


**WILL ROGERS  
INSTITUTE**

# Humanitarian

EDUCATION FOR TODAY. RESEARCH FOR TOMORROW.



## WRI LAB HIGHLIGHT: THE IMPORTANCE OF REHABILITATION

Will Rogers Motion Picture Pioneers Foundation is proud to support Dr. Richard Novitch, MD, of Burke Hospital in White Plains, NY. Dr. Novitch gave an enlightening interview on the importance of rehabilitation for patients with COPD and other lung diseases. In Phyllis Hanlon's article, "Pulmonary Rehab: Expanding Its Clinical Impact," published in the latest issue of *RT for Decision Makers in Respiratory Care*, Novitch discusses the importance of therapy regardless of a patient's age. The reduction in quality of life by lung diseases is an equally imperative factor with any patient. According to Dr. Novitch, "It's a way to help people develop coping strategies within the limitations of their capabilities. Regardless of age and underlying diagnosis, the quality-of-life issues are the same."

Dr. Novitch is the director of pulmonary rehabilitation and of the pulmonary function and blood gas laboratories at Burke Rehabilitation Hospital. Burke Hospital's rehabilitation program operates on a part-time basis, and compensation for providers is minimal. Compared with the \$60 per visit providers receive from patients in cardiac rehab programs, providers in pulmonary rehab



Dr. Richard Novitch

*"Every hospital should offer some sort of rehabilitation program.*

*It's a community service and not a moneymaker, but it will become a standard of care."*

—Dr. Novitch

programs receive only \$36 per visit. Pulmonary rehab programs include exercising and chest physiotherapy, which consists of mechanical mucus expulsion and coughing techniques.

Burke Hospital has also been partnering with the Institute for Geriatric Psychiatry at Cornell for the past 12 years, researching the commonality of depression among patients with lung conditions. Dr. Novitch stated in his interview, "One quarter of

the patients we see have depression. We make sure the patient is treated, and we look at psychotherapeutic interventions." According to the article, Dr. Novitch also coauthored a study in 2006 that reported approximately 30 percent of patients with COPD experience depression. Research showed that half of patients had a 50 percent or greater reduction

in depressive symptoms from therapeutic exercises. On this topic, Dr. Novitch stated, "A lot of rehab programs have a 'one and done' mentality. COPD spans a continuum of care, including inpatient and outpatient, support, and a maintenance program. Training might be a good adjunct to get the patient to pursue exercise regularly."

Source: "Pulmonary Rehab: Expanding Its Clinical Impact," Phyllis Hanlon, *RT: For Decision Makers in Respiratory Care*, October 2013.

- REHABILITATION AND LABORATORY UPDATES
- NEONATAL AND VENTILATOR PROGRAM ■ PULMONARY CORNER
- TAMING THE INFLAMMATORY RESPONSE ■ NEW HEALTHY RECIPE!
- FREE HEALTHCARE BOOKLETS AND MORE ...





## More About Burke Rehabilitation Hospital

Burke Rehabilitation Hospital is a national leader in pulmonary rehabilitation. One of the mainstays of treatment of COPD, rehabilitation doesn't improve the condition of damaged lungs, but it substantially improves a person's ability to perform the ordinary daily activities that make life worth living.

This year at Burke:

- Burke started a monthly pulmonary support group.
- A new cardiopulmonary rehabilitation gym featuring state-of-the-art technology was opened.
- Burke hosted an annual World COPD Day event.

Central to Burke's mission of providing quality rehabilitative care is ensuring that patients have access to the most up-to-date equipment and latest technology available.

## Rehabilitation Centers and Laboratory Updates

**University of California, Los Angeles, Research Laboratory:** Dr. Tomas Ganz and his team discovered a small protein, hepcidin, that is made in the human liver in response to infection and inflammation. This protein is responsible for a condition called, "anemia of chronic disease" and occurs in diseases such as tuberculosis, cystic fibrosis, rheumatoid arthritis, kidney diseases and cancers.

**University of Southern California Research Laboratory:** Dr. Edward Crandall and his team study the alveolar epithelial cells that line the 300 million air sacs in the adult lung. They have shown that the sodium "pump" in the lung helps save lives by removing water from the air spaces, allowing for normal uptake of oxygen and excretion of carbon dioxide.

**Patricia Neal Rehabilitation Center:** The WRI fellowship was used to support funding for cardiopulmonary-related research, renovations, staff education, patient education and assistance, smoking cessation education, a new smoking cessation mobile application, and the continuation of a smoking telemanagement program.

For a full list of labs, fellows, neonatal recipients and partners, please visit [www.wrinstitute.org](http://www.wrinstitute.org).

## WRI Neonatal and Ventilator Program

In 2013 we awarded more than \$425,000 to hospitals, in locations from Oregon to Maine. In the coming year, please join us in giving new hope to newborns.

Please help us make 2014 our best year. Show compassion for families nationwide. Your donation will provide lifesaving care for critically ill newborns—offering hope and comfort to their parents. Please use the enclosed envelope or visit [www.wrinstitute.org](http://www.wrinstitute.org) to donate.

### *Hospital NICUs Providing Hope to Newborns with Help from Will Rogers*

**Do you know a neonatal intensive care unit or a hospital near you that could use our help? Applications are now being taken for our neonatal ventilator program. Deadline January 31, 2014.**

Please take into consideration the following criteria before submitting an application:

- Your hospital must be located in the United States (not one of the territories).
- Your hospital has a neonatal intensive care unit.
- Your hospital has not received a grant from Will Rogers Institute for the past five years.
- Your hospital has a need for neonatal pulmonary equipment or funding for a lifesaving program serving premature babies with pulmonary disorders.
- Your request will not exceed \$50,000, and the money requested is for a specific purpose, not part of a larger fundraising campaign.
- For grant application, please visit [www.wrinstitute.org](http://www.wrinstitute.org).



# Pulmonary Corner

## Preventing Pneumonia



Pneumonia is an infection of the lungs caused by bacteria or viruses that can cause mild to severe illness in people of all ages. Symptoms may include:

- Coughing
- Vomiting
- Fever
- Rapid breathing or shortness of breath
- Fatigue
- Chills
- Nausea
- Chest pain



Some people are more susceptible to pneumonia and should be encouraged to get vaccinated for bacterial pneumonia and the flu. Those most susceptible include: adults 65 years of age or older, children younger than 5 years of age, people with underlying medical conditions

(such as diabetes), and people who smoke cigarettes or have asthma. Good hygiene such as washing your hands, cleaning hard surfaces often, and coughing and sneezing into a tissue or your elbow will also help reduce infections.

Source: [www.cdc.gov](http://www.cdc.gov)

## Smoking App Wins Award for Tobacco Prevention

In 2012, Patricia Neal Rehabilitation Center, a member of Covenant Health, and the Will Rogers Institute began offering a new app for smartphones that helps smokers make smart choices in order to kick the habit. Recently, the Stop Smoking app received a special honor for successfully achieving its mission.

The Dr. Peter Carter Award recognizes contributions to tobacco prevention in Knox County, TN, and surrounding communities. It is presented by the Smoke-Free Knoxville coalition. Dr. Jon Dalton, manager of Parkwest Cardiopulmonary Wellness and Rehabilitation, received the honor on behalf of Covenant Health. Dr. Dalton was instrumental in creating the app.

“Covenant Health’s mission is to serve the community by improving the quality of life through better health,” said Dalton. “It’s a true honor for our organization to be recognized by the community for giving our best to carry out that mission.”

The Stop Smoking app provides tips and encouragement to smokers who are trying to quit. Also, an added feature keeps track of how much money is being saved while quitting! Download the free app for your phone or other mobile devices at [www.covenanthealth.com/stopsmoking](http://www.covenanthealth.com/stopsmoking).



## What is the difference between a cold and the flu?

It can be difficult to tell the difference between a cold and the flu based on symptoms. The flu and the common cold are both respiratory illnesses, but they are caused by different viruses. In general, symptoms of the flu are worse than the common cold. Symptoms such as fever, body aches, extreme tiredness and dry cough are more common and intense in the flu, while people



with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems such as pneumonia, bacterial infections or hospitalizations. Special tests that usually must be done within the first few days of illness can determine—when it’s necessary to know—if someone has the flu or just a common cold.

Source: [www.cdc.gov](http://www.cdc.gov)



Winter Quick Tips: Stay Hydrated. Wash Your Hands. Get a Flu Shot.

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# Healthy News



## About NutriFit

Dedicated to a healthier body and mind, nutrition and wellness coach, educator, and culinary expert Jackie Keller (left) is the founding director of NutriFit, LLC, and author of *Body After Baby: A Simple, Healthy Plan to Lose Your Baby Weight Fast* (Avery/Penguin Group, May 2007) and *Cooking, Eating & Living Well* (NutriFit, LLC), a cookbook and guide to nutrition-related lifestyle change. Visit [www.nutrifitonline.com](http://www.nutrifitonline.com) for more information.



## Taming the Inflammatory Response: Cooling Foods

Inflammation is an essential part of the body's healing system. Without it, injuries would fester and simple infections could be deadly. However, too much of a good thing can be dangerous. Chronic low-grade inflammation is involved in all stages of atherosclerosis, the process that leads to cholesterol-clogged arteries. This means that inflammation sets the stage for heart attacks, most strokes, peripheral artery disease and vascular dementia, a common cause of memory loss, according to the *Harvard Medical School Family Health Guide*. Chronic inflammation often lurks beneath the surface of diabetes and obesity. Additionally, inflammation can be at the root of other diseases, such as arthritis, gout, diverticulitis, Crohn's disease, bronchitis, shingles and even psoriasis.

Inflammation is the body's defense against bacteria, viruses and other foreign invaders. Inside the body, inflammation helps remove debris and repair damaged tissue. What can you do to minimize excess inflammation? In addition to nutritional efforts, you can avoid cigarette smoke (including secondhand smoke), minimize your exposure to environmental pollutants, exercise, watch your weight and take care of your teeth. Here are some suggestions for simple dietary choices you can make:

- Stick with monounsaturated oils, such as olive oil, that have potential anti-inflammatory properties. Increase your consumption of fish, especially those high in omega-3 fats, such as salmon,

mackerel, sardines and albacore tuna.

- Go crazy for nuts. Walnuts, almonds, peanuts and other nuts and seeds add favorable fatty acids and help ease inflammation.
- Chocolate lovers, rejoice! Cocoa and dark chocolate slow the process involved in inflammation. Be mindful of the sugar and fat content and stick with extra dark chocolate, as it has less of both.
- Avoid refined foods. The spike of blood sugar that accompanies a meal or snack of highly refined carbohydrates increases levels of inflammatory messengers called cytokines. Eating whole grains smooths out the after-meal rise in blood sugar and insulin, and dampens cytokine production.
- Enjoy a small glass of wine (4 oz.) daily. It lowers levels of C-reactive protein (CRP), a powerful signal of inflammation. Although too much alcohol has the opposite effect.
- Eat dark leafy greens, bright red and orange fruits, and cruciferous vegetables such as asparagus. Vitamin C and other antioxidants help dampen inflammation.
- Ginger has many therapeutic properties including antioxidant effects, an ability to inhibit the formation of inflammatory compounds and direct anti-inflammatory effects.
- Drink green tea. Green tea has a high concentration of powerful antioxidants that may reduce or even help prevent inflammation. Research shows that green tea may benefit arthritis sufferers by reducing inflammation and slowing cartilage breakdown.



## Balsamic & Honey Broiled Salmon



**Why it's good for the heart:** Salmon is high in omega-3 fatty acids and vitamin B6; and honey has been connected with love since Hippocrates prescribed it for vigor in the 5<sup>th</sup> century BC.

### Ingredients:

4 4 oz. salmon fillets (1/2" thick)	1/2 tsp. canola oil
3 tbsp. balsamic vinegar	1 1/2 tbsp. honey

- Combine the vinegar, honey and oil in a small bowl; stir well, set aside.
- Place the salmon fillets in a baking pan sprayed with extra virgin olive oil cooking spray.
- Drizzle the salmon with half the vinegar mixture.
- Broil about 6" below heat, brushing several times with remaining vinegar mixture, until just opaque but still moist in thickest part; cut to test (8 to 10 minutes).



“I was born on November 4, which is election day... My birthday has made more men and sent more back to honest work than any other days in the year.”

—Will Rogers

Will Rogers would have been 134 years old on November 4, 2013. Birthday celebrations were held by our partners, the Will Rogers Ranch Foundation at Will Rogers State Historic Park in California, and at the Will Rogers Museum and Birthplace Ranch in Oklahoma.

## 2013 Summer Theatrical Fundraising Campaign

Thank you, moviegoers and the following movie theaters, for helping us raise money for medical school fellowships, health education scholarships and grants, and lifesaving neonatal equipment.

**And special thanks to our Summer PSA Spokesperson, Casey Affleck.**

AMC THEATRES

CARMIKE CINEMAS

CINEMARK

DIGIPLEX DESTINATIONS

GOODRICH QUALITY THEATERS

MALCO THEATRES

NATIONAL AMUSEMENTS

PARAGON THEATERS

PHOENIX /BIG CINEMAS

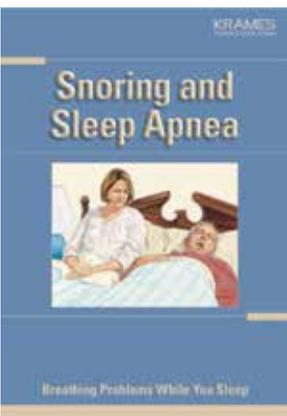
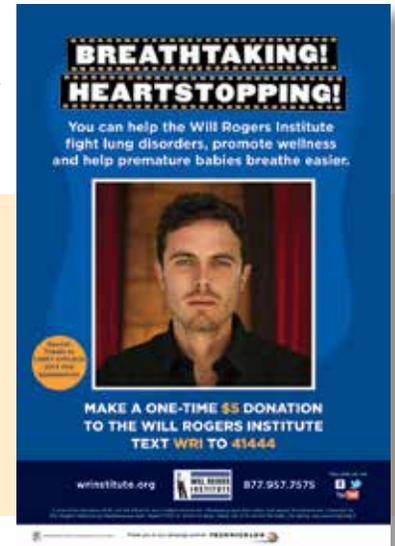
REGAL ENTERTAINMENT

SHOWBIZ CINEMAS

SOUTHERN THEATRES

UNITED DRIVE-IN THEATRE OWNERS ASSOC.

WEHREBERG THEATRES



## Sleep Apnea and Snoring

### Downloadable Action Guide Free on Our Website

This free booklet offers a range of treatment options to help patients and their partners determine effective solutions for dealing with sleep apnea and its risks.

For more free downloadable health and fitness booklets, visit [www.wrinstitute.org](http://www.wrinstitute.org).

- Break Your Smoking Addiction
- Fitness: Personal Action Guide
- Living Well with Asthma
- Living Well with Diabetes
- Managing COPD
- Managing High Blood Pressure
- Managing High Cholesterol
- Managing Stress
- Nutrition
- Walking for Better Health

## “ Will Said: Pick the Quote Made Famous by Will Rogers ”



Which quote belongs to whom?

- A: “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”
- B: “Actual knowledge of the future was never lower, but hope was never higher. Confidence will beat predictions anytime.”
- C: “Great minds discuss ideas. Average minds discuss events. Small minds discuss people.”

Answers: A: Maya Angelou B: Will Rogers C: Eleanor Roosevelt

# Our Mission

TO PERPETUATE THE MEMORY OF WILL ROGERS BY PROMOTING AND ENGAGING IN MEDICAL RESEARCH PERTAINING TO CARDIOPULMONARY DISEASES AND BY EDUCATING THE GENERAL PUBLIC ON TOPICS OF HEALTH AND FITNESS.

## Free Health Booklets

Receive information about any of the following health-related topics:

- ASTHMA: WHAT YOU NEED TO KNOW
- WHAT IS CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)?
- MANAGING YOUR COPD
- DIABETES: WHAT YOU NEED TO KNOW
- FITNESS AND HEALTHY EATING
- HEART HEALTH (BLOOD PRESSURE AND CHOLESTEROL)
- AILMENTS RELATED TO SMOKING
- QUITTING SMOKING
- SECONDHAND SMOKE
- SLEEP APNEA
- STRESS MANAGEMENT
- TEENS AND STRESS
- ABOUT TUBERCULOSIS
- THE WONDERS OF WALKING

Visit [www.wrinate.org](http://www.wrinate.org) or call toll-free (877) 957-7575 to order. Help spread the word! Photocopying WRI booklets is welcomed and encouraged.

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