



# Second Wind

## NEWSLETTER

December

2001

*PERF, The Pulmonary Education and Research Foundation, is a small but vigorous non-profit foundation. We are dedicated to providing help for those with chronic respiratory disease through education, research, and information. We hope this newsletter is worthy of our efforts.*

### PERF BOARD OF DIRECTORS

- Richard Casaburi, Ph.D., M.D., President
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***Peace on Earth!*** This is the time of year when the holidays are also the holy days for much of the population of earth. How wonderful it would be if the peoples of all religions would put into practice the cornerstones of their faith. While mankind remains flawed, unable to live up to our high ideals, we also continue to strive towards those ideals, or at least voice our belief in them. That is what gives us hope for the future. May all of you find peace in your lives now, with the hope of peace for the world in the coming year.



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**If you found it hard** to get into the spirit of the season this year, we hope that you were uplifted, as we

were, by an annual patient support group party. PERF Board members Mary Burns and Dr. Brian Tiep were again honored to be guests at the **Mission Hospital PREP** (Pulmonary Rehab Education Program) patient support group gathering in Laguna Hills, CA. What an event! The room had two huge Christmas trees whose bright decorations were outdone by the festive attire of the **180** PREPERS, dressed in red and other bright holiday finery. Their clothes suited the mood of this smiling, laughing group. Not a Grinch nor a grump was seen, for who could be glum when surrounded with such cheer!



Warmly welcoming everyone to the event was program coordinator **Jim**

**Barnett, RCP.** As always, popular **Dr. Brian Tiep** “worked” the room, playing requests on his fiddle for holiday classics as well as other selections members of the group called out. Did any one find a tune that Brian couldn’t play? Not that we could see!



Raffle prize after prize was won by lucky participants. But even those who left without a wrapped gift were winners, just by being part of this special group. Mary and Jim told the audience that working with a rehab programs is one of the greatest jobs in the world. Mary, in particular, was so very honored to share in the friendship and warmth of these rehab graduates. All of you folks in our PERF family are a continual inspiration and we thank you for filling us with the Christmas spirit!



We kept our appeal for the support of PERF low key this year, as you may have noted. Not only were many of you very generous to previous requests to support the Chair in the Rehabilitative Sciences, but we also knew that the economy and 9/11 put a strain on many of you. We appreciate all of you as friends and supporters of PERF. As friends, we didn’t want to pressure any of you. You amazed us! We are *overwhelmed* by your generosity

to the Chair and to PERF. There is so *much* work that yet needs to be done and with your help we can continue in our efforts to help those with respiratory problems. We have many, many people to thank.

***Nicki McDonald of Oak Lawn, IL made a donation to the Chair in memory of her husband Robert A. McDonald. His name will join those of others in the Long Beach 500 Club, as will that of Jeanne Judge of Delray Beach, Florida.***

*Additional very generous donations were made to the Chair by Sustaining Members Alice and John Moore, John Boynton, Dr. Tom Petty, Billie Gaynor, James Lynch, as well as Reta Long who made a donation to the Chair AND to PERF in memory of her husband, Al.*

*Dorothy Hall, Betty Bennett, Lillian Marineau, RPT, Jim Fraser, Ted Von Goerlitz, C. Alopri, Michael Smith, Irene Peterson, and Priscilla Mills all made donations to the chair.*

*Other generous gifts to the Chair were made by Gladys Mollison and Dale Thompson.*

*Remembering loved ones with donations to PERF are Hilda Swanson in memory of her husband, Albert, Nancy Moore in memory of*

*Glen, Shirley Brunmeir in memory of her son, Chris, Myrna Fletcher in memory of Robert Fletcher, Robert Hamblin in memory of Jeanette, Jean Krenicki in memory of Ruth Lemker, Dorothy Steinwedel in honor of all, Mary Burns and the PEP Pioneers in memory of Dick Barton, Pat & Bert Ternstrom in memory of Stacy Corzine, Barbara White in memory of Harry Holcomb, Chuck Gaynor and George Richey and Jo Dutcher in memory of Kenneth Dutcher.*

*Also remembering PERF during the holiday season were Bonnie McCarthy, Betty Hoffmeier, Francis Scilley, Barbara Butler, Bill Hastings, Sachi Morita, Jasuo Masunaka, Virginia Brown, Mary Barkman, RN, MS, A. H. Morrison, Chris Brust, RN and the San Pedro Better Breathers, Gerald Pearce, Irene Peterson, and Mr. & Mrs. Harold Winslow, Jr.,*

*Alison Chacona RRT of Long Beach Memorial made her donation to the Chair in memory of Ardath Nash and Claudine Vigier, Mary Burns in memory of George Richie, Toni Groveman in memory of her mother, Jeanette Hamblin and James Lynch in memory of Major General Richard S. Abbey.*

What is our response to all of this outpouring of support and good will? Here is a message from Dr. Tom Petty.

Dear Friends,

At this time in our country and with the emerging Christmas Season, we are rejoicing over the generosity of our many friends who are responding to our annual fund raising campaign for PERF. We take great pleasure and comfort in your generosity. We feel very connected and determined to continue to make progress through our research and new programs which are designed to find better solutions for COPD and related disorders.

PERF is built on a very strong foundation, and is now gaining momentum. May others join those who have given us so much support this year. "Remember to Live and Remember to Give" was the motto of our successful rally this year. It remains our call to arms.

Remember to live and remember to love. We are all connected.

Merry Christmas from the PERF board.



Speaking of Christmas, this is a variation on “’Twas the Night Before Christmas that amused us, though it is geared to Thanksgiving instead. We’d like to share it with you.

*'Twas the Night of Thanksgiving* --author unknown

'Twas the night of thanksgiving, but I just couldn't sleep I tried counting backwards, I tried counting sheep The leftovers beckoned - the dark meat and white. But I fought the temptation with all of my might Tossing and turning with anticipation.

The thought of a snack became infatuation.

So, I raced to the kitchen, flung open the door and gazed at the fridge, full of goodies galore. I gobbled up turkey and buttered Potatoes, Pickles and carrots, beans and tomatoes. I felt myself swelling so plump and so round. 'Til all of a sudden, I rose off the ground. I crashed through the ceiling, floating into the sky. With a mouthful of pudding and a handful of pie. But, I managed to yell as I soared past the trees ....

HAPPY SEASON TO ALL -  
PASS THE CRANBERRIES,  
PLEASE! MAY YOUR  
STUFFING BE TASTY, MAY

YOUR TURKEY BE PLUMP  
MAY YOUR POTATOES 'N  
GRAVY HAVE NARY A LUMP,  
MAY YOUR YAMS BE  
DELICIOUS, MAY YOUR PIES  
TAKE THE PRIZE, MAY YOUR  
THANKSGIVING DINNER STAY  
OFF OF YOUR THIGHS!

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Are you getting warnings from your post office about not opening suspicious mail, or envelopes with a lot of scotch tape? In these days when “anthrax” hovers in the subconscious when opening envelopes, **Judy and Kevin Hettitch of Carson City, NV** sent Mary return labels with a reassuring angel perched next to her name and address. Also included were a roll of angel stickers to use instead of tape. That should help banish the anthrax anxieties of anyone who opens *Mary's* mail. Can you imagine a terrorist using an angel sticker? Thanks for the smile your thoughtfulness gave Mary when *she* opened *your* mail.

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Special greetings to Ron Shelton and **PALS, Pulmonary Achievers Live Successfully**, of Harrisonbury, VA. Ron thinks the Second Wind has “good energy”. Thanks, Ron, but it sounds as if your group does too. Like all successful organizations, PALS is open to new ideas. If anyone would like to share ideas with them write to Ron Shelton, LCSW at RMH, 235

Cantrell Ave. Harrisonburg, VA  
228011 or send an e-mail to him at  
[www.rmhonline.com](http://www.rmhonline.com)



At the end of the year it is traditional to look to the past to see what we have learned, and what we look forward to. This is a favorite that you may have read but is worth repeating.



***GREAT TRUTHS ABOUT LIFE,  
THAT LITTLE CHILDREN  
HAVE LEARNED:***

- 1.. No matter how hard you try, you can't baptize cats.
- 2.. When your Mom is mad at your Dad, don't let her brush your hair.
- 3.. If your sister hits you, don't hit her back. They always catch the second person.
- 4.. Never ask your 3-year old brother to hold a tomato.
- 5.. You can't trust dogs to watch your food.
- 6.. Don't sneeze when someone is cutting your hair.
- 7.. Never hold a Dust-Buster and a cat at the same time.
- 8.. You can't hide a piece of broccoli in a glass of milk.
- 9.. Don't wear polka-dot underwear under white shorts.
- 10.. The best place to be when you're sad is Grandpa's lap.

***GREAT TRUTHS ABOUT LIFE,  
THAT ADULTS HAVE  
LEARNED:***

- 1.. Raising teenagers is like nailing Jell-O to a tree.
- 2.. Wrinkles don't hurt.
- 3.. Families are like fudge . . . mostly sweet, with a few nuts.
- 4.. Today's mighty oak is just yesterday's nut that held its ground.
- 5.. Laughing is good exercise. It's like jogging on the inside.
- 6.. Middle age is when you choose your cereal for the fiber, not the toy.

***GREAT TRUTHS ABOUT  
GROWING OLD***

- Growing old is mandatory; growing up is optional.
- Forget the health food. You need all the preservatives you can get.
- When you fall down, you wonder what else you can do while you're down there.
- You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- It's frustrating when you know all the answers, but nobody bothers to ask you the questions.
- Time may be a great healer, but it's a lousy beautician.
- Wisdom comes with age, but sometimes age comes alone.



Would you like the telephone number of the support group nearest you? John Leaman of the Asthma and Emphysema Self Help Group in New York says that his organization can help you out. Just call **(212) 777-5581** and he will try to help you. Patient support groups are wonderful and we recommend them for everyone.

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Have you quit smoking? Are you planning to quit December 31<sup>st</sup> at the stroke of midnight? *The University of California, Berkley Wellness Letter* had a few interesting facts about the effects of smoking that will make you glad that you quit the weed or, hopefully, strengthen your resolve to do so.

- **Lung Cancer:** This remains the biggest cancer killer of both men and women (except Hispanic women),
- The incidence of lung cancer in men is declining, as is the mortality rate. And while the incidence in women has leveled off, the death rate is still increasing---because so many women started smoking after the 1940s.
- **How can you guard against cancer?** If nobody used tobacco, the total incidence and death rate from cancer (*all* kinds of cancer) would fall by about one third! It is a tragedy of our time that so little has been done to eliminate tobacco use.

- **Cholesterol levels:** Smoking lowers HDL (the good cholesterol) by an average of 5 points and increases total cholesterol. **Even secondhand smoke can lower HDL!**
- **Fruit:** A recent Dutch study showed that eating fruit such as apples and pears may reduce the risk of lung disease, even after smoking and other factors were taken into consideration.

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Do you remember that last month we told you that hand washing was one of the most effective things you could do to protect yourself against flu as well as anthrax? Also reported in the letter was a large study of Naval recruits which found that washing their hands at least five times a day cut the rate of respiratory illness by 45%!

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#### **THE FOUR STAGES OF LIFE:**

1. You believe in Santa Claus.
2. You don't believe in Santa Claus.
3. You are Santa Claus.
4. You look like Santa Claus.



**If you want** another reason to feel good about living in good old USA, you **should listen to Dr. Rich Casaburi**, who came back from a meeting in Greece with some interesting information. This meeting was held on the island of

Kos, birthplace of the father of modern medicine, Hipocrates; it was devoted to exploring the advances made in treating COPD.

There was a lot of discussion of “practice guidelines” for diagnosing and treating COPD. It seems that there is pretty good agreement among the “experts” as to how to diagnose COPD and the best drugs to prescribe for COPD patients. But surveys have been conducted here and in other countries that show that many physicians have not been listening to the message. A substantial portion of COPD patients has apparently been misdiagnosed as having asthma. This seems to be a major problem in Great Britain. Even for those correctly diagnosed, there are wide differences among countries in how the disease is treated. If you lived in Italy, you would be more likely to be treated with theophylline (now considered a third line drug) than with an inhaled bronchodilators. If you lived in Germany, you would find that cough and cold preparations are the most commonly used drugs to treat COPD patients. In Great Britain and on most of the European continent, inhaled corticosteroids are prescribed to the vast majority of COPD patients...even though expert opinion is quite divided on their value. In many countries, long acting beta-agonists (like Serevent)

and anticholinergics (like Atrovent) are not commonly prescribed.

In the United States, we still have a long way to go in making sure that general practitioners are fully up-to-date in their diagnostic and prescribing practices. But the land of the free also happens to be the home of appropriate medical care for COPD!

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Is it too late to give you a Christmas suggestion? We know that many of you have an **oximeter** is on your wish list. The lowest price we have found to date for the **Nonin 9500** (Onyx) is at Richmark Medical Supplies. Their website can be seen at <http://www.rmsupplies.com>. Most important however, is that they only charge \$340.00 plus another \$5.00 for shipping and handling the Nonin Onyx. No prescription required! For further information call **1-800-882-8889** and ask for Tom.



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And another bit of philosophy to ponder on at the end of this year.....

***I'm Just Mature** (sent by Don Murphy)*

Today at the drugstore, the clerk was a gent. From my purchase this chap took off ten percent. I asked for the cause of a lesser amount; And he answered, "Because of the

Seniors' Discount." I went to McDonald's for a burger and fries; And there, once again, got quite a surprise. The clerk poured some coffee which he handed to me. He said, "For you Seniors, the coffee is free." Understand---I'm not old---I'm merely mature; But some things are changing, temporarily, I'm sure. The newspaper print gets smaller each day, And people speak softer---can't hear what they say. My teeth are my own (I have the receipt), and my glasses identify people I meet. Oh, I've slowed down a bit...not a lot, I am sure. You see, I'm not old...I'm only mature.

The gold in my hair has been bleached by the sun. You should see all the damage that chlorine has done. Washing my hair has turned it all white, But don't call it gray...saying "blond" is just right. My car is all paid for...not a nickel is owed. Yet a kid yells, "Old duffer...get off of the road!" My car has no scratches...not even a dent.

Still I get all that guff from a punk who's "Hell bent." My friends all get older...much faster than me. They seem much more wrinkled, from what I can see. I've got "character lines," not wrinkles...for sure, But don't call me old...just call me mature. The steps in the houses they're building today. Are so high that they take your breath all away; And the streets are much steeper

than ten years ago. That should explain why my walking is slow. But I'm keeping up on what's hip and what's new. And I think I can still dance a mean boogaloo. I'm still in the running...in this I'm secure, I'm not really old, *I'm only mature!*

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May all of you continue to "mature" with humor in the coming year. We wish you health, and happiness, and peace. God bless you one and all!

**A Happy  
New  
Year!**