marin	22
Carlos Zuniga	26
Linda Marquez	28
Jim Vlahos	29
Joseph Sansom	30
Elizabeth J Kuehfuss	31

Stronger than you seem,
And smarter than you think.

A.A. Milne, *Winnie the Pooh*



We have to be fearless.
We have to take chances.
We can't live life just being
afraid of what comes next.
That's not what living is
about.

viacuriano.com



"Sometimes the strength within you is
not a big fiery flame for all to see, it is
just a tiny spark that whispers ever so
softly, 'You've got this! Keep going.'"

Unknown



You are braver than you believe.



INTER-COMMUNITY HOSPITAL

An Affiliate of Citrus Valley Health Partners

210 W. San Bernardino Road • P.O. Box 6108
Covina, CA 91722-5108

ADDRESS CORRECTION REQUESTED

Date: Thursday, March 21

Time: 12 p.m. lunch • 1 p.m. program
RSVP for lunch at
(626) 331-7331, ext. 14455

Program: Antibiotic Therapy
and Blood Pressure Therapy
Presented by: Danny Kudo, PharmD

Place: Inter-Community Hospital
Conference Center



MARCH 10



MARCH 20



St. Patrick's Day

MARCH 17

SENIOR EDITOR: *In memory of*
Carole Wilson
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