



# News & Views

Volume I, Issue III      September 2008

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## In and Around Our World

**“JGH doctors excited by new stem cell therapy”.**  
By JANICE ARNOLD, Staff Reporter, The Canadian Jewish News  
Thursday, 26 June 2008

**MONTREAL** — A “big step forward” in the potential treatment of incurable disease by genetically modifying the patient’s own stem cells was announced by doctors at the Jewish General Hospital (JGH) last week.

Hematologist Dr. Jacques Galipeau and cardiologist Dr. David Langleben called a press conference to report what Langleben termed “absolutely fabulous” results after the experimental treatment on two Quebec volunteers with the rare, progressive lung disease, pulmonary hypertension.

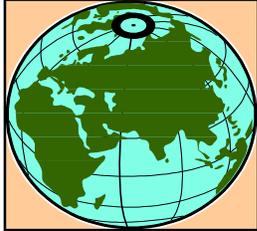
The clinical study, sponsored by the Canadian Stem Cell Network and involving St. Michael’s Hospital in Toronto, was described as unique in the world, both for its manipulation of the stem cells and for the large number of cells administered to the patients, with no ill effects.

The primary focus of the trial at this stage was to establish the procedure’s safety, said Langleben, director of the JGH’s Centre for Pulmonary Vascular Disease. The positive effect that was observed in both patients’ health was a bonus that astonished the scientific team.

The doctors are not claiming a cure, but Langleben said the treatment appears to have halted the progress of the disease. Doctors observed an almost immediate drop in the pressure in the tiny arteries in the patients’ lungs by 10 to 15 per cent, “which is not insignificant,” he said.

Moreover, the flow of the blood through the arteries did not increase, which is sometimes an undesirable reaction when resistance is reduced.

“Yes, this is still at the very, very early stage, but we have nothing else to offer patients,” Langleben said. “But to see something work so quickly and effectively is incredibly encouraging.”



The first patient treated, Lucie Moison, now 45, has had the disease for 13 years and was on the waiting list for a lung transplant before she underwent the stem cell procedure a year ago. She said she felt no ill effects from the treatment, an injection of seven million stem cells, and almost immediately felt much better than she had in years. She even played a game of tennis.

That initial burst of health lasted only a couple of weeks, but the mother of two continues to enjoy an improvement over her previous condition. The doctors describe her condition as stable, a major victory in a disease that is progressive and debilitating.

Cont. Page 2

## Stem Cell Research ctd.

Three months ago, Yvan Depatis, 72, received 23 million stem cells and reported that he also felt a sudden sense of well-being upon treatment, which levelled off, but he is still in much better condition than he was.

Depatis, an engineer, was working in Ethiopia when he started feeling unwell, his main complaint being shortness of breath. "If I walked 100 metres, I was done in," he said.

Throughout the stem cell experiment, the patients continue to receive conventional therapy, which primarily alleviates symptoms.

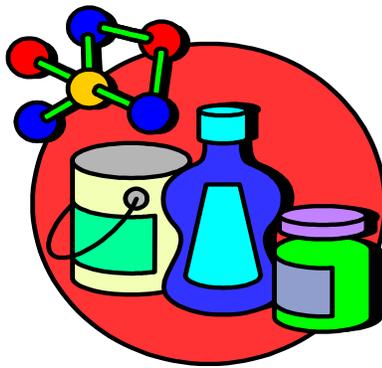
Moison and Depatis wear portable devices that automatically deliver their medication via catheter to the heart.



The JGH team, led by Galipeau, built upon the work of Dr. Duncan Stewart, CEO of the Ottawa Health Research Institute. He invented a technique for genetically modifying the stem cells of rats, which he was able to cure of pulmonary hypertension.

Trials involving two human patients in Toronto were also conducted, but using lower stem cell doses, said Galipeau, a leading researcher with the Stem Cell Network.

The JGH team collected the stem cells from the patients' white blood cells, Galipeau explained. The cells were processed in a special sealed laboratory in the JGH's Lady Davis Institute for Medical Research, where staff could be observed cloaked from head to toe in outfits resembling space suits to ensure sterility.



The shape of the cells was first changed by adding protein hormones. Then synthetic DNA was introduced into them. They were electrically shocked which had the effect of re-programming the cells to produce nitric oxide, something that they do not do naturally.

The modified cells were then put into a syringe and gradually administered over three days to the patients through the neck, in ever-larger doses, under very close monitoring.

The cells lodged in the lung releasing the nitric oxide, which relaxes the arteries, thereby lowering the pressure, and may also stimulate the repair and regeneration of the blood vessels there, Galipeau said.

Galipeau said there are a thousand studies going on around the world on the therapeutic potential of stem cells,

but "genetically engineering the cells is unique [to this study]." Elsewhere, "they are just cleaned up, so to speak, not manipulated, before being injected."

The ultimate goal, of course, Langleben said, is to find a treatment that will reverse the disease, or even cure it. This may be at least five years away. It will take time because of the rigorous standards set by Health Canada and the availability of funding, he said.

The team has now submitted a funding proposal to the federal authorities to treat people who have had heart attacks with a similar procedure.

"This is the tip of the iceberg," Galipeau said of the treatment's potential.



# Tax Tips

*With thanks to Dave AB for the suggestion and Ellen for her research*

## CANADIAN BENEFITS

### Protect the environment and save more money with public transit!

Increasing your use of public transit will help reduce traffic congestion and air pollution in our cities. Since July 1, 2006, the Government of Canada is encouraging Canadians to use public transit with a tax credit to help cover the cost of public transit. The tax credit is applicable for buses, streetcars, subways, commuter trains and local ferries.

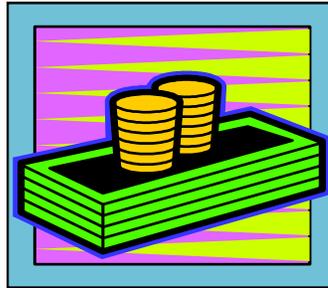
Go Here for more information..  
[http://www.transitpass.ca/about\\_e.asp](http://www.transitpass.ca/about_e.asp)

Go here for more information on Tax Benefits for your Province.

<http://www.canadabenefits.gc.ca/faecselecgeo.jsp?&lang=en&callscrn=faelist.jsp%3Fflang%3Den%26catid%3D13>

*[just copy and paste the web address above into your browser]*

Once on this site you will find a map of Canada. You can click on your Province for further information on benefits and or tax breaks available to you.



# Member Discounts



**Don't Forget to check the special Member Discounts on our Website:**



Special Pricing for COPD Canada Patient Network Members from

**Jameson Medical, Inc.**

"Delivering Satisfaction to Our Customers Every Day"

Oxygen Concentrators, Summit Stairlift, Quick Test Liter Meters.....Excellent Prices!

<http://www.jamesonmedical.com/COPD-CA.htm>

**Substantial Discount gelFAST hand hygiene from Medonyx**

[www.medonyx.com](http://www.medonyx.com)



**10%**

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**Rose's Home Medical Specialty's**

Rose's Offers our members a minimum of 10% OFF such items as the Acapella Vibratory PEP Therapy System. Check out her store then contact her at [rosem@rmosmedspec.com](mailto:rosem@rmosmedspec.com)

**On larger ticket items, ask for a quote!**

She also accepts Canadian Postal Money Orders from COPD Canada Patient Members!



# Tips From Ellen



## Just in case...

- Make a list of your valuables, like televisions, VCRs, stereos, computers or jewellery. Take photos of them and list their serial numbers and descriptions.
- Engrave your electronics, bikes and tools. It can make it much easier for police to recover your belongings if they get stolen.
- If you come home and see a slit screen, a broken window or an open door, don't go in. Call the police from a neighbour's house or a public or cell phone.
- Fewer than 3% of break-ins occur when someone is home. If you do happen to surprise a burglar, it is best not to confront them, as they may turn violent.
- If you think you hear someone breaking in, leave safely if you can and call police. Otherwise, lock yourself in a room with a phone and then call police.
- If a crime has occurred, do not touch anything or clean up until the police have inspected for evidence.



## From Service Canada -

If you have lost your wallet, make sure that you cancel and replace all of your important cards. Service Canada has prepared a list to help you through this process so that you replace your cards and identification in the right order.

When you have all your replacement documentation, it is a good idea to photocopy them and keep them in a safe place. Having photocopies available will help in the replacement process should you lose any of your identification in the future.

1. Contact Your Bank(s) or Financial Institution(s)
2. Contact Your Local Police
3. Cancel Other Credit Cards
4. Replace Your Driver's Licence
5. Replace Your Birth Certificate
6. Replace Your Citizenship Certificate
7. Replace Your Health Card
8. Replace Your Passport
9. Replace Your Social Insurance Number (SIN) Card

For More In Depth Information Go Here:  
<http://www.serviceCanada.gc.ca/en/life/events/wallet.shtml>



## Home Crime Prevention Tips From the Vancouver Police Department.

- If you have recently purchased a television, stereo or other household item, do not throw the empty boxes in the alley garbage.
- Never hide keys outside, whether in a bush or in a flower pot. Burglars know where to find "secret" hiding places. It's much better to leave a key with a trusted neighbour.
- When you are in the backyard, lock the front door and vice versa.
- When inside, it is a good idea to keep your doors locked.
- Consider keeping your blinds and/or curtains closed at night because people can see in and you can't see out.
- Always lock up ladders and tools. Don't give a burglar the resources to break into your home.
- Window air conditioning units should be bolted to the wall to prevent them from being easily removed from the outside.
- When moving to a new home, hire a reliable locksmith to re-key all exterior doors. If possible, have the locksmith make the key to fit all locks.
- Keep emergency numbers near your phone for quick access.
- Be cautious about providing any information regarding yourself or your neighbours over the phone or in person.
- If you can't put your irreplaceable items in a safe or a safety deposit box, try to remove them from plain view if you are going out. Put them in a closed cupboard or hide them away.



# Caregivers Corner - "Adjusting To Your Role" - First in a series of Three



*Editor's Note: This is the first in a series of articles for caregivers. For many of you this is not new information but for those "new" to the role, we hope they will provide you with helpful advice and information..*

### Adjusting To Your Role:

As a caregiver you may have to provide support in many new ways. This may be true whether you are caring for your spouse, partner, a family member or a friend. Help yourself by learning coping strategies for the possible stresses of your role.

### Coping with Your Emotions:

It's normal to feel a range of emotions as you manage your role. You may feel sad, or even fear for your loved one's future health. At times, you may resent the role and the effect it has on your life. Though you may feel guilty or selfish for having those feelings, it's important to accept them and realize that they are normal. If you find yourself feeling overtired or stressed, these may be warning signs of a problem. Seek help by reaching out to others, such as family members or friends. Also, speak with a healthcare provider. He or she can provide you with contacts for support services.



### Staying Positive:

Negative emotions can affect how you feel daily and how well you fulfil the role of caregiver. Here are some ways to stay positive:

- **Set realistic expectations.** Take one day at a time. Try not to worry about things you can't do. Set short-term goals you know you can achieve.
- **Accept your limitations.** You and your loved one are a team. Be willing to share responsibilities with each other and with others.
- **Keep your sense of humour.** Continue doing activities you enjoy.

### Taking Care of Yourself:

Your needs are also important. Don't get so absorbed in your caregiver role that you lose sense of who you are. Take time to manage your health and to refresh your mind and spirit. Be willing to let others help. Know when to seek support. You can't do a good job taking care of someone else if you don't take care of yourself as well.

### Keeping Yourself Healthy:

Take care of your physical health. This gives you the energy to perform your daily routine. Here are some ways to keep yourself feeling good:

- **Get enough sleep.** Aim for eight hours a day. Keep naps short so you can sleep at night. Limit alcohol and caffeine. These can affect how well you sleep.
- **Eat right.** What you eat affects how you feel. Don't skip meals.

Eat balanced meals with whole grains, fruits, vegetables and low fat



meat and dairy products.



- **Exercise.** Try to do some form of physical activity at least 30 minutes a day. Breaking up your activity into 10 minute sessions can make it easier.

## Alveoli Walk Off The Job - Courtesy of "Ann in England"

Ann J. Lornie

### Alveoli leave the workplace

It took 462 million Alveoli staging a walkout from the workplace, due to poor working conditions, such as smoke pollution and no personal recognition, before the employer realised there was a major problem. It has been impossible to persuade them to return to work since they took early retirement and disability income .....

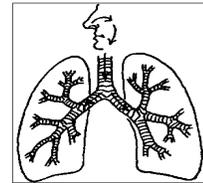
To prevent further employees leaving, conditions in which the remaining ones operate have had to be improved. These conditions consist of clean air, avoidance of germs, better eating habits, with food that includes

supplements and regular [that's daily, not once a month] cardio exercise to ensure the alveoli receive respiratory muscle support. Cardio exercise also makes the alveoli feel good about themselves; they are doing something worth while.

Here is a website giving a few lung facts and figures. Don't let's be organ grinders, let's look after what we have left. :)

[http://lungdiseases.about.com/od/generalinformation1/ssresp\\_sys\\_tour\\_6.htm](http://lungdiseases.about.com/od/generalinformation1/ssresp_sys_tour_6.htm)

*Alveoli -The blood barrier between the alveolar space and the pulmonary capillaries is very thin to allow for rapid gas exchange. During inspiration, oxygen diffuses through the alveoli walls and the interstitial space, into the blood. Carbon dioxide diffuses in the opposite direction during exhalation. Alveoli are smaller than grains of salt, with approximately 300 million alveoli in each lung. Although alveoli are tiny structures, they have a very large surface area in total for performing efficient gas exchange.*



## Healthy Eating- New Age Meatloaf

**Meat loaf that is in step with the times!  
Low in fat and quick to prepare!**

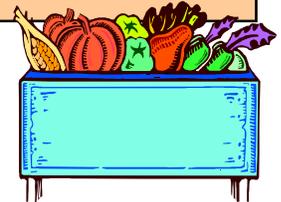
**From: Jean Pare's "Company's Coming"  
Low Fat Cooking**

Extra lean ground beef	3/4lb
Lean ground chicken or turkey	3/4lb
Fine dry breadcrumbs	1/2cup
Egg white [large]	1
Medium carrot, cut in 1 inch chunks	
Small onion cut in chunks	
Ketchup	1/4cup
Garlic clove	1
Worcestershire sauce	1tsp
Celery seed	1/4tsp
Salt	1tsp
Pepper	1 / 8 t s p

Combine ground beef, chicken and bread crumbs in a large bowl.

Put remaining 9 ingredients into blender. Process until carrot is very finely chopped. Add meat mixture. Mix very well. Form into loaf shape about 4x10. Place in a lightly greased 9x13 baking dish. Cover with foil. Bake at 350 F. oven for 1 hour. Remove foil. Bake for an additional 15 to 30 minutes until no pink remains in the centre of the loaf. Serves 8.

*1 serving: 196 Calories; 21 g Protein, 7.7 g Total Fat [2.8 g Sat. 56.7 mg Cholesterol]; 579 mg Sodium; 1 g Dietary Fiber*



**Bon Appetit!!**

## *Tips On Pumping Gas - with thanks to Ellen*

**Only buy or fill up your car or truck in the early morning** when the ground temperature is still cold. Remember that all service stations have their storage tanks buried below ground. The colder the ground the more dense the gasoline, when it gets warmer gasoline expands, so buying in the afternoon or in the evening....your gallon is not exactly a gallon. In the petroleum business, the specific gravity and the temperature of the gasoline, diesel and jet fuel, ethanol and other petroleum products plays an important role. A 1-degree rise in temperature is a big deal for this business. But the service stations do not have temperature compensation at the pumps.

When you're filling up **do not squeeze the trigger of the nozzle to a fast mode.**

If you look you will see that the trigger has three (3) stages: low, middle, and high. In slow mode you should be pumping on low speed, thereby minimizing the vapors that are created while you are pumping. All hoses at the pump have a vapor return. If you are pumping on the fast rate, some of the liquid that goes to your tank becomes vapor. Those vapors are being sucked up and back into the underground storage tank so you're getting less worth for your money.

One of the most important tips is to **fill up when your gas tank is HALF FULL.** The reason for this is, the more gas you have in your tank the less air occupying its empty space. Gasoline evaporates faster than you can imagine... Gasoline storage tanks have an internal floating roof. This roof serves as zero

clearance between the gas and the atmosphere, so it minimizes the evaporation. Unlike service stations, here where I work, every truck that we load is temperature compensated so that every gallon is actually the exact amount.

Another reminder, **if there is a gasoline truck pumping into the storage tanks** when you stop to buy gas, **DO NOT fill up**--most likely the gasoline is being stirred up as the gas is being delivered, and you might pick up some of the dirt that normally settles on the bottom



## *Thought for the Day*

**“You can be upset because rosebushes have thorns  
Or you can rejoice because thorn bushes have roses.”**

**Joanne Greenberg**



## Editor's Note



Hi Everyone,

Here we are again with our third edition and hopefully we are finding some topics that are interesting and useful for you. If you have been keeping up with postings on "Over the Fence" you will notice that we have taken a couple of your suggestions and run with them. We hope that was what you had in mind and look forward to more input from you as we move along. I check in every day to read your posts and I never cease to be amazed at the caring and wonderful support you all give to one another. It is so important as so often people with COPD feel very alone and your support can make a big difference. Keep those suggestions coming folks. Don't forget.....

This is **YOUR** newsletter.

email all suggestions or comments to: [gwen@copdcanada.ca](mailto:gwen@copdcanada.ca)

Sincerely,

**No matter what situations life throws at you... no matter how long and treacherous your journey may seem... Remember, there is a light at the end of the tunnel!**



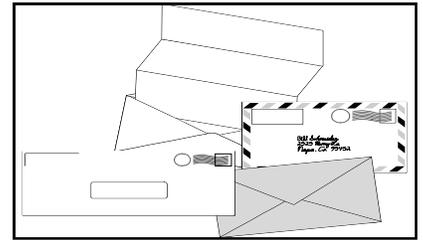
**You're laughing aren't you?  
that's good .....my job here is done!**

## Tired of Telemarketers & Junk Mail?

Try these sights and sign up come September 30th - with thanks for sharing, Mary C.



### Do Not Contact Service



The Canadian Marketing Association does not own, compile, prepare or rent lists of consumers' names and addresses. CMA is a private trade association funded by its members. We offer the Do Not Contact Service free of charge to consumers. If you wish to have your name removed from new contact lists acquired by our members, please follow the registration instructions.

The Do Not Contact Service enables individuals to reduce the number of marketing offers they receive by mail, telephone and fax. Consumers register to have their names removed from marketing lists held by members of the Canadian Marketing Association.

<http://www.the-cma.org/public.asp?WCE=C=47|K=224217>

**PLEASE NOTE:** The Canadian Radio-television and Television Commission has announced that the government-run National Do Not Call List will be up and running on Sept. 30, 2008. At that time, consumers will need to register their telephone number with this program as the Canadian Marketing Association will begin to phase out its telephone suppression list. Consumers will continue to be able to register with the Association's Do Not Contact service to reduce addressed advertising mail offers. More information on the CRTC's National Do Not Call List can be found on their website.

<http://www.lnnte-dncl.gc.ca/index-eng.html>

## Don't Forget World COPD Day!! November 19th

"World COPD Day is an annual event organized by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) to improve awareness and care of chronic obstructive pulmonary disease (COPD) around the world. World COPD Day 2008 will take place on November 19."

**Breathless not Helpless!**



**November 19, 2008**

"On World COPD Day, events in dozens of countries worldwide involve patients, families, health care professionals, and public health officials in raising awareness of this disease and what can be done to combat it."

Check out their website. You might get some good ideas for something that could be done in your area to inform and educate.

<http://www.goldcopd.com/WCDIndex.asp>

**And don't forget COPD Canada Patient Network's**

**"LUNGEVITY WALK."**

**Please participate by Walking, Sponsoring or Both.**

On the main website [www.copdcanada.ca](http://www.copdcanada.ca) Go to **"Special Bulletin"**

for information and sponsorship forms.

