



A bi-monthly publication by the Department of Pulmonary Rehabilitation

Upcoming Classes & Support Groups

Better Breathers Club: Update on Oxygen Systems from Joe Blum of Invacare- 3:30p.m., Thurs, Aug. 11, 2011

Joe will share his wisdom and expertise in Invacare oxygen systems, including portable oxygen concentrators, and discuss travel with oxygen. The class is free and located at Seton Pulmonary Rehabilitation. For more information, call 650-991-6776.

Working toward Better Quality of Life

Alan Becker facilitates a free support group for persons with chronic lung disease at Seton Pulmonary Rehabilitation every other Tuesday from 3:30 p.m. to 4:30 p.m. The group is focused on finding inspiration and support to organize your life in ways that are tailored to your unique and special qualities and living life to the fullest. The group helps to explore the possibilities of your circumstances and helps to determine what is possible for you. Learn more about Alan Becker at alanbecker.com. For more information or questions, contact Chris Garvey at chrisgarvey@dochs.org or 650-991-6776, or Alan Becker at alanbeckersf@gmail.com or 415-922-4584.

Research Update

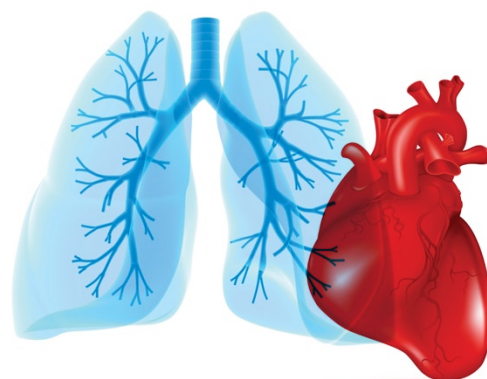


Seton Pulmonary Rehabilitation (PR) presented two research studies at the recent American Thoracic Society (ATS) meeting in Denver. Our study of 122 PR patients showed a 49 percent decrease in all causes of hospitalization when comparing the year before to the year after PR. The patients also had a significant improvement in six-minute walking distance and a threefold increase in treadmill walking distance. The second research study we presented looked at improvement in walking while using a one-pound ventilator in persons who require oxygen.

The Year in Review at ATS highlighted several important studies and manuscripts from the past year from American Review of Respiratory and Critical Care Medicine. The American Thoracic Society / European Respiratory Society (ATS / ERS) Idiopathic Pulmonary Fibrosis (IPF): Evidence-based Guidelines for Diagnosis and Management by G. Raghu and colleagues identify the high value on high resolution chest CAT scan and clinical evaluation as part of the diagnosis criteria for IPF. The guidelines recommend Pulmonary Rehabilitation for the majority of patients with IPF.

Treatment of Obstructive Sleep Apnea (OSA) in Persons with COPD

by J. Marin and colleagues evaluated persons with both COPD and OSA (commonly called overlap syndrome). The study compared 228 persons with COPD and OSA treated with continuous positive airway pressure (CPAP) vs. 213 persons with untreated OSA vs. a sample of persons with COPD without sleep apnea. The patients were followed for an average of nine years. The untreated OSA / COPD patients had the greatest risk of death and hospitalization due to COPD exacerbation.



COPD recently passed heart disease to become the third leading cause of death in the U.S. and is the only leading cause of death that is on the rise. A well-designed study by Ekstrom and colleagues found that persons with COPD may have other disorders linked with inflammation, including cardiovascular disease. The study found that death from circulatory and digestive disorders has increased in persons with COPD, and deaths from respiratory disorders and lung cancer have decreased. Many questions are raised by the study, including whether persons with COPD receive adequate assessment and management of non-respiratory disorders, and whether more aggressive prevention strategies are needed.

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Selecting a Portable Oxygen Concentrator (POC)

POCs offer a portable oxygen alternative for those needing oxygen. The devices are particularly suited for air travel and travel in general. When considering use or purchase of a POC, it is critical to understand what your oxygen needs are and which POC will best meet those needs. POCs work by filtering nitrogen and other gases from air to deliver concentrated oxygen, in the same manner as a stationary home oxygen concentrator.



DeVilbiss iGo



OxyLife Independence



Sequal Eclipse



Invacare Solo2

Currently, four POCs supply continuous flow oxygen: Sequal Eclipse, Invacare Solo2, DeVilbiss iGo and OxyLife Independence. They weigh 15-20 pounds. Intermittent flow concentrators are smaller and lighter weight but won't meet the needs of those requiring continuous flow oxygen due to their intermittent flow and/or low flow rates. Many POCs deliver an oxygen flow up to a setting of "3." Users should be cautious when interpreting the settings of the POC since a setting of "3" on one machine may not equal "3" on others. It is safest to understand the volume of gas delivered by the concentrator. This can range from 9 ml to 16 ml at a setting of "1." Another way to measure oxygen delivery is the maximum dose per breath, which ranges from 27 ml to 99 ml per concentrator. For an excellent comparison of 11 FAA-approved units, see pulmonarypaper.org/ppmayjune2011final.pdf, pages 4 and 5.

You may be able to use or rent a POC from your oxygen supplier. Be sure you are trained in the use and problem solving of the unit and who to contact if it isn't functioning properly. You also will need adequate battery power to operate the POC when it is not plugged in, e.g., during the entire duration of your flight. You also will need 30 percent extra battery power for potential delays in landing the jet, e.g., holding patterns, unplanned stops, as well as any walking time. Plug your POC in when waiting in the airport or whenever electricity is available. Some people bring a power strip to share outlets with laptop or cell phone users in airports. Be sure to ask your doctor if you are medically safe to travel and what your oxygen requirements are at rest, and during exercise, sleep and travel. Ask if intermittent flow oxygen is acceptable for you.



The Pulmonary Paper

The Pulmonary Paper provides current, helpful advice and education for chronic lung disease and is available at pulmonarypaper.org. See archived editions on the website at pulmonarypaper.org/ppmayjune2011final.pdf.

Oxygen Options

Advanced Aeromedical advertises portable oxygen concentrator rentals for cruise ship delivery in the U.S. and Europe and for layovers in airports. Call 800-346-3556 (international 757-481-1590) or see info@aeromedic.com.

LifeBack Oxygen Carriers sells oxygen carriers that are useful for improving your mobility while using oxygen. Call 970-257-7001 or visit o2freedom.com.



The Oxygen Yellow Pages website developed by Bill Ray includes lists of oxygen providers across the country. When you enter your city, state, and zip code, it lists providers within 20 miles. The website is o2delivery.net and includes an article on discounted drugs from participating pharmacies like CVS, Walgreens, and Wal-Mart.



Portable Nebs offers information and sales of portable oxygen concentrators, nasal cannulas, oximeters and other medical supplies. See portablenebs.com.



Oxyview Glasses allow you to use your oxygen without obvious oxygen tubing. For information, see oxyview.com or call 1-877-699-8439.



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Member of Daughters of Charity Health System

The Sea Puffers Cruises



Sea Puffers Cruises offers cruises for person with breathing problems or those needing oxygen. See SeaPuffers.com or call 1-866-673-3019 for information about cruises to Alaska, Bermuda, California Coast, Western Caribbean and other destinations. *Images courtesy of Seapuffers.com*



On the Level San Francisco Walking Tours



On the Level San Francisco Walking Tours offers 20 level walks in San Francisco. Marilyn Straka features walks with great views that avoid all hills and steps! The leisurely paced "On the Level" tour offers walks that cover about one mile. The tour includes history, current city trivia, and an opportunity to meet new people. The cost is \$20/walk. Sign up online at OnTheLevelSF.com or just show up. Order the "On the Level SF" e-book, which can be downloaded to your phone or iPod. Visit the website at OnTheLevelSF.com or call 415- 921-1382.

LUNGEVITY is published bi-monthly by the Department of Pulmonary Rehabilitation, sponsored by Seton Medical Center. Please note: The advice in this newsletter does not replace your physician's recommendations.

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