

# Aire-Force

## Pulmonary Rehab

### Support Group Newsletter

### Summer/Fall 2024

#### Support Group Meeting Summary

Laurie Chappell is a Community Educator at St. Luke's Hospital. She spoke at the May support group meeting about "Skin Health". Skin cancer is the most common type of all cancers. The 3 types of skin cancers are: Basal, Squamous Cell, & Melanoma.

Basal cell skin cancers are usually due to sun exposure. They appear pearly white or like waxy bumps. They can be fleshed color or a brown scar.

Squamous cell skin cancers are also most often due to sun exposure. It is a type of skin cancer, which forms in the middle and outer layer of the skin. It causes red nodules, scaly, red patches on lips or inside the mouth, open sores, or wartlike sore.

Melanoma skin cancer develops when melanocytes (the cells that give skin its tan or brown color) start to grow out of control and invade nearby tissue. If left untreated, it can be life threatening and (albeit rare) can metastasize to other organs.

Risk factors include unprotected skin (UVA worsens aging & UVB causes burning), fair skin, family history of skin cancer, severe sunburn as a child, medications (IE: statins), and the number of moles. UVB rays cause direct skin damage, so they are most likely to cause serious skin cancer.

Solutions are to protect the skin with sunscreen (broad spectrum, water resistant, SPF  $\geq 30$ , or Zinc). Reapply sunscreen every 2 hours, check the expiration dates (they lose effectiveness over time), lip balm with SPF, wear protective clothing (hats, shades), cover face, neck, and ears. As well as limit outdoor time especially between 10 am and 2 pm.

Examine your skin once a month. Learn your pattern of moles, freckles and blemishes. Use a mirror to check the ears, neck, torso, back, & underarms etc.

To assess the skin, use the **ABCDE rule**. **A**-asymmetry, **B**-borders are irregular, **C**-color changes, **D**-diameter ( $>6\text{mm}$  (about 0.24 in) is unusual), **E**-evolving.

Action plan: See a dermatologist, limit sun exposure, avoid tanning beds, know your skin, and to improve skin color, use lotion with tinting instead.

Treatment includes removal of suspicious skin spots. MOHS surgery is a procedure to remove a visible lesion on the skin in several steps. First, a thin layer of cancerous tissue is removed. Then, a second thin layer of tissue is removed and viewed under a microscope to check for cancer cells. More layers are removed one at a time until the tissue viewed under a microscope shows no remaining cancer. This type of surgery is used to remove as little normal tissue as possible.

#### Resources:

American Academy of Dermatology  
American Cancer Society  
Skin cancer foundation  
CDC skin cancer awareness

#### APP's & Websites

- **Huberman Lab** has a podcast with a [very informative episode](#) on breathing. "How to Breathe Correctly for Optimal Health, Mood, Learning & Performance." The podcaster's instructions for diaphragmatic breathing are incorrect, but he shares several other beneficial breathing techniques! (proper demo of diaphragmatic breathing, watch "Belly vs Chest Breathing").

- **Patient & Caregiver Network.** Nationwide, online patient support programs provide direct access to education, support and connection to others also living with lung disease. <https://www.lung.org/help-support/patient-caregiver-network>
- **Caregiving:** Teepa Snow has books, podcasts etc. for managing care of elders. Missouri Dept. of Health and Human Services has useful resources for a variety of topics too. [Senior & Disability Services | Health & Senior Services \(mo.gov\)](#).
- **Pulmonary Rehab:** [Pulmonary Services | Pulmonary Rehabilitation \(stlukes-stl.com\)](#)
- **Am. Lung Association:** [7 Things Everyone Should Know about Pulmonary Fibrosis | American Lung Association](#)
- **QuitBOT:** smoking cessation app for smart phones.
- **Nicotine Anonymous:** this group offers literature, meeting schedules and support for smoking/nicotine cessation. Group meets at St. Luke's Hospital in the evening.
  - **Nicotine-anonymous.org 636-394-2521**
- **AirNow APP:** Air quality information.



- **American Lung Association:** QR code for how to use a Spacer with an inhaler and other how-to videos.



### Factoids:

- 1) A cat can't move its jaw sideways.
- 2) Oxygen only plays a small part in breathing! The air we breathe contains 21 percent oxygen, but our bodies only use 5 percent — the rest is exhaled.
- 3) The average adult can hold their breath for 30-60 seconds. The world record for breath holding is 22 minutes.
- 4) The earliest depiction of lungs has been noted in ancient Egypt. They understood the importance of the windpipe-lung cohesion for survival and created a hieroglyph of a windpipe to the lungs (although the lungs were disproportionally small to the throat). It was also to symbolize the unity between upper and lower Egypt that was necessary for the country to be strong and healthy.
- 5) Many of you googled the cat fact didn't you!!

**Tongue Twisters:** Tongue twisters are helpful in improving your pronunciation. It helps with the proper functioning and movement of the tongue. Here's a few to practice.

- The rolling rollator wrapped around the red rung ring.
- Near an ear, nearer ear, a nearly eerie ear.
- A skunk sat on a stump and thunk the stump stunk, but the stump thunk the skunk stunk.
- Susie works in a shoeshine shop. Where she shines, she sits, and where she sits, she shines.

- Bob's berries barely bore a bundle but will bundle the berries Bob bore.
- Swiss wristwatch, Swiss wristwatch, Swiss wristwatch!!

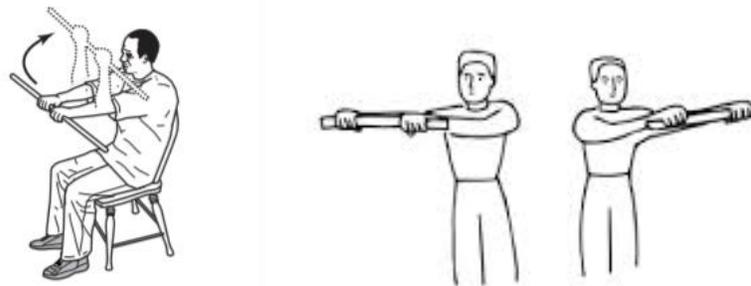
### Exercise Spotlight: GET THE STICK

DO try this at home. You can use a golf club, broom handle, dowel rod etc.



#### Exercise 1

- Start with the stick on your lap, with your palms facing down.
- Straighten both arms toward your knees.
- Slowly bend your elbows, bringing the dowel rod up toward your chest, keeping your elbows up.
- Straighten your arms, bringing the dowel rod back toward your knees. Do 10 reps.



#### Exercise 2

- With both arms straight out, raise the dowel rod to shoulder height, with your palms facing down.
- Bring the dowel rod toward your face, while bending your elbows and keeping them by your side.
- Straighten your arms and return them to the starting position. Do 10 reps.
  - With both arms extended out in front of you, move the dowel rod side to side. Do 5 on each side.

### Q&A Mailbag

#### **Q: Have you heard anything about ensifentrine? What is it?**

**A: Ensifentrine** was approved by the FDA on 6-27-24 and called “Ohtuvayre” (OH-too-vare). The first inhaled (via nebulizer) COPD treatment provides bronchodilation and non-steroidal anti-inflammatory effect. Which has shown a meaningful improvement in lung function and symptoms in COPD exacerbations (or flair-ups). Ensifentrine is designed to simultaneously target 2 lung proteins, phosphodiesterase 3 & 4, which are involved in airway muscle contraction and inflammation. By blocking these proteins, the therapy aims to open airways more and reduce inflammation.

#### **Q: Can you tell me what are the stages of COPD?**

### A: The COPD GOLD Guidelines consist of 4 Stages of COPD:

COPD diagnosis and assessments by your doctor are used to identify the severity of COPD and if it has progressed. Categorizing or grading severity simplifies identification and treatment plans. The rate of COPD progression varies from person to person. COPD can be classified into 1 of 4 grades based on your ability to breathe which is determined by specific lung function tests or PFT (Pulmonary Function Test)/ Spirometry. The scores start at Stage 1-mild, stage 2-moderate, stage 3-severe and 4-very severe. (grade 4 being the highest) the more advanced the COPD, the higher the score. The doctor would look for an FEV1/FVC (Forced expiratory volume in the 1<sup>st</sup> second/forced vital capacity) ratio to assess the severity of COPD. Next, a pre-bronchodilator FEV1 (forced expiratory volume in the 1<sup>st</sup> second) is used to determine how much airflow is being obstructed. Finally, these 2 results categorize the severity of lung disease. The higher the PFT results, translate to a lower GOLD score and milder disease. Likewise, the lower the PFT results indicate a higher GOLD stage and more severe disease process.

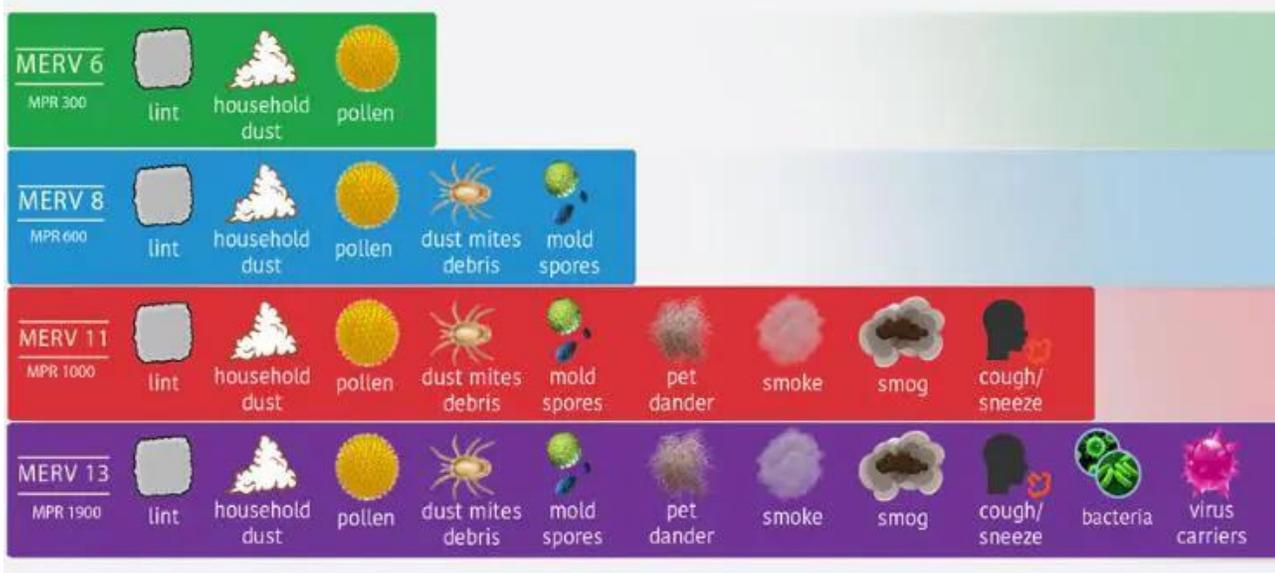
### Q: Can you explain the MERV/FPR/MPR rating on Furnace/Air conditioner Filters?

**A: Comparing MERV, MPR, and FPR ratings for air filters:** MERV is the industry standard.

- **MERV (Minimum Efficiency Reporting Value):** Rates filters on a scale from 1 to 16 based on their ability to capture airborne particles, with higher numbers indicating finer filtration. The most used ones are MERV 8, 11 & 13.
- **MPR (Microparticle Performance Rating):** Rates a filter's ability to trap airborne particulate matter smaller than one micron.
- **FPR (Filter Performance Rating):** Exclusive to Home Depot, categorizes filters from 4 to 10, focusing on factors like filter lifespan & particle capture efficiency.

### Q: How often should the filters be changed?

**A:** Each rating system provides suggestions anywhere from 1 to 12 months. For me, and a rather less scientific method, is to watch the furniture for dust collection. Once I see dust on the furniture, it's time to change the filter. Other signs are decreased airflow, increased allergy symptoms, noticeable odors, and visible dirt on the filter.



**Recipe:** This is one of my favorite summer treats. Cucumber in brine: 1 cucumber, 1 part water, 1 part vinegar, 0.5-1-part sugar, and a dash of salt. Mix the water, vinegar, salt and sugar. I've always

used a glass jar because it keeps colder and it's easier for mixing. After thoroughly mixed, add cucumber.

Comments: I've also used Splenda instead of sugar, sometimes just used less sugar and have also added tomatoes, peppers & onion. TASTY!!

Peter Piper picked a peck of pickled peppers...

## Sue's snip-its!!



Lungs will always be Th-air for you!

I would love to write a book about lungs. It's my inspiration! Or maybe just a lung story short!!!!

Lead me not into temptation..... Oh, who am I kidding! Follow me, I know a shortcut!!! My mind thinks I'm 25, and my body thinks my mind is an idiot!! They are still not talking. 😊

## Energy Conserving Techniques

Sit to work when possible

- Sit on a chair to dress, wash dishes, cook, prepare food, iron, milling around in the garage.

Plan rest breaks throughout the day

- Break at least 5 minutes for every 20-30 minutes of activity.
- Take breaks BEFORE you get tired.

Plan Ahead

- Make a list of tasks for the day and prioritize them and assess which tasks will take more energy.
- Plan the most difficult task at the time of day you have the most energy.
- Save extra trips by gathering everything needed before starting the task. Note: not always easy but you might set aside a bag or box for that chore and add items as you go by, eventually it's ready with what you need. For example: leave a container at the top of the stairs to add all the items that need to go downstairs and when ready, carry and disperse together.
- Combine tasks when possible
- Gather ingredients at the table before mixing
- Use a cart to move heavy objects and limit repeat trips.

Use lightweight equipment

- Disposable kitchen ware such as paper or plastic
- Light weight pots and pans instead of cast iron
- Electric can openers and electric razors
- Slide items across counters instead of carrying them

Ask family & Friends or hire someone (warning, it is not ok to let them do everything for you!)

- Get help with laundry (especially if steps are involved), mopping, lawn care

Organize work areas (Men this includes you too!! I've seen your shed.)

- Items you use a lot should be within easy reach, not high or low.
- Set your work heights (if possible) to avoid bending, stooping and/or reaching.

DO NOT RUSH!!

- Use a slow, steady pace throughout the day (remember: the tortoise won the race?!)

- Going fast uses 2-3 times more energy
- Do not stay in one position too long either. It can cause muscle fatigue and cramping.
- Use large muscle groups instead of small ones. Keep weight distribution close to the center of gravity. For example: carry things with 2 hands close to the body.

**Note:** energy works like a bank, if you spend all your energy on one activity you may not have energy to do something fun.

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**The Pulmonary Rehab Gym is closed for the following holidays:**

- ☺ Labor Day Monday Sept 2nd
  - ☺ Thanksgiving Day Thursday Nov. 28th
  - ☺ Christmas Day Wednesday Dec 25th
  - ☺ New Years Day Wednesday Jan 1, 2025
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## **Pulmonary Rehab Support Group Meeting**

Upcoming meeting: **Wednesday August 28<sup>th</sup> 4:30-6pm Support Group.**

Presentation: **Scam/Fraud Prevention by Chesterfield Police**

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If you would like a copy of the **NEWSLETTER**  
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