

A Breath of Fresh Air

A newsletter for Reliant Medical Group COPD patients and their families

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Edited by Margalit Lai, RN, MS, Lead COPD Program Care Manager

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Remember Winter?

Most of us miss the cold weather in the summer and the hot weather in the winter, so here is a brief reminder of winter that might make you feel cool despite the heat. In July I went to Iceland where the temperature never goes above 68 degrees and most of the summer is in the 50s. I am enclosing a picture of icebergs floating down a river that I took while I was actually shivering. It helped me miss our hot summer.



Now for some news you may have missed....

Good news for those of you who are enrolled in Navicare and are on oxygen. You can get a pulse oximeter for free! Call your Navicare navigator to request it. If a form needs to be filled out by us, please make sure to call Pam or me.

In this issue, two of our new Pulmonology nurses will introduce themselves to you. We are very happy they have chosen to join the Reliant team.

Our Research department at Reliant is hard at work, helping develop new and improved medications and inhalers that will, hopefully, help you breathe better. They need your help though. Here are some details about a study they are involved in now, that you might participate in:

New COPD Research Study

Tiotropium (Spiriva) an inhaled bronchodilator has been shown in clinical studies to improve lung function (breathing) symptoms and quality of life in subjects with COPD and to reduce the number and severity of COPD exacerbations (worsening of symptoms).

Olodaterol is also an inhaled bronchodilator that works in a different way to open up the air passages in the lungs. Olodaterol has been approved in over 30 countries under the name of Striverdi.

Participation in this clinical research trial will evaluate the investigational combination of tiotropium and olodaterol inhaled together in the same Respimat® device compared to tiotropium alone using the Respimat® device. Each patient will have a 50-50 chance of getting Tiotropium (Spiriva) and Olodaterol (Striverdi) together or Tiotropium (Spiriva) alone.

Participation in this study will last approximately 55 weeks and will include seven study visits to the study center and four telephone contacts by the site staff. For your travel and any inconvenience related to your participation in this study, patients will be compensated when the study visits are completed.

Please call our office if you would like to participate in this study.

Ginger Peachy Smoothie

Recipe from *CeliacRN.com*

This smoothie requires a very high speed blender to liquefy all of the fruit and vegetables.

Ingredients:

- 1 medium carrot (washed and chopped)
- 1 large peach, pitted, frozen and chopped
- ½ mango, pitted, peeled and chopped
- 1 tsp. fresh chopped ginger (or 1/8 tsp. ground ginger)
- 1/4 tsp. cinnamon
- 1 tbsp. ground flax seed (optional)
- 1 tbsp. honey
- 4 ice cubes
- ½ cup unsweetened almond milk or other type of milk (may add more for desired consistency)

Blend ingredients until smooth and enjoy. To increase protein content, add a scoop of protein powder before blending.



Be sure to include low fat, quality vegetable or animal protein, along with a colorful variety of vegetables and fruit in your meal planning to maintain muscle and lung strength. The recommended amount of protein differs, depending on age, height, gender and energy needs based on activity level. Daily protein intake should be about 20% of total caloric intake.

There are many ways to incorporate vegetables, fruit, and quality, low fat protein in your daily meals. Whip up a fruit/veggie smoothie for breakfast; try a Ratatouille wrap for lunch and Quinoa cabbage rolls for dinner. Healthy food tastes great!

Above is one example of an easy to prepare, delicious and healthy dish you can have any time of the day. It is high in fiber and antioxidants.

Meet the latest additions to our staff

Liz Couture, LPN

I have been a part of Reliant Medical Group for 25 years, working in various departments, including six years with Lakeview Medical. While working with Lakeview Medical my responsibilities included oxygen therapy evaluations, patient teaching and monitoring of sleep apnea equipment, home ventilators and other respiratory-related medical equipment. I'm very happy to be part of the Division of Pulmonary Medicine and hope to use my previous experience to help our patients. On a personal note, I have a crazy little dog named Ladybug, I enjoy working out, and I am a crafter.

Ashley Cutler, RN

I am very excited to be a part of the Pulmonary division at Reliant Medical Group. Being a fairly new nurse, I am thrilled to have this opportunity to learn from my co-workers all about this area of medicine and to apply my skills to the care of our patients. I graduated from Mount Wachusett Community College with an Associate Degree in Nursing. Since then I have worked at a rehab center, taking care of patients with a variety of different diagnoses, allowing me to enjoy great experiences that I will never forget. Outside of work, my main focus right now is building a house in Rutland, Massachusetts with my fiancé and spending time with our two dogs, Tucker and Dewey. It is an exciting experience to be future new homeowners and all four of us are hoping to be moved in by Christmas of this year! I am looking forward to being a part of the Reliant Pulmonary team and feel blessed to be able to work with an amazing group of people!

**No
Scents
Makes
Good
Sense!**



Please avoid wearing scented products when visiting the Pulmonary offices. Some scents can cause serious health reactions, especially to those with pulmonary conditions. In some people, perfume, cologne, scented soaps, fabric softeners and similar products can cause everything from asthma attacks to migraine headaches. Please help us keep our offices healthy.

Thank you for your cooperation!

Dietary Fats and COPD

By Pamela Howell, RN, BSN

In the last newsletter, I wrote about the impact sugar has on the immune system and how it increases inflammation and COPD exacerbations. In this issue, we will look at the role of dietary fats in contributing to COPD exacerbations.

You may have read that the FDA is actively working to remove trans-fats (hydrogenated or partially hydrogenated oils/fats) from our food, as they are unsafe. Consumption of trans-fats, as well as saturated fats, is linked to obesity, high cholesterol levels and increased risk of heart attack; as well as arthritis, gout and fibromyalgia. Additionally, consuming these and moderate to large amounts of certain other fats can increase Leptin levels, causing inflammation in people with COPD, which affects breathing.

Studies have shown that the typical American/Western diet, which is high in fat (oils, butter, margarine, cheese, ice cream), fried foods, red meat and processed meats (hot dogs, bacon, luncheon meats, sausages), refined foods and sugar, results in decreased lung function. Conversely, the Mediterranean diet, or a diet that includes ample amount of vegetables, fruit, fiber, fish and a variety of beans that are high in protein and fiber, appears to have a protective quality that improves lung function.

It's just around the corner...

We must be having a lot of fun since time is flying and here we are again almost ready for the annual flu shots. They usually come out in September so I would like you to pay attention to announcements in the media

or your doctor's office and get the shot as soon as it is available. You can get it at your pharmacy, your primary care physician, your pulmonologist or the Reliant flu clinic. Don't procrastinate!!!



We do not need to eliminate all fat from our diet. There are good fats and bad fats. Good fats are necessary for many different functions in the body. The good fats that should be part of our diet include polyunsaturated and monounsaturated fats. These fats are liquid at room temperature. Polyunsaturated Omega-6 fatty acids are abundant in most diets. They are found in soybean, corn and safflower oils as well as poultry and eggs. We typically get too much of the Omega-6 foods.

The polyunsaturated omega-3 fatty acids, found in fish, flaxseeds, walnuts and leafy vegetables, are typically less abundant in most Americans' diets. Monounsaturated fats are another healthful group of fats found in dry roasted nuts, seeds, olives, olive oil and avocados. It is important to focus on including the Omega-3 foods and monounsaturated foods into our daily intake, and decrease the Omega-6 fats to obtain a healthy balance. A good balance of the Omega-3, Omega-6 and monounsaturated fats may help to reduce inflammation, reducing the risk for a heart attack, stroke, osteoarthritis, fibromyalgia and COPD exacerbation. While monounsaturated and polyunsaturated fats are "good fats," it is possible to get too much of a good thing so you should be including moderate amounts of these fats in your diet.



Patient Contributions

➔ **Mary Fortugno** has recently decided to take her daily walks a little more seriously. Mary bought a reliable pedometer called Veridian which keeps track of her daily steps and shows her how well, or not so well, she has been doing. It's an excellent motivator. Mary got this pedometer online at www.feelgoodstore.com for \$24.00. You don't have to clip this pedometer to your clothes – you can just put it in your pocket or purse. That ensures that you are less likely to lose it. It tracks steps, calories burned, distance and time, all at the touch of a button. Plus it has a seven-day memory recall and resets itself to zero every 24 hours so you don't have to do anything to get it going every day. It requires one button-cell battery that is included.



Never say: "I did not want to bother you"... "I thought I would get better"... "I had an appointment with you already scheduled." Please call if you need us!



Here's how to reach us

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