



A bi-monthly publication by the Department of Pulmonary Rehabilitation

## Pulmonary Education and Research Foundation (PERF) [www.perf2ndwind.org](http://www.perf2ndwind.org)

The Pulmonary Education and Research Foundation is a small, vigorous non-profit foundation dedicated to providing help for those with chronic respiratory disease through education, research and information. Check out their website coordinated by Janos Porszasz MD with assistance from Mary Burns RN and Richard Casaburi MD at [www.perf2ndwind.org](http://www.perf2ndwind.org).



## Competitive Bidding For Oxygen Providers

Beginning January 1, 2011, Medicare will begin implementing "competitive bidding process" to reduce payment to suppliers of home and portable oxygen equipment and supplies by 29% in the following cities: Charlotte, Cincinnati, Cleveland, Dallas, Kansas City, Miami, Orlando, Pittsburgh, and Riverside. The competitive bidding process is a method to contain or reduce costs of services by awarding contracts to those vendors who bid the lowest. Many are concerned that this process may limit the availability of various oxygen delivery options and impact services.

[http://www.rtmagazine.com/news/2010-07-07\\_02.asp](http://www.rtmagazine.com/news/2010-07-07_02.asp)

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## Upcoming Classes and Support groups

### Update on Oxygen - Thursday Sept 16 at 3:30pm

Ed Ettleman from CHME will share his wisdom and expertise of oxygen systems, portable oxygen concentrators, travel and oxygen coverage. The class is free. For more information, call 650-991-6776. Located at Seton Pulmonary Rehabilitation

### Support Group Starting Soon

Alan Becker will be facilitating a free support group for persons with chronic lung disease beginning Tuesday September 7, 2010 from 3:30pm – 4:30pm. The group will meet every other week in the conference room at Seton Pulmonary Rehabilitation. The focus will be how to find inspiration and support to organize your life in ways that focus on your unique and special qualities and live your life to the fullest. Please RSVP Chris Garvey at [chrisgarvey@dochs.org](mailto:chrisgarvey@dochs.org) or 650-991-6776 or Alan Becker at [alan.becker@sbcglobal.net](mailto:alan.becker@sbcglobal.net) or 415-922-4584. Alan Becker will also be starting a telephone support group in September 2010. Please contact Alan Becker for details.

## Adventures of an Oxy-phile<sup>2</sup> by Tom Petty MD



This great book is now available from the father of Pulmonary Rehabilitation and a leading COPD clinician and advocate. It is a must for anyone using oxygen, their caregivers, and those with COPD. This wonderful book includes encouragement and motivation for people who want to enjoy life with long-term oxygen therapy. You can order it at [lnett1995@aol.com](mailto:lnett1995@aol.com) for \$19.95, including shipping.

## Research Update

Seton is one of the lead centers looking at the impact of Pulmonary Rehabilitation on interstitial lung disease. If you have pulmonary fibrosis, sarcoidosis, scleroderma or hypersensitivity pneumonitis and haven't participated in pulmonary rehabilitation, please contact Chris Garvey at 650-991-6776 or [chrisgarvey@dochs.org](mailto:chrisgarvey@dochs.org)

## Got Exercise?

According to an article published in the June 2010 Archives of Internal Medicine, bicycling and brisk walking may help women control weight. The second Harvard Nurses' Health Study tracked 116,608 female nurses in sixteen years of follow-up. Women who increased physical activities like brisk walking and bicycling by thirty minutes a day during the follow-up period maintained or lost weight. Women who decreased their exercise gained nearly five pounds.



## Get up and Go Cruises featuring Sea Puffers Cruises

Visit [www.seapuffers.com](http://www.seapuffers.com) or call 1-866-673-3019 for upcoming cruises including the Eastern Caribbean, Western Caribbean, Panama Canal, Scandinavia and Russia.

## Phasing out of Inhalers

The COPD inhalers that will be phased out over the next 1-3 years according to the Food and Drug Administration include Aerobid, Combivent and Maxair. International COPD guidelines recommend person with moderate to very severe COPD use a long acting bronchodilator. This class of drugs includes Spiriva (tiotropium), Serevent (a component of Advair), Foradil (a component of Symbicort) and other long acting bronchodilators.



## Safety of Inhaled Corticosteroids in COPD from the Medical Letter 5/31/10

For patients with severe COPD who have frequent exacerbations or severe flairs in respiratory symptoms, adding an inhaled steroid to a long acting bronchodilator is recommended. A review of well designed studies found a 20% decrease in exacerbations with inhaled steroids and long acting bronchodilator combinations compared to long acting beta agonists alone while other studies have shown mixed results. Inhaled steroids side effects include dysphonia (difficulty producing voice sounds) and oral candidiasis or yeast growth in the mouth. For this reason, it is very important to rinse, gargle and spit after using any inhaled steroid inhaler such as Advair, Symbicort, Pulmicort, QVar, Flovent, etc. Absorption of inhaled steroids into the blood stream and body's tissues may be associated with skin bruising, possible risk of cataracts and reduced bone mineral density. Very high doses of inhaled steroids may be associated with adrenal insufficiency or weakened adrenal gland function. A large study of 8131 patients showed no significant increase in risk of fracture with inhaled steroids. There may be a small increased risk of pneumonia associated with inhaled steroid use. For this reason, work with your physician to use a low dose of inhaled steroids when possible and report any signs of lung infection early to your doctor such as a change in sputum (particularly thick yellow or green), worsening breathlessness and fatigue and get a pneumococcal pneumonia vaccine and annual influenza vaccine.

## Fish Oil Supplements and Safety

Omega 3 fatty acids have been shown to improve cardiovascular health, reduce triglycerides and lower blood pressure. They may also have role in improving rheumatoid arthritis symptoms. PCBs (polychlorinated biphenyls), a substance once widely used in industrial settings for cooling and insulation were banned by congress 30 years ago. PCBs have been associated with risk of cancer and reproductive disorders as well as neurological and immunologic changes. PCBs continue to be found in the environment as well as human and animal tissue. Ninety nanograms of PCB is the California standard for acceptable PCB levels. Omega 3 fatty acid supplements exceeding this level include cod liver oil, double strength cod liver oil and salmon oil.



## New Asthma Inhaler

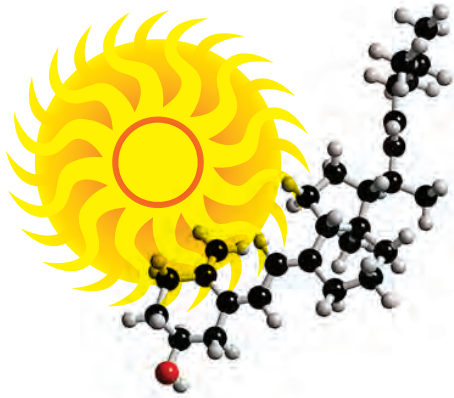
DULERA (mometasone furoate and formoterol fumarate dihydrate) Inhalation Aerosol has been approved by the FDA for maintenance treatment of asthma. Although it is indicated for the treatment of asthma at this time, it is similar to Advair, in that it is a combination of corticosteroid and a long-acting beta agonist, a type of long acting bronchodilator.

## The Sarcoidosis Research Center at UCSF

The Sarcoidosis Research Center at UCSF founded by Dr. Laura Koth and Dr. Antonio Gomez is currently conducting several clinical studies trying to understand how the immune system is affected in sarcoidosis and trying to relate clinical symptoms to specific immune functions. Our initial study visit consists of completing questionnaires and having a blood draw. We are also trying to understand how sarcoidosis changes over time, so we invite participants to return at 6 month intervals to complete the same questionnaires and blood draw. Anyone interested in being a participant in these studies can leave a message on the recruitment phone line (415-476-5896).

## Beta Blockers Safety in COPD

Beta blockers have been found to improve survival in persons with COPD and decreased the risk of exacerbations by 30% according to an article in the Archives of Internal Medicine. Beta blockers, often used for persons who have had a heart attack and or have high blood pressure, were once thought to be unsafe in COPD because of fear of spasm of the bronchial muscles of the airways. Cardiovascular disease in COPD is a major cause of hospitalization as well as the second-leading cause of death in mild to moderate COPD. The study found that even persons with COPD who had no cardiovascular disease benefited.



## Update on Vitamin D and Calcium Products

In addition to bone health, vitamin D may also have a role in protection against cancers, type 1 diabetes, rheumatoid arthritis, multiple sclerosis, and autoimmune diseases. Low vitamin D levels have also been linked with poor muscle strength.

Vitamin D may be absorbed from the sun, yet absorption depends on several factors including your distance from the equator, cloud cover, air pollution, age and skin pigmentation. The current recommended intake of vitamin D is 200 IU (international units) for those up to age 50; 400 IU for people 51-70; and 600 IU for those older than 70. Evidence is mounting that more Vitamin D may be beneficial, especially for older, dark-skinned, or homebound people.

According to the Institute of Medicine Dietary Reference Intakes, the safe upper limit for vitamin D is 2,000 IU daily for children, adults, and pregnant and lactating women.

Nearly a third of Americans have Vitamin D levels that are below normal. Ask your doctor if you need your vitamin D level checked. Options for adequate vitamin D intake include sunshine and supplements that contain vitamin D3 or cholecalciferol. Talk to your doctor about supplementing your diet with 1,000 IU of vitamin D3 a day. Check with your dermatologist about guidelines for safe sun exposure. <http://www.webmd.com/food-recipes/features/are-you-getting-enough-vitamin-d>

Speaking of supplements, a new Citracal product contains both calcium citrate and calcium carbonate. *Citracal Plus Bonne Density Builder* has more calcium carbonate (240mg) than calcium citrate (60mg). Calcium citrate can be taken with or without food while calcium carbonate must be taken with food to improve absorption.

## The Asthma and Allergy Friendly Certified Products Guide

The Asthma and Allergy Friendly Certified Products Guide from the Asthma and Allergy Foundation of America is available at [www.asthmaandallergyfriendly.com](http://www.asthmaandallergyfriendly.com) The program offers information about products that have been scientifically tested in independent laboratories to be more suitable for persons with allergies or asthma.

[www.asthmaandallergyfriendly.com](http://www.asthmaandallergyfriendly.com) can direct you to locate products near you. Approved air cleaners, bedding and vacuum cleaners including the following: *Breathwell bedding products, Healthy Home bedding products, JCPenny allergen barrier products, Microbarrier bedding products, Microshield bedding products and Smart Silk filled bedding products.*



Atmosphere air purifier,  
Idylis 280, 200 and 150 purifier



Cannon reduced allergen pillows



Dyson DC  
models 14 through 28 vacuums

## Is Your House Making You Sick?

Indoor Air Pollutants can negatively impact lung function and breathing. Sources of indoor air pollution may include poorly maintained air ducts in your home that accumulate dust and particles. These forced air flow heating and cooling systems can blow dust and particles through the entire house. Cleaning the air ductwork regularly and changing filters will help reduce the contamination.

Cleansing products which produce strong odors or fumes may irritate the lungs. Caustic chemicals include stove cleaners, bleach or ammonia containing products and air fresheners. Use mild dish soap and water, baking soda, white vinegar or boric acid instead. Keep boric acid away from pets and other animals.

<http://healthandfitnesstimes.com/home-dangers-for-individuals-having-copd/1066/>



# Seton Medical Center

Department of Pulmonary Rehabilitation  
1900 Sullivan Avenue  
Daly City, CA 94015



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## EDITOR'S COLUMN

September is time to think about scheduling your annual influenza vaccine. Plan to get your vaccination in October or November. This year's vaccine will include a vaccine against H1N1. Getting your vaccine is a key part of staying healthy long term, along with regular hand washing including use of hand sanitizers when soap and water aren't available. Regular exercise and follow-up with your doctor is also critical. If you need help with exercise or setting goals, please talk to your pulmonary rehabilitation staff. We wish you a healthy and fun autumn! *Chris*

## Chronic Cough Due to Interstitial Lung Disease

Significant cough is common in interstitial lung diseases, a group of disorders that includes idiopathic pulmonary fibrosis, sarcoidosis, hypersensitivity pneumonitis and disorders associated with inflammation and fibrosis of the lungs. It is unclear to what degree chronic cough is due to lung disease versus other disorders including sinus disease, gastroesophageal reflux or reactive airway disease such as chronic eosinophilic pneumonia. One small study found that oral steroids improve the severity of cough. For persons with sarcoidosis, a Cochrane database review of seven randomized controlled trials found that oral corticosteroids were associated with a statistically significant improvement in chronic cough over 6 to 24 months of treatment. Although steroids are sometimes used to treat interstitial lung diseases, they may be associated with unwelcome side effects. For this reason, weighting the potential risks and benefits of steroid use with your physician is critical. The significant negative impact that chronic cough can have on health-related quality of life should not be underestimated. Other possible causes of cough need to be considered and managed if present including treatment of the cough's specific cause. Some with chronic cough find use of cough drops, particularly menthol eucalyptus type helpful.

*COPD-support.com* offers an online newsletter and other important resources at <http://copd-support.com/news.html>

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.

**Lorraine P. Auerbach**, FACHE, President and CEO

**Michael Glasberg**, MBA, Vice President, Operations

**Stephanie Mearns**, MN, RN, Executive Vice President, Chief Nurse Executive

**Thomas Hazlehurst**, MD, Medical Director

**GeneAnn LaMoria**, Director, Respiratory, Rehabilitation and Diagnostic Services

**Chris Garvey**, FNP, MSN, MPA, AE-C, FAACVPR, Clinical Manager, Pulmonary and Cardiac Rehabilitation

**Lungevity Newsletter Editor:** (650)991-6776 | [chrisgarvey@dochs.org](mailto:chrisgarvey@dochs.org) | 1900 Sullivan Ave., Daly City, CA 94015