



An International Organization  
Board of Directors

---

Richard Casaburi, PhD,MD, President   Alvin Grancell, Vice President   Mary Burns, RN,BS, Executive Vice President   Jean Hughes, Treasurer  
Barbara Borak   Brian L. Tiep, MD   Peter D. Pettler, Esq.   Rubye Richie   James Barnett, RCP ,RRT   Janos Porszasz, MD, PhD  
Vlady Rozenbaum, PhD   Chris Garvey, FNP, MSN, MPA   William Stringer, MD

November, 2011

**Annual Report and Request for Your Support**

We send our best wishes for the holiday season. We hope your year has been happy and healthy. It's the time of year we try to update you on the goings on at PERF, the Pulmonary Education and Research Foundation.

For many years we've had close relations with friends and colleagues in Japan. We were horrified to hear of the death and destruction that the earthquake and tsunami caused. We contacted our friends to learn that there was a major problem providing people with lung disease (especially those dependent on oxygen therapy) with the care they needed. Imagine having no electricity for weeks when you are dependent on an oxygen concentrator! Mary Burns initiated a fund drive on behalf of PERF to assist our friends and, a few weeks after the event, we sent a check to a prominent patient support group associated with the Japanese Respiratory Society to be used to assist those impacted by the disaster.

I was pleased to visit Japan last week. I delivered two lectures in Matsumoto, including the keynote address at the Japanese Society for Respiratory Care and Rehabilitation, and one lecture in Tokyo. I spoke about new developments in oxygen therapy and the importance in maintaining activity for those afflicted by pulmonary disease. As always, I was greeted warmly and given fine hospitality. I learned that life had returned to normal for most people outside of the area most heavily impacted, but that life had been disrupted for many of the people I spoke to. I met with representatives of the patient group; they expressed appreciation for our help and concern.

The Rehabilitation Clinical Trials Center remains very busy, with new crops of research projects getting underway. But it is good to reflect on what we have learned from completed studies. The COPD Gene study finished its initial goal of recruiting 10,500 subjects (we recruited more than 750); Dr. Porszasz and I go to Boston this week to learn of the progress with the genetic analysis. Already there are indications of new information about what makes some smokers prone to develop COPD while others escape lung injury. The MACRO study (1100 COPD patients recruited, 99 at our site) showed that COPD patients treated with a daily dose of an antibiotic had 29% fewer lung illnesses. These results were published in the New England Journal of Medicine in August. A much smaller study, funded by PERF, showed that a combination of two drugs allowed weight-losing COPD patients to regain weight – and muscle.

Our visiting fellow trainees come and go. Dr. Mehdi Rambod left for further training in Texas in July. Dr. Hester van der Vaart, a pulmonary physician from Holland, started a year's stay with us in September. She is pursuing a study, funded in part by PERF; it seeks to find a more effective method of exercise training in pulmonary rehabilitation. We remain grateful for the Thomas L. Petty Visiting Scholar Fund, funded through PERF by Alvin Grancell and other PERF donors, that allows this work to continue.

We're already looking forward 2012. Two events will bring big changes. Dr. Harry Rossiter arrives in January. Harry is a PhD researcher currently at the University of Leeds in England; he is an expert in advanced techniques of muscle biology. We are looking for him to add to the sophistication of our research into the causes of activity limitation in people with heart and lung disease. Bringing Dr. Rossiter to LA BioMed depended on funds contributed over the past few years by Alvin Grancell to a Faculty Recruitment Fund.

The second big change will involve moving our research center's location about 100 yards to the east. The Chronic Disease Clinical Research Center has broken ground and construction has started. This NIH-funded 23,000 ft<sup>2</sup> building will house our research group and two others and is slated to open in the Fall of 2012. We can't wait! It will have four state-of-the-art research laboratories, plenty of space to accommodate our research subjects and offices for all of the staff. I've pasted an artist's rendition of the new building at the end of this letter. For those with access to the internet, the following web address leads you to a webcam where you can follow the construction on a minute-to-minute basis.

<http://cdcrccam.labiomed.org/view/index.shtml>

While you're at it, please also sign on to the PERF website ([perf2ndwind.org](http://perf2ndwind.org)). Our webmaster, Janos Porszasz, has posted material that should be of interest. We're featuring downloadable issues of Chris Garvey's great newsletter "Lungevity". Don't forget to visit Vlady Rozenbaum's website **COPD-alert.com**.

This is the part of the letter where we ask for your support. This is our annual appeal; the only time you will be solicited. Our overhead is very low. I can assure you that your donation will be used efficiently to promote research and education in the fields of rehabilitation and COPD. We know how to squeeze every last cent out of your dollars! All of our Board members contribute their services. Your donations are fully tax deductible and will be gratefully acknowledged in writing. We hope to hear from you.

We wish you and yours all the best for the holiday season and wish you a healthy and happy New Year.

Sincerely,



Richard Casaburi, Ph.D., M.D.  
President, Pulmonary Education and Research Foundation  
Alvin Grancell/Mary Burns Chair in the Rehabilitative Sciences  
Medical Director, Rehabilitation Clinical Trials Center  
Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center

