



# Our Daily Breath

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

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## Message from Nance...

Thanksgiving is right around the corner. It is time to give THANKS for all our blessings. It is a celebration of gratitude, a day to acknowledge how thankful we are. Why leave it to one day? How about every day? Reading the quote, I thought about daily threads of THANKFULNESS and how it could be the hem of our blessings and the strength in keeping our life from unraveling. THANKFULNESS is one of the quickest and most effective ways to create a change in our circumstances. It doesn't mean that we have to be thankful for an unfortunate circumstance that we may be in, but to be mindful of the many blessings in our lives no matter how small they appear to us. Certainly there might be a dropped stitch, or snag, but by focusing on our blessings, the hem of life won't unravel. In fact, it will bring light and hope to an adverse situation. So as we go into the season of Thanksgiving, let us be mindful of the thread of THANKFULNESS for ALL of those we encounter. It will be transforming to ourselves and those around us. What a different world it could be! I am grateful to all of you and so thankful you're touching my life.

*"Hem your blessings with THANKFULNESS so they don't unravel."*  
- AUTHOR UNKNOWN

**Happy Thanksgiving! Be well. Remember to breath and move...Nance**

**Our next Breath Savers meeting will be FRIDAY, November 22, 2019.** Lunch will be offered at noon, and the cost is \$7. You may bring your own lunch, if you prefer. The menu will be roasted squash barley salad with balsamic vinaigrette, oven roasted turkey, mashed potatoes, stuffing, green beans almondine, dinner rolls and pumpkin and pecan pie for dessert. The program starts at 1 p.m. and is FREE. The program will be "Lung Disease and Lung Transplant" presented by Jay Onga, RN, BSN, CCTC, UCLA Lung Transplant Coordinator. Who are candidates for a lung transplant? What is the process? It will be a very informative program. Come join us and bring a friend. I anticipate it to be a full house, so please RSVP early! If you are joining us for lunch, please RSVP by Wednesday, November 13, 2019 at 626.331.7331 x14455. REMEMBER, IT IS BEING HELD FRIDAY, NOVEMBER 22, 2019. See you there!

**WOW! Our last Breath Savers meeting was OUTSTANDING.** Emily Estenson from the Center of Health Care Rights gave an excellent presentation on Medicare Part D. She went over the different choices, the enrollment periods, how to select a plan. The presentation was clear, informative and helpful. She provided everyone with a copy of the power point presentation, answered questions throughout and then provided phone numbers for further questions. We have some extra handouts if anyone would like one. We can bring them to the next meeting. Also, a BIG THANK YOU to Barbara Leon for the beautiful handcrafted Fall teacups and to Toni Bianco for the fun pumpkin centerpieces. Donating these centerpieces is a great way to give back to the group. We are looking for volunteers for next year. If interested, call 626.331.7331 x14455.

**THE 10th ANNUAL WALK-A-THON FOR COPD/SHELLEY HOUGHTON MEMORIAL WALK-A-THON WAS A SUCCESS!** It was held on Saturday, October 5, 2019, at Covina Park. The weather was PERFECT, and so was the EVENT! We had the opening flag salute from Boy Scout Troop #448 from Sacred Heart of Covina. We had Proclamations for the Walk-A-Thon and Breath Savers from California State Assemblywoman Blanco Rubio and from the Mayor of Covina, John King. Our yellow t-shirts could be seen all around the park's walking routes. There was a delicious BBQ lunch with drawings for many local merchants, as well as the Grand Prize of a \$500 gift card to Disneyland. Everyone had a great time and there were lots of winners. A preliminary estimate of total donations to date is over \$9,500. WOW! ANOTHER GREAT YEAR! A special THANK YOU to Westland CARPET ONE for sponsoring this event. Thank you to all who supported the event. Many thanks to all the committee members for their hard work and dedication to make this event such a success! Also, thank you to ALL who helped with set up, the BBQ and clean up. It ran so smoothly! Lastly a SPECIAL THANK YOU to Lucy Brejcha for the fabulous pictures of the event, which will be a great memory for all. (See page 4.)

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

Claudia Gade, Javier Camacho, Maurice Edwards, Linda Pyle, Ronald Smith, Leona Tschopp, Maria Virgen, Craig Watkins, Thomas Mathews

### 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:

Cindy Desoto, John Scheuplein, Anthony Williams, Butch Wright, Fredrick Mock, Donna Petrokowitz, Walter Trask, Diane Johnson, Penelope Vaughn, Vicki Anderson

# INTERSTITIAL LUNG DISEASE

In the world of lung disease, there are two major types of lung disease categories. One is COPD, Chronic Obstructive Pulmonary Disease. The other is ILD, Interstitial Lung Disease. ILD is also known as Interstitial Pulmonary Fibrosis and Pulmonary Fibrosis and the terms are used interchangeably.

COPD has been the more well known of the two diseases. Most likely because COPD has been historically more prevalent and is considered to be a major U.S. medical problem. About 30 million people in the United States have COPD. Below is a table briefly identifying general differences between the two. The focus of this conversation is ILD.

<b>COPD</b> <b>Chronic Obstructive Pulmonary Disease</b>	<b>ILD</b> <b>Interstitial Lung Disease</b>
<ul style="list-style-type: none"><li>• Airways and air sacs in your lungs become blocked.</li><li>• You can control the symptoms even in advanced cases of the disease.</li><li>• Two most common forms of COPD are emphysema and chronic bronchitis.</li><li>• Possible causes include: tobacco use, air pollutants at home (i.e. secondhand smoke, some heating fuels) and at work (i.e. dusts, gases and fumes), and a genetic predisposition.</li></ul>	<ul style="list-style-type: none"><li>• Umbrella term for a large group of over 200 disorders that cause scarring (fibrosis) of the lungs.</li><li>• Scarring causes stiffness in the lungs which makes it difficult to breathe.</li><li>• Lung damage from many ILDs is irreversible and progressive, meaning it gets worse over time.</li><li>• Medications may slow the progression of the disease.</li><li>• It's challenging for people with interstitial lung disease to receive enough oxygen, making it difficult to breathe.</li><li>• Example of ILDs include:<ul style="list-style-type: none"><li>- Idiopathic Pulmonary Fibrosis</li><li>- Hypersensitivity Pneumonitis</li><li>- Sarcoidosis</li><li>- Asbestosis</li></ul></li></ul>

Interstitial Lung Disease (ILD) is a term that broadly describes a diverse collection of more than 200 lung disorders. "These diseases are classified together because they all affect the tissue and space around the alveoli (air sacs), called the interstitium. Depending on the specific disease, other compartments of the lung, including the alveoli themselves, the airways (trachea, bronchi, and bronchioles), the blood vessels, and the pleura (outside lining of the lung), may also be affected." (www.thoracic.org).

**According to UCLA's Interstitial Lung Disease Center, the most common symptoms for interstitial lung diseases include:**

- Shortness of breath, especially with activity
- Dry, hacking cough that does not produce phlegm
- Extreme tiredness (fatigue) and weakness
- Loss of appetite
- Unexplained weight loss
- Discomfort in the chest
- Labored breathing, which may be fast and shallow
- Bleeding (hemorrhage) in the lungs



Patients with ILD usually complain of shortness of breath and cough, although there may be little to no symptoms in the early stages. We all experience symptoms differently. Make sure you contact your doctor when you recognize something doesn't feel right for you.

ILD was once considered rare. Today, it has become more prevalent. According to [www.pulmonaryfibrosis.org](http://www.pulmonaryfibrosis.org):

- 1 in 200 people over 70 years old are diagnosed with IPF
- 50,000 cases of IPF are diagnosed annually
- Currently 200,000+ people live with IPF in the U.S.

Interstitial lung disease mostly affects adults but it does show up in children. Young adults tend to develop sarcoidosis, pulmonary Langerhans cell histiocytosis, and autoimmune-associated lung diseases, whereas adults between the ages of 40 and 70 tend to develop idiopathic pulmonary fibrosis (IPF). Pulmonary fibrosis or idiopathic pulmonary fibrosis (“idiopathic” means “unknown cause”) is by far the most well-known of the diseases in the ILD family.

According to [www.pulmonaryfibrosis.org](http://www.pulmonaryfibrosis.org), there are five main causes of interstitial lung disease and can be classified into one of the following categories:

TYPE OF PF	CLUES THAT DOCTORS USE
Drug-Induced	Prior or current use of amiodarone, nitrofurantoin, chemotherapy, methotrexate, or other drugs known to affect the lungs
Radiation-Induced	Prior or current radiation treatment to the chest
Environmental (called hypersensitivity pneumonitis)	Exposure to mold, animals, or other triggers
Autoimmune (called connective tissue disease-related)	Joint inflammation, skin changes (particularly on the fingers and face), dry eyes or mouth, abnormal blood tests
Occupational (called pneumoconiosis)	Prior or current exposure to dusts, fibers, fumes, or vapors that can cause PF (such as asbestos, coal, silica, and others)

How is IPF diagnosed? When a doctor or other healthcare provider suspects that a patient has ILD, they will perform tests that might include pulmonary function tests, a chest x-ray, blood work, and a high-resolution CT scan. In some cases, a lung biopsy will be performed.

Pulmonary fibrosis is a progressive disease, which means it tends to worsen over time. However, every individual diagnosed with pulmonary fibrosis has a unique experience with the disease and there is no “standard” or expected clinical course. Treatment may include supplemental oxygen, pulmonary rehabilitation, medications and in some cases, lung transplantation may be an option.

There are no easy answers when it comes to Interstitial Lung Disease. As with most healthcare issues, it is important to get to know your body and pay attention to those things that are not typical for you. Check with your healthcare provider if you have any questions. ■

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#### BLANCA SIEBELS — Double Lung Transplant 11/16/16

My world changed as a result of ILD. My specific form of ILD is called follicular bronchiolitis which simply delineates the type of patterning my scarring developed. My diagnosis has been interesting my doctors because this type of scarring pattern typically shows up in patients a lot older than me or with patients who suffer from HIV. I was neither when I received the diagnosis. My transplant team at UCLA, my pulmonary rehab family at Emanate, my family and my faith have brought me through this challenge. I am deeply grateful to Breath Savers for the scholarships that have allowed me to strengthen my body and remain active post transplant. As we enter this season of thanksgiving, I am deeply grateful for the gift of life.

Dumo Spiro Spero (Latin)

**While I breathe, I hope.**

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<https://www.thoracic.org/patients/patient-resources/breathing-in-america/resources/chapter-10-interstitial-lung-disease.pdf>

[https://www.pulmonaryfibrosis.org/docs/default-source/disease-education-brochures/pf-fact-sheet-series---ipf-6-12-19.pdf?sfvrsn=a3b7918d\\_0](https://www.pulmonaryfibrosis.org/docs/default-source/disease-education-brochures/pf-fact-sheet-series---ipf-6-12-19.pdf?sfvrsn=a3b7918d_0)

<https://www.uclahealth.org/ild/what-is-interstitial-lung-disease>



# Breath Savers

Cope Don't Mope

**CELEBRATING OUR 10TH YEAR**

Chronic Obstructive Pulmonary Disease

2019 **Walk a-thon** FOR C.O.P.D.

*Shelley Houghton Memorial Walk-a-Thon*

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

Saturday  
October 5, 2019  
Covina Park

*A Beautiful Day*



Mended Hearts™  
of the San Gabriel Valley

Sponsor



Covina, CA





Lilly Estenson, Center for Health Care Rights, presents:  
2020 Medicare Part D - Prescription Drug Benefits & Costs

Luncheon  
October 17, 2019



CHEF'S CORNER  
BY EXECUTIVE CHEF EMILIO

**BUILD YOUR OWN TOSTADA BAR**  
Featuring: *Ingredients for Shell Taco Chicken*

Luncheon - Thursday, October 17, 2019

INGREDIENTS:

- . 1 tbsp olive oil
- . 1 cup dice onion
- . 1 tsp chopped garlic
- . 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- . 1 can (28 oz each) Diced Tomatoes
- . 1 can (14 oz each) chicken broth
- . 1/2 cup sliced red, green bell pepper
- . 2 ea leaf of laurel (aka sweet basil leaf)
- . 1 teaspoon salt
- . 1 tsp cumin
- . 1 tsp paprika
- . 1 tsp chili powder
- . 1 tbsp oregano
- . 1 tbsp thyme
- . 1/4 tsp ground black pepper
- . 1 tbsp tomato paste
- . 1/2 cup chili poblano
- . 1 tbsp fresh cilantro



HOW TO MAKE IT

Hands On: 15 minutes  
Total: 40 minutes

Heat oil over medium-high heat for 1 minute. Add onion, garlic, chicken and cook 5 minutes or until lightly browned. Stir in tomatoes with their liquid, broth, paste, salt and pepper. Add all the ingredients and bring to a boil - then reduce heat to low.

Cover, simmer 10 minutes.



Toppings also served with rice & beans:



For dessert:  
Bavarian filled churros





# Just For Laughs!



## NOVEMBER

### Thanksgiving CALORIE POEM

May your stuffing be tasty  
and your turkey be PLUMP.  
May your potatoes and gravy  
be without a lump.



May your yams be delicious  
and your pies take the prize.  
May your Thanksgiving dinner  
stay off of your thighs!



Anybody who has ever used the expression, "It was no Sunday School picnic" has obviously never been to a Sunday School picnic.

– The Parish Chute



How do you disperse a threatening crowd?

Take up a collection.

– The Joyful Noiseletter

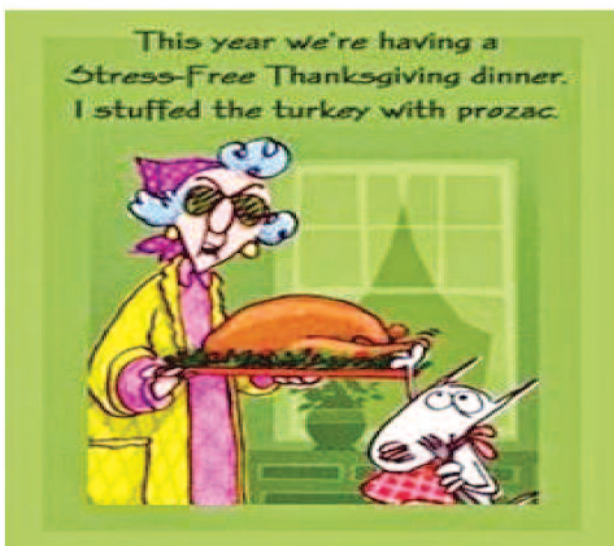
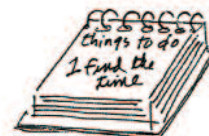


There are two ways a sermon can help: Some rise from a sermon greatly strengthened, others wake up greatly refreshed.

– The Joyful Noiseletter



getting old isn't  
so bad...if you have  
the time for it





# The Sunshine Corner

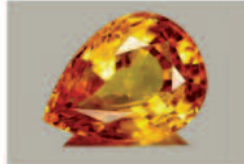
**November Flower:  
Chrysanthemum**



## NOVEMBER BIRTHDAYS

Sherlyn Serverson	2
Robert Kenney	9
Carol Urlie	12
Maxine Hand	16
Christina Lopez	20

**November Birthstone:  
Citrine**



I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder. — Gilbert K Chesterton



“Enjoy the little things, for one day you may look back and realize they were the big things.” —Robert Brault



'Enough' is a feast.



“Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.” — Henri Frederic Amiel

“Thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.” — Oprah Winfrey



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**ADDRESS CORRECTION REQUESTED**

**Date:** FRIDAY, November 22

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

**Program:** Lung Disease and Lung Transplant  
Presented by: Jay Onga, UCLA Lung  
Transplant Coordinator

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



NOVEMBER 3



NOVEMBER 11

LUNG CANCER AWARENESS MONTH  
Great American Smokeout – Nov. 21



NOVEMBER 28

**SENIOR EDITOR:**

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