



Our Daily BREATH



*Cope;
don't
mope.*

A newsletter published by PULMONARY REHABILITATION
Inter-Community Hospital

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APRIL 2019

Message from Nance...

This is not an April Fool's joke. April is here! The fourth month of the Roman calendar, which is spelled Aprilis, means "to open." How fitting is that? It is a time of refreshing and renewing, which is like pushing the "REFRESH" button! April is the beginning of Spring and it is a great time to take inventory of ourselves. We have all heard of the saying "out with the old and in with the new." It is very similar to a New Year's resolution. Just as we might do spring cleaning in our home, why not do the same for ourselves? How do we "refresh" our mindset and infuse "fresh air" into our minds? Here are a few tips that might help. Make time for yourself and detach from the internet, TV, phones and social media. Take an inventory of what is your current mindset – are you feeding yourself with negativity and worry? Try to identify any roadblocks that are impeding your intentions of renewal. And last but not least, remember to take care of your body/physical self by allotting daily time to MOVE your physical body, which is so vital to refreshing your mindset. Spring is here, no fooling! Let's "open" and refresh our mindsets with "FRESH AIR."

"You can't change who you are but you can change what you have in your head; you can refresh what you're thinking about, you can put some fresh air in your brain."
— ERNESTO BERTARELLI

Happy Spring...Be well and remember to breathe and move...Nance

Our next Breath Savers meeting will be Thursday, April 18, 2019. Lunch will be provided at noon for the cost of \$7. The menu will be couscous Israeli salad, Mediterranean chicken, asparagus, artichokes and roasted red peppers, naan bread and for dessert, honey pistachio pears. You may bring your own lunch if you prefer. The program is FREE and will start at 1 p.m. We have the pleasure and honor of having Dr. Jonathan Leung, medical director of our Pulmonary Rehabilitation program, as our speaker. The topic will be "Traveling with Pulmonary Disease." When you have chronic lung disease, traveling can be challenging. Please come and bring a friend to join us for this informative afternoon. RSVP early if you are having lunch, as we anticipate a full house. Please RSVP by Thursday, April 11, 2019 at (626) 331-7331, ext. 14455. See you there!

Our last Breath Savers meeting was GREAT! Danny Kudo, PharmD, gave another outstanding presentation about antibiotic therapy and high blood pressure therapy. He explained the difference between a virus and a bacterial infection and how medications are used for both. He did a great job in fielding Q&A and everyone went home with a better understanding. Thank you, Danny, for taking the time out of your busy schedule to speak to Breath Savers and Mended Hearts. It was truly an enjoyable, informative afternoon. Thank you to Mark Enrico for Danny's introduction and to Pat Jones for being the emcee that afternoon. Also, a big thank you to Ronat Leon and Beverly Miller for the beautiful handmade centerpieces celebrating St. Patrick's Day. Donating the centerpieces for the monthly meeting is a great way to give back to the group.

ATTENTION READERS: We are downsizing our newsletter mailing list. We need to know if you are still interested in receiving *Our Daily Breath*. If you are, PLEASE go to page 3, fill in the form at the bottom of the page and mail it to Carol Urlic. THANK YOU! The deadline is May 24, 2019.

SIGN-UP NOW!! Mission Inn Riverside – Thursday, May 9, 2019. (See page 4 for details.) RSVP deadline is May 3, 2019.

OUR "SO SMART" PULMONARY REHAB GRADUATES:

Roberta Martinez,
Irene Meyer, Nancy Lau Yeung,
Cheryl Evaldez, Virgilio Benitez

DONATIONS TO BREATH SAVERS:

THANKS to ALL who contributed
to the donation box in the
Outpatient Cardiopulmonary
Rehabilitation Department

GET WELL WISHES AND PRAYERS TO:

Dennis Fredrick, John Scheuplein,
Anthony Williams, Butch Wright,
Fredrick Mock, Mark Carter, Walter Trask,
Jackie Nowell, Diane Johnson, Blanca Siebels

Living with Lung Disease and GERD

There are currently 24 million people in the United States suffering from chronic obstructive pulmonary disease (COPD). Patients can experience wheezing, coughing and shortness of breath. Reduced lung function can also decrease the amount of oxygen in the blood which results in hypoxia at severe levels.

More than half of severe COPD sufferers also experience the condition, gastroesophageal reflux disease (GERD), where stomach acid bubbles up from the stomach and into the esophagus.

GERD symptoms

When gastric acid reaches the back of the throat, the lining of the esophageal wall can be worn away by the acid. This can cause symptoms such as chest pain; ear, nose and throat disorders; indigestion; coughing; wheezing and abdominal pain. Gastric acid can leave a sour taste in your mouth and if inhaled into the lungs, can cause pneumonia or bronchitis.

Steps to reduce GERD flare-ups

The exact causes of GERD are unknown, but it is known that GERD can worsen COPD symptoms. There are, however, actions you can take that will help reduce your likelihood of experiencing GERD symptoms and flare-ups.

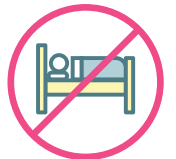
- **EAT SMALLER MEALS AT REGULAR INTERVALS.**
- **LIMIT EATING BEFORE BED.**
- **AVOID FRIED, HIGHLY ACIDIC (LEMONS AND TOMATOES) AND SPICY FOODS.**
- **DRINK FEWER CAFFEINATED DRINKS SUCH AS SODAS AND COFFEE, WHICH ARE ALSO ACIDIC.**
- **PRACTICE GOOD POSTURE HABITS.**
- **USE AN EXTRA PILLOW TO RAISE THE HEAD WHILE SLEEPING.**
- **AVOID DRINKING ALCOHOL.**
- **GIVE UP SMOKING.**
- **LOSE WEIGHT.**

GERD can be very difficult for people with COPD. Studies have found that the reduced lung capacity of COPD sufferers can make GERD more bothersome as coughing and wheezing are typical symptoms of both conditions.

There are over the counter and prescription medications that treat the symptoms of GERD but do not treat the underlying condition. Because of this, being mindful of causes and taking steps to prevention are extremely important for managing both GERD and COPD symptoms.



HAVE SMALL MEALS



DO NOT LAY DOWN AFTER MEALS



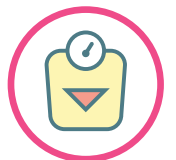
AVOID TRIGGER FOOD



AVOID ALCOHOL



STOP SMOKING



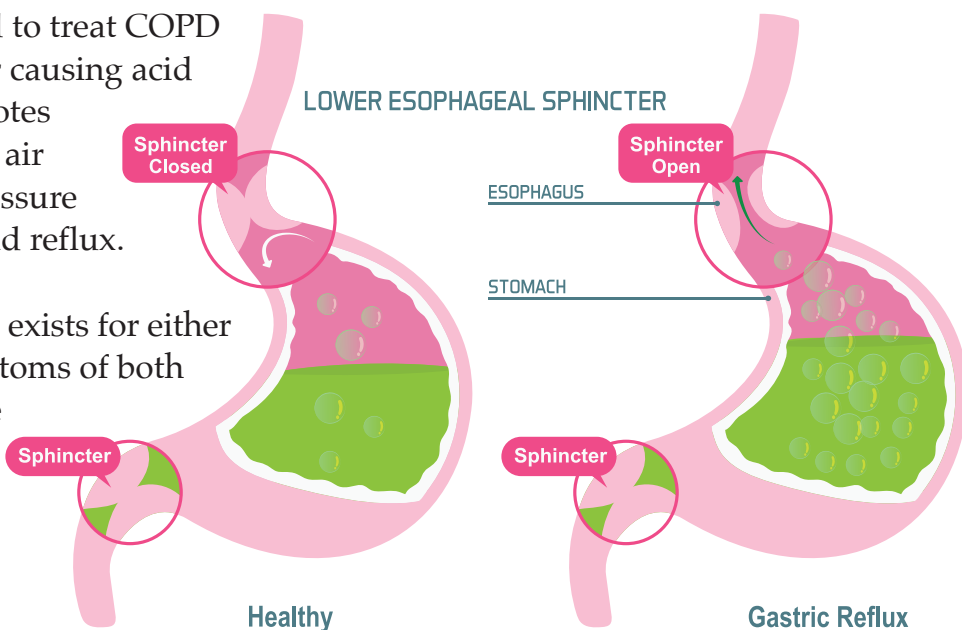
LOSE WEIGHT

How are GERD and COPD linked?

It is unclear as to why some COPD sufferers also suffer from GERD, but an article from the *Annals of Thoracic Medicine* offers some insight. It found that GERD sufferers can experience acid reflux at night and inadvertently inhale gastric acid into the lungs while sleeping. GERD is often associated with interstitial fibrosis, chronic cough, bronchial asthma, bronchitis and pneumonia, which can exacerbate your lung disease symptoms as well.

Furthermore, some medications used to treat COPD can weaken the esophageal sphincter causing acid reflux. The COPD Foundation also notes that many COPD sufferers may have air trapped in their lungs, increasing pressure on the abdomen, which can cause acid reflux.

It is unfortunate that as of yet no cure exists for either COPD or GERD. However, the symptoms of both can be managed with certain lifestyle modifications and medications. Try out our tips to try and reduce the occurrence of acid reflux.



– The Lung Health Institute

REMINDER: Attention All Readers!



PLEASE CUT HERE AND RETURN

The deadline is May 24, 2019 for you to return this form if you wish to remain on the mailing list for our newsletter, “*Our Daily BREATH*”

Your Name _____

Your Address _____

City _____

State _____ Zip _____

Please return this form to: Carol Urlie
1105 E. Blue Drive
West Covina, CA 91790

Since there is no charge for our newsletter, we gratefully accept any donations. If you should care to make a donation, please make your check payable to CVHF.* Thank you!

*(Citrus Valley Health Foundation)

BreathSavers
Cope Don't Mope



*** 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 Urlie
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: _____

Safe Use of Medication: A Focus on Antibiotics and High Blood Pressure

Presented by Daniel Kudo, Pharm.D. FCSHP APh
Associate Professor of Pharmacy - KGI
(Keck Graduate Institute) School of Pharmacy



Breath Savers & Mended Hearts Luncheon - March 21, 2019

CHEF'S CORNER
BY EXECUTIVE CHEF EMILIO
FEATURING COOK, PAULINE

INGREDIENTS

- 2 LBS. RED QUINOA
- 6 T. CHIPOTLE IN ADOBO SAUCE - (USE SAUCE ONLY, ADD CHIPOTLE FOR MORE HEAT)
- 2 QTS WATER OR VEGETABLE STOCK
- ¾ C. LIME JUICE, FRESHLY SQUEEZED
- 1¼ C. EXTRA VIRGIN OLIVE OIL
- 3-4 T. SUGAR (ADJUST TO TASTE)
- 1 TBSP ROASTED GARLIC AND SHALLOTS

LATIN CHIPOTLE QUINOA SALAD - 2 LB.
YIELD: ABOUT 40, HALF-CUP SERVINGS

- 3 BUNCHES SCALLIONS, DICED, GREEN PARTS ONLY
- 1½ BUNCHES CILANTRO, FRESH, CHOPPED
- 3 C. ROASTED CORN
- 1 C. BLACK BEANS
- 1 C. ROASTED DICED, RED AND YELLOW BELL PEPPERS
- 5 ROMA TOMATOES, SEEDED AND DICED
- 4-5 AVOCADOS, DICED, FIRM AVOCADOES WORK BEST
- 1 LIME, JUICE TO COAT AVOCADO

DIRECTIONS

1. Bring 2 quarts water to a boil stir in Red Quinoa. Reduce to a Simmer and cover for about 15 minutes or until liquid is gone. Cool Quinoa quickly.
2. Slowly whisk olive oil, roasted garlic and shallots into lime juice and adobo sauce until blended. Adjust flavor with sugar (and salt, if desired)
3. Add chipotle lime dressing to Red Quinoa and mix well.
4. Dice avocado and coat with lime juice to prevent browning.
5. Gently stir in remaining ingredients and mix well. Chill before serving.
Can use Feta cheese or Parmesan cheese on top.



Just For Laughs!



THAT'S MY STORY

UP IN THE AIR

Clues you've booked a bare bones airline.

1. The ticket agent, baggage handler, and pilot are the same person.
2. Your choice of beverage is Yes or NO.
3. The flight attendants are wearing parachutes.
4. Your meal consists of whatever you brought with you.
5. Overseas travelers are advised to wear bathing suits.
6. The cards in front of you have prayers on them instead of instructions.

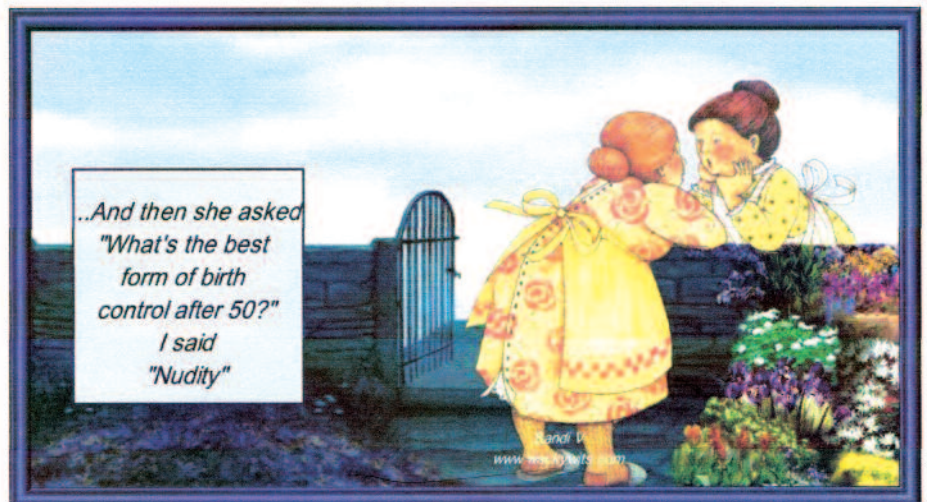
We all get heavier as we get older. Because there's a lot more information in our heads. That's my story and I'm sticking to it.

Every time I start thinking too much about how I look, I just find a pub with a Happy Hour. And by the time I leave, I look just fine.

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we have no idea where he is.

If you are going to try cross-country skiing, start with a small country.

Every time I hear the dirty word "exercise", I wash my mouth out with chocolate.





The Sunshine Corner

APRIL BIRTHDAYS

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April Flower - Daisy



April Birthstone
Diamond

“Kindness, like a boomerang, always returns.”

~ Author unknown



“An apology is the superglue of life.
It can repair just about anything.”

~ Author unknown



“Courage is not the absence
of fear, it is the absence of self.”

~ Erwin Rafael McManus



“You can clutch the past so tightly to your
chest, that it leaves your arms too full to
embrace the present.” ~ Jan Glidewell





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, April 18

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

Program: Traveling with Pulmonary Disease
Presented by: Dr. Jonathan Leung

Place: Inter-Community Hospital
Conference Center



APRIL 1

TAX DAY...APRIL 15



APRIL 7



APRIL 21

Breath Savers
Cope Don't Mope



APRIL 22



APRIL 26

SENIOR EDITOR: *In memory of*
Carole Wilson

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Lucy Brejcha
Nancy Anderson

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ADVISOR: Nancy Anderson

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