



# Our Daily Breath

A newsletter published by the Pulmonary Rehabilitation Dept.  
Inter-Community Hospital

VOLUME XXIII

NUMBER 9

SEPTEMBER 2019

## Message from Nance...

The end of summer is here! Already many are back to school, embarking on a new year of learning. Well, what about us? Learning is not just for children, but for all of us, and not just in the classroom, but everywhere. Isn't that what life is all about, a continuum of learning? I must say that as I get older, learning new things or even being open to them is more difficult. I have pre-conceived perceptions, assumptions and attitudes that often block my ability to even try. How do I open my mind to learning? I did some research on the Web and found some helpful tips that made sense, however seemingly challenging: **1.** Fight the urge to react in anger when you hear differing opinions. **2.** Welcome new situations that are different from those you're familiar with; look at them as learning experiences. **3.** Place yourself out of your comfort zone; go to new places and try new things. **4.** Stay social and make new friends. **5.** Don't be afraid to ask questions. **6.** Avoid speculation; go out and live the experience. These tips may seem overwhelming and uncomfortable to some of us, like me. But I also know that when I do get out of my comfort zone and try new things, I am amazed at how much I have missed! It is a whole new world of learning and experiencing! So this school year, I am going to open my mind's window, and allow new light to enter. Learning is a GIFT that we have all been given with a choice to open. Happy learning!

*"Open the window of your mind. Allow the fresh air, new lights and new truths to enter."*

~ AMIT RAY

**Be well, and remember to breathe and move...Nance**

**Our next Breath Savers meeting will be Thursday, September 19, 2019.** Lunch will be served at noon and will cost \$7. You may bring your own lunch if you prefer. The menu will be: Mediterranean tortelli salad, stuffed pepper and zucchini, roasted baby vegetables, sliced challah bread and assorted desserts. The program is FREE, and starts at 1 p.m. The topic will be "Air Quality Index, What are we breathing? What does air purification do?" It will be presented by Mark Ung, RCP. The air quality index, AQI, is a prediction of the level of pollutants in the atmosphere we breathe. Come learn about it and find out about air purification systems. At times, the air that we breathe often can affect our breathing and how we feel. Bring a friend to this enlightening and informative program. Please RSVP by Thursday, September 12, 2019 (week before due to high attendance) at 626.331.7331 x14455. Thank you and see you there!

**Our last Breath Savers was a success!** Of course, when ice cream and BINGO are involved, how could it fail? The grilled flank steak with all the trimmings was perfect to set the stage for the homemade sundaes! We played six games of BINGO with lots of laughs. One being that when I called 'I 30', I said that was my age. Haha! Everyone left a winner by either enjoying a great lunch, making a new acquaintance, winning a few \$\$ at BINGO or feasting on a homemade sundae. It was a fun and relaxing afternoon. I am already looking forward to next year. THANK YOU Lucy, Carol, Pat, Karl and Julie for making such a successful afternoon.

**STARTING A NEW SUPPORT GROUP:** COVINA COPD SUPPORT GROUP. Hosted by Bill Woodrum. For more information, please call 626.622.6358 or join our Meetup page at [www.meetup.com/Covina-COPD-Support-Group](http://www.meetup.com/Covina-COPD-Support-Group).

## Shelley Houghton Memorial Walk-a-Thon

**ONLY SIX WEEKS TO GO!**  
**10th Annual Walk-a-Thon for COPD**  
**Covina Park • Shelley Houghton Memorial**  
**Saturday, October 5, 2019**



There will be opportunity drawings for prizes of your choice as well as a Grand Prize of a \$500 gift card to Disneyland!

Walking because we care! Anybody and everybody can join in and support this great event.  
All donations support the Breath Savers/Pulmonary Rehabilitation Program. See page 4 for details!

### OUR "SO SMART" PULMONARY REHAB GRADUATES:

Lamae Stellman, Paoling Lin, Elizabeth Herrera, Enrique Avila, Alan Matsunaga, Narciso Ortiz

### DONATIONS TO BREATH SAVERS:

Yolanda & Alfred Narvaez  
Joseph Chambers III  
Nancy Anderson –  
IN MEMORY OF MARK CARTER

### GET WELL WISHES AND PRAYERS TO:

Fred Sparling, John Scheuplein, Anthony Williams, Butch Wright, Fredrick Mock, Donna Petrokowitz, Walter Trask, Diane Johnson, Rosemary Rosales, Penelope Vaughn

# FIBROMYALGIA

Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals.

Symptoms sometimes begin after a physical trauma, surgery, infection or significant psychological stress. In other cases, symptoms gradually accumulate over time with no single triggering event.

Women are more likely to develop fibromyalgia than are men. Many people who have fibromyalgia also have tension headaches, temporomandibular joint (TMJ) disorders, irritable bowel syndrome, anxiety and depression.

While there is no cure for fibromyalgia, a variety of medications can help control symptoms. Exercise, relaxation and stress-reduction measures also may help.

## SYMPTOMS

SYMPTOMS OF FIBROMYALGIA INCLUDE:

**Widespread pain.** The pain associated with fibromyalgia often is described as a constant dull ache that has lasted for at least three months. To be considered widespread, the pain must occur on both sides of your body and above and below your waist.

**Fatigue.** People with fibromyalgia often awaken tired, even though they report sleeping for long periods of time. Sleep is often disrupted by pain, and many patients with fibromyalgia have other sleep disorders, such as restless legs syndrome and sleep apnea.

**Cognitive difficulties.** A symptom commonly referred to as “fibro fog” impairs the ability to focus, pay attention and concentrate on mental tasks.

FIBROMYALGIA OFTEN CO-EXISTS WITH OTHER PAINFUL CONDITIONS, SUCH AS:

- Irritable bowel syndrome
- Migraine and other types of headaches
- Interstitial cystitis or painful bladder syndrome
- Temporomandibular joint disorders

## CAUSES

DOCTORS DON'T KNOW WHAT CAUSES FIBROMYALGIA, BUT IT MOST LIKELY INVOLVES A VARIETY OF FACTORS WORKING TOGETHER. THESE MAY INCLUDE:

**Genetics.** Because fibromyalgia tends to run in families, there may be certain genetic mutations that may make you more susceptible to developing the disorder.

**Infections.** Some illnesses appear to trigger or aggravate fibromyalgia.

**Physical or emotional trauma.** Fibromyalgia can sometimes be triggered by a physical trauma, such as a car accident. Psychological stress may also trigger the condition.

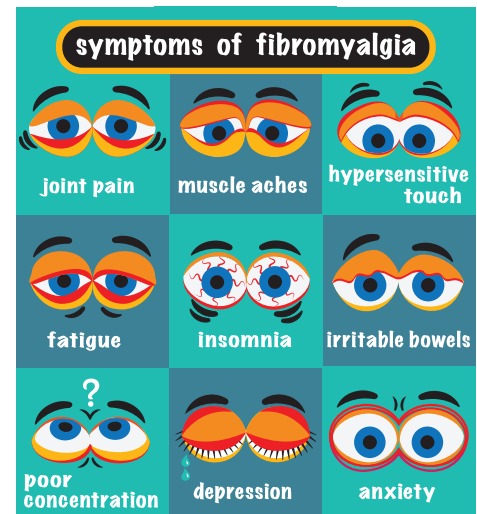
## Why does it hurt?

Researchers believe repeated nerve stimulation causes the brains of people with fibromyalgia to change. This change involves an abnormal increase in levels of certain chemicals in the brain that signal pain (neurotransmitters). In addition, the brain's pain receptors seem to develop a sort of memory of the pain and become more sensitive, meaning they can overreact to pain signals.

## RISK FACTORS

RISK FACTORS FOR FIBROMYALGIA INCLUDE:

**Your sex.** Fibromyalgia is diagnosed more often in women than in men.



**Family history.** You may be more likely to develop fibromyalgia if a relative also has the condition.

**Other disorders.** If you have osteoarthritis, rheumatoid arthritis or lupus, you may be more likely to develop fibromyalgia.

## COMPLICATIONS

The pain and lack of sleep associated with fibromyalgia can interfere with your ability to function at home or on the job. The frustration of dealing with an often-misunderstood condition also can result in depression and health-related anxiety.

## DIAGNOSIS

In the past, doctors would check 18 specific points on a person's body to see how many of them were painful when pressed firmly. Newer guidelines don't require a tender point exam. Instead, a fibromyalgia diagnosis can be made if a person has had widespread pain for more than three months — with no underlying medical condition that could cause the pain.

### Blood tests

WHILE THERE IS NO LAB TEST TO CONFIRM A DIAGNOSIS OF FIBROMYALGIA, YOUR DOCTOR MAY WANT TO RULE OUT OTHER CONDITIONS THAT MAY HAVE SIMILAR SYMPTOMS. BLOOD TESTS MAY INCLUDE:

- Complete blood count
- Erythrocyte sedimentation rate
- Cyclic citrullinated peptide test
- Rheumatoid factor
- Thyroid function tests



## TREATMENT

In general, treatments for fibromyalgia include both medication and self-care. The emphasis is on minimizing symptoms and improving general health. No one treatment works for all symptoms.

### Medications

MEDICATIONS CAN HELP REDUCE THE PAIN OF FIBROMYALGIA AND IMPROVE SLEEP. COMMON CHOICES INCLUDE:

**Pain relievers.** Over-the-counter pain relievers such as acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) or naproxen sodium (Aleve, others) may be helpful. Your doctor might suggest a prescription pain reliever such as tramadol (Ultram). Narcotics are not advised, because they can lead to dependence and may even worsen the pain over time.

**Anti-depressants.** Duloxetine (Cymbalta) and milnacipran (Savella) may help ease the pain and fatigue associated with fibromyalgia. Your doctor may prescribe amitriptyline or the muscle relaxant cyclobenzaprine to help promote sleep.

**Anti-seizure drugs.** Medications designed to treat epilepsy are often useful in reducing certain types of pain. Gabapentin (Neurontin) is sometimes helpful in reducing fibromyalgia symptoms, while pregabalin (Lyrica) was the first drug approved by the Food and Drug Administration to treat fibromyalgia.

### Therapy

A VARIETY OF DIFFERENT THERAPIES CAN HELP REDUCE THE EFFECT THAT FIBROMYALGIA HAS ON YOUR BODY AND YOUR LIFE. EXAMPLES INCLUDE:

**Physical therapy.** A physical therapist can teach you exercises that will improve your strength, flexibility and stamina. Water-based exercises might be particularly helpful.

**Occupational therapy.** An occupational therapist can help you make adjustments to your work area or the way you perform certain tasks that will cause less stress on your body.

**Counseling.** Talking with a counselor can help strengthen your belief in your abilities and teach you strategies for dealing with stressful situations.



# Shelley Houghton Memorial Walk-a-Thon for C.O.P.D.

**NO  
REGISTRATION FEE**

CHECK IN: 8:30 - 9:30 A.M.  
WALKING: 9:30 - 11 A.M.  
LUNCH: 11 A.M. (\$7 W/DRINK)

Free T-shirts for  
registered walkers  
*(while supplies last)*

For information & Registration Forms  
Call (626) 814-2421

**Saturday  
October 5, 2019  
Covina Park  
(4th Street side)**

**GRAND PRIZE**  
\$500 GIFT CARD TO DISNEYLAND

Grand Prize Tickets \$5 each; Opportunity Drawing Tickets 6/\$5



Mended Hearts™  
of the San Gabriel Valley



Breath  Savers  
*Cope Don't Mope*

Supporting the "Breath Savers" Pulmonary Rehabilitation  
Scholarship Program at Inter-Community Hospital, Covina

**WALKING SO OTHERS CAN BREATHE...BECAUSE WE CARE!**

Sponsor



Covina, CA







# Just For Laughs!



## What's Up, Doc, and Does Medicare Cover It?

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An elderly gentleman was driving on the local freeway when his cell phone rang. It was his wife, who sounded frantic. She warned him to be on the lookout for a wayward driver.

"Sherman, please be very careful! I just heard on the radio that there's a driver on the freeway going in the wrong direction!"

"Margaret, you should call that radio station and give them an update. It's not just one driver. It's every single blasted car I pass!"

\* \* \*

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

.....

—MARK TWAIN



'I'm a self-made man, but if I had it to do over again, I'd call in someone else.'

—Roland Young



Never go to a doctor whose office plants have died.

— Erma Bombeck

70-year-old Martha's fashion style consists of buying anything that doesn't itch.

Elder Nathan B. claims he eats lutefisk so his wife can find him in the dark.

After age 70, it's just patch, patch, patch.

—Jimmy Stewart

## HAPPY GRANDPARENT'S DAY



Grandparent's Weekend

September 10 & 11



# The Sunshine Corner

## September Flower: Aster



### SEPTEMBER BIRTHDAYS

Robert Prior	1
Cynthia Desoto	1
Kathleen Hagan	10
Paulette Salampessy	10
Mary Lou Pischke	15
Jerome Brown	19
Nancy Anderson	21
Patricia Hill	22
Lynne Nagel	24

### September Birthstone: Sapphire



Life shrinks or expands in proportion to one's courage. *Anais Nin*



Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment. *Buddha*

Life is short. Live passionately. *Unknown*



Whatever you are, be a good one. *Abraham Lincoln*



Life begins at the end of your comfort zone. *Neale Donald Walsch*

Life must be lived forwards, but can only be understood backwards. *Kierkegaard*



**Inter-Community Hospital**

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Covina, CA 91722-5108

**ADDRESS CORRECTION REQUESTED**

**Date:** Thursday, September 19

**Time:** 12 p.m. lunch • 1p.m. program  
RSVP for lunch at  
626.331.7331 x14455

**Program:** Air Quality Index  
Presented by: Mark Ung, RCP

**Place:** Inter-Community Hospital  
Conference Center



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