

President's Post

Don't Delay Your Care

In our last edition, we wrote that COVID-19 cases and hospitalizations were shrinking. Well, this very virulent virus has turned the tables on our health care providers. Area hospitals are calling each other asking if they have spare beds. Not just for patients suffering from COVID-19 but patients who have experienced a heart attack, stroke or severe injury could find themselves on a gurney in a hallway waiting for an open bed.

Please, don't delay your care and if you haven't had your vaccine, take your shot! Protect yourself! Protect others!

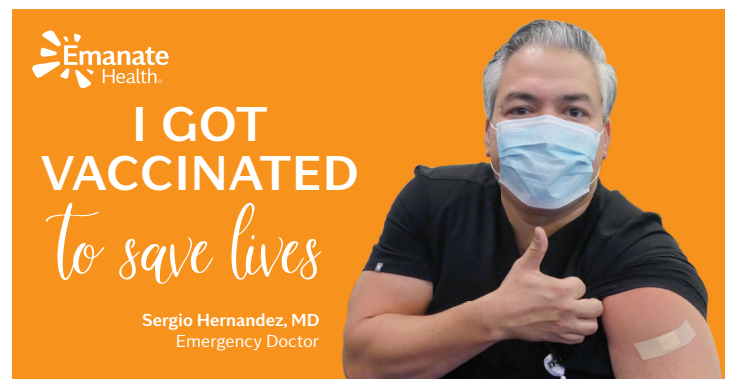
"A high amount of coronavirus in the lungs is a major contributor to death of COVID-19, new research shows. The findings challenge previous theories that simultaneous infections such as pneumonia or and overreaction of the body's immune system are significant factors in COVID-19 deaths." The study was conducted by the New York University's Langone Department of Medicine."

-HealthDay News, August 31, 2021

"High viral load in lungs major contributor to COVID-19 death."

Please, if you have not already, schedule a physical check-up with your physician and/or your pulmonologist to assess your current condition. For those who live in the San

Gabriel Valley and need a doctor, visit www.Emanatehealth.org/doctors/ or call 626.483.4310 to schedule an appointment for the entire family at Emanate Health Care Center, a multi-specialty outpatient clinic in West Covina (adjacent to the Emergency Department at Queen of the Valley Hospital). Live outside of Emanate Health's service area? Google your local hospital, they will have a list of doctors who can help you and your family members with their health needs. December 31 will be here before we know it. Get your doctor visits accomplished while your medical insurance will cover the cost.



Starting January 1, we will likely all face higher deductibles from our medical insurance plans. Now is the time to schedule doctors' visits while they are covered by your insurance.

With all the dangers from COVID-19, this is FLU season! Last year, with the lockdown the flu season was very mild, but not this year! Please get your flu vaccine. With the ebb and flow of COVID-19 patients in our local hospitals, if you are hit hard by the flu and are unvaccinated, there may be a shortage of available hospitals

beds. We know how important it is to manage your health and your doctors' appointments. Remember, now is time, **please don't delay your care!**

Health Benefits of Good Nutrition

There are two articles that address the question, How Does Food Relate to Breathing?

Nutrition and COPD explores how what we eat affects our ability to improve our breathing.

Best Foods for Your Lungs follows-up with the earlier article by giving examples of which foods are best to help with our breathing.

Wear your mask



Watch your distance



Wash/sanitize your hands



Please be well,

Pat Jones, President of Breath Savers



THE BEST FOODS FOR LUNG HEALTH

“Eating crappy food isn't a reward – it's a punishment”

-Drew Carey, Comedian

Keeping your lungs healthy is essential to feeling your best. Yet here we are continually exposed to bad air quality whether from pollution, second-hand cigarette smoke, environmental toxins or airborne pathogens. These elements will take a toll on this important organ.

The American Lung Association warns that 60% of Americans live in areas where the air can be dangerous to our health. Conditions such as asthma, COPD and pulmonary fibrosis will

significantly affect your quality of life. However, research has shown that lifestyle modifications, including a nutrient-rich diet, can help protect your lungs and even reduce lung damage and symptoms of pulmonary disease.

Specific nutrients and foods have been found to be particularly beneficial for lung function. The following is a collection of fruits, vegetables and spices that may help optimize lung function for all of us. Please remember, all things in moderation!

Beets and Beet Greens

The vibrantly colored root and greens of the beetroot plant has compounds that optimize lung function. Nitrates, being a vasodilator,

relaxes blood vessels, reduce blood pressure and optimize oxygen uptake. In addition, beet greens are packed with magnesium, potassium, Vitamin C and carotenoids (a class of yellow, orange, or red fat-soluble pigments, including carotene, which gives color to plant's parts such as ripe tomatoes to autumn leaves).

Red Bell Peppers

Besides being a beautiful vegetable, red peppers carry an abundance of the compound beta-cryptoxanthin which, has been found to lower the risk of lung cancer. This compound, with Vitamin A, was found in a study at Kansas State University to reduce both inflammation of the lungs and cases of emphysema. Additionally, red peppers have more Vitamin C than most fruits along with elevated levels of two carotenoids, lutein and zeaxanthin (which helps with slow age-related vision loss) and is credited with improved lung function.

Again, all things in moderation, as good as Vitamin C is, too much, especially orange juice which is also high in potassium, is not good for your kidneys.

Apples

“An Apple a day keeps the doctor away”

A 18th century common English-language proverb—

Research has shown that regularly eating apples may help promote lung function. A study published in *The European Respiratory Journal* reported that apples could help slow declining lung function over a 10-year period, especially for former smokers. The phytochemicals found in apples has also been shown to decrease oxidative stress and inflammation, which could potentially enhance pulmonary function.

Researchers have found that those who consume five to six apples a week have a lung capacity 138 percent higher than the average person. Good lung function has long been associated with foods that have considerable amounts of Vitamins C, E and beta-carotene, a form of Vitamin A. Vitamin A helps your immune system fight off harmful viruses and bacteria.



Remembering all things in moderation, an apple a day can reduce your risk of lung and colon cancer. An average apple accounts for 2% of our daily fiber requirement.

Brazil Nuts

It might be one of the tougher nuts to crack but what lies inside has a high dosage of one of the most essential nutrients for lung health, selenium. Recognized as an antioxidant mineral, selenium has been found to protect lungs from harmful free radicals, inhibit the growth of lung tumors and boost your overall immune system. The National Institute of Health (NIH) list Brazil nuts as the single greatest source of selenium, however, NIH's scientists are studying whether selenium helps reduce the risk of cardiovascular disease, pulmonary diseases, thyroid disease and cognitive decline. Though nothing substantial has been released, they have learned as we age our levels of selenium decrease. So, add Brazil nuts to your list of snack items.

Red Cabbage

Red cabbage is an affordable and rich source of anthocyanins, the plant pigment that gives the cabbage its vivid red color. Anthocyanin intake has been linked to a reduced decline in lung function. In addition, cabbage is packed with fiber. Studies show that people who consume more fiber have better lung function than those who consume low amounts of fiber.

Green Tea

• **Advantages** – Green tea is brimming with antioxidants and polyphenols (found in tannic acid) that can be beneficial for lung function. Epigallocatechin gallate (EGCG) is a catechin concentrated in green tea. It boasts antioxidant and anti-inflammatory properties and has been shown to inhibit fibrosis or scarring of tissues. Research shows that EGCG may help treat pulmonary fibrosis. An exceedingly small study, done in 2020, tracked twenty people with pulmonary fibrosis. After 2 weeks treatment of EGCG had reduced markers of fibrosis, compared with a control group. Green tea also has theophylline, a powerful compound that acts as a bronchodilator



which improves airway function and ease breathing difficulties. Other research shows that regular consumption of green tea could be linked to a lower risk of COPD.

- **Disadvantages** – Green tea may create problems if you're taking stimulants, hormones, antibiotics, blood thinners, certain asthma medications, or any drug that poses a risk of liver damage. Green tea can also worsen diarrhea, glaucoma, bleeding disorders, and multiple other conditions.

Green tea can cause liver damage in excessive amounts. Today, green tea might taste good and be refreshing and a natural way to ward off cancer but, in concentrated amounts it can also damage your liver. Unscrupulous suppliers, who want to cash in on green tea's popularity, are selling adulterated green tea which has caused liver damage to unsuspecting consumers. Buyer beware, buy known brands.

Fish

Fish is a low-fat protein which is a huge source of omega-3 fatty acid. There are benefits, beyond promoting pulmonary blood flow, in eating fish as part of your weekly diet. The omega-3 in fish keeps us away from cardiovascular disease, dementia and cancer. Fish protein is helpful for protecting our eyesight and brain.

There are disadvantages of eating fish. Wild-caught fish may have prominent levels of mercury, which can be dangerous for our body.

Farm-raised fish also present an issue as it's subject to disease.



Still, the health benefits of eating fish are enormous. Omega-3 fatty acids benefits not only are lungs, but also our heart and brain, and serves as a guard against

cancer. Our challenge is to balance the frequency of fish (once or twice a week) with mercury in fresh-caught fish versus the possibility of diseased farm-raised fish. Trust your source, be it a major supermarket chain store with its own fish market, or a fish market with a good reputation. As always, buyer beware!

Olive Oil

Using olive oil may help protect against respiratory conditions like asthma. Olive Oil is a concentrated source of anti-inflammatory antioxidants, including polyphenols and Vitamin E, which are responsible for its powerful health benefits.



A study, which included 871 people, found that those who had high olive oil intake had a reduced risk of asthma. The Mediterranean diet, which is rich in olive oil, has shown to help lung function in smokers, as well as those with COPD and asthma.

"It is health that is the real wealth, and not pieces of gold and silver"

-Mahatma Gandhi, Civil Rights Leader

Lentils

Lentils are high in many nutrients that help support lung function, including magnesium, iron, copper and potassium. The Mediterranean diet, which has been associated with promoting lung health, is high in legumes like lentils.

Cocoa

Cocoa and cacao products like dark chocolate are high in flavonoids antioxidants and hold a compound called theobromine, which helps relax the airways in the lungs. Cocoa intake has been associated with a lower risk of allergic respiratory symptoms and may help protect against lung cancer.

A study that included 55,000 people found that those with higher flavonoid consumption from foods, including chocolate products, had better lung function than people who had diets low in flavonoids.

So, grab yourself a dark chocolate bar and enjoy!



Turmeric

A study with 2,478 participants found that curcumin intake was associated with improved lung function. The lung function of smokers who had the highest intake of curcumin was significantly greater than smokers who had low curcumin intake. Those with higher intake showed a 9.2% greater lung function.

Leafy Greens

There is so much to be said about leafy greens, all the different varieties, all the available nutrients, and all the benefits leafy greens give us.



Magnesium helps protect against inflammation and it helps bronchioles (the tiny airways inside your lungs) stay relaxed, preventing airway restriction. In several studies, higher intake of magnesium is associated with better lung function while low

magnesium levels are associated with worsening symptoms in people with COPD. Additionally, many studies have linked greater intake of leafy green vegetables to a reduced risk of lung cancer and COPD.

Leafy greens and vegetables for your meal consideration are spinach, broccoli, squash and okra, in addition to beet greens, pumpkin, peas, cucumbers, and collard greens.

Please remember, all things in moderation!

Sources

This article has been reviewed and edited for accuracy by:

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Nutrition and COPD

So, how does food relate to breathing? Well, the process of changing food to fuel in our body is called the metabolic process. Oxygen and food are the raw materials of the process with energy and carbon dioxide being the finished products, with us exhaling the waste product, carbon dioxide.

Again, how does food related to breathing? The right mix of nutrients in your diet can help you breathe easier. The metabolic process of carbohydrates produces the most carbon dioxide for oxygen used, processing of fat produces the least amount of carbon dioxide. For those with COPD, eating a diet with fewer carbohydrates and more fat helps them breathe better.

Nutritional Guidelines

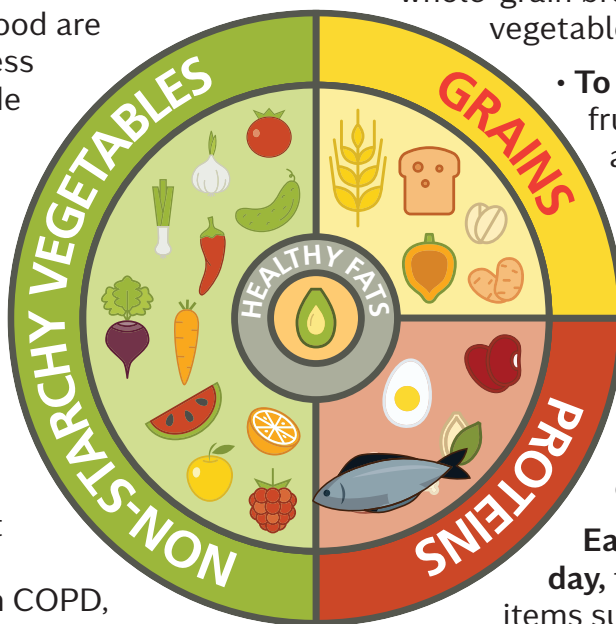
Choose complex carbohydrates, such as whole-grain bread, pasta, fresh fruits, and vegetables.

- **To lose weight:** Choose fresh fruits and veggies over bread and pasta for most of your complex carbohydrates.

- **To gain weight:** Eat a variety of whole-grain carbohydrates, fresh fruits, and vegetables.

Limit simple carbohydrates, including table sugar, candy, cake, and regular soft drinks.

Eat 20 to 30 grams of fiber each day, from items such as bread, pasta, nuts, seeds, fruits, and vegetables.



Also, eat a reliable source of protein at least twice a day to help maintain strong respiratory muscles. Good choices include milk, eggs, cheese, meat, fish, poultry, nuts and dried beans or peas.

- **To lose weight:** Choose lowfat sources of protein, such as lean meats and lowfat dairy products.
- **To gain weight:** Choose protein with a higher fat content, such as whole milk, whole milk cheese and yogurt.

Choose mono- and poly-unsaturated fats, which do not contain cholesterol. These are fats that are often liquid at room temperature and come from plant sources, such as canola, safflower and corn oils.

- **To lose weight:** Limit your intake of these fats.
- **To gain weight:** Add these types of fats to your meals.

Limit foods that contain trans fats and saturated fats. Examples are butter, lard, fat and the skin from meats, hydrogenated vegetable oils, shorting, fried foods, cookies, crackers and pastries.

Note: These are general nutritional guidelines for people with COPD. Each person's needs are different, please talk with your doctor, pulmonologist and/or a registered dietitian nutritionist before you make changes to your diet.

Diet Hints

- Rest just before eating
- Eat more food early in the morning if you are usually too tired to eat later in the day.
- Avoid foods that cause gas or bloating. These conditions tend to make breathing more difficult.
- Eat 4 to 6 small meals a day. This enables your diaphragm to move freely and lets your lungs fill with air and empty out more easily.
- If drinking liquids with meals makes you feel too full to eat, limit liquids with meals; drink an hour after meals.
- Consider adding a **nutritional supplement** at nighttime to avoid feeling full during the day.

Using medical nutritional supplements

You may find it difficult to meet your nutritional needs with regular foods, especially if you require a high calorie intake every day. Also, if a Registered Dietitian Nutritionist (RDN) has suggested that you get more of your calories from fat (the polyunsaturated, monounsaturated, and low-cholesterol variety) you may not be able to meet this goal easily with ordinary foods. Your doctor or a RDN may suggest you drink a liquid called a medical nutritional product (supplement). Several of these products are used as a complete diet by those who cannot eat ordinary foods. Or they can be added to regular meals by people who cannot eat enough food.

Source

www.lung.org/lung-health-diseases/lung-disease-lookup/copd/living-with-copd/nutrition*

*The article was reviewed and approved by the American Lung Association's Scientific and Medical Editorial Review Panel
-June 10, 2021





The Sunshine Corner

October

November

December

Fall



Marigolds



Chrysanthemums



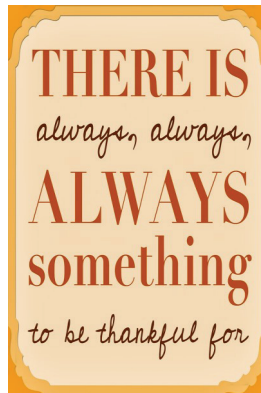
Holly



Black Cats Welcome Here

It's That Scary Time of Year!

The Only Thing
We Have to Fear...
is FEAR Itself...
and SPIDERS



Hello November.

HAPPY
HALLOWEEN



It's almost **Christmas** let's be honest one of the best things about it... IS THE **FOOD**, eat healthy and make wise decisions so we are all here for next year...

"Be careful about reading health books. You may die of a misprint."

Mark Twain

American Humorist



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ADDRESS CORRECTION REQUESTED



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