

# BWH Pulmonary Rehab Newsletter

## September

September 2016 Volume 19 Issue

Hello,  
September!

### *The Lung Center at BWH*

**The Lung Center at Brigham and Women's Hospital (BWH)** provides comprehensive, customized care for all lung patients by bringing together a multidisciplinary team of medical and surgical experts from the Divisions of Pulmonary and Critical Care Medicine and Thoracic Surgery and the Lowe Center for Thoracic Oncology within Dana-Farber/Brigham and Women's Cancer Center.

Thirty six programs—for common, chronic and critical respiratory conditions— integrate the skills of sub-specialists across a dozen disciplines, all with focused training in specific lung diseases. Together, our specialized lung teams address the unique needs of each patient, delivering the latest innovations in prevention, diagnosis and treatment.

Our Lung Research Center, part of the Brigham Research Institute, is one of the country's top-funded NIH institutions for lung disease. Here, our Harvard Medical School-affiliated researchers investigate discoveries in cancer genetics, chronic obstructive pulmonary disease (COPD), asthma and much more—developing breakthrough treatments for lung patients worldwide.

The website has many excellent resources. You can google "BWH Lung Center" to access the full site. Check out Pulmonary Rehab under "Integrated Lung Care Programs" while you're there!

**NEW!!!**

### **BWH Smoking Cessation Program**

Are you or someone you know struggling to quit smoking? Brigham and Women's Hospital is now offering 8 weeks of interactive sessions in a support group setting with leading BWH clinicians. Sessions will feature lectures, skill practices and counseling to help you stop smoking for good. Pre-registration is required, but call soon since the September group starts on 9/13:

**617-278-0578 or**  
**[bwhquitsmoking@partners.org](mailto:bwhquitsmoking@partners.org)**

### **Eat Well Supermarket Tours**

Join **Mackenzie Gordon, BWFH's Registered Dietician**, for a supermarket tour featuring:

- Top 5 must have foods in your shopping cart
- Shopping in season fruits and vegetables
- Gathering ingredients for a nutritious Fall recipe

**Roche Bros., 1800 Centre Street, West Roxbury**

**Monday, October 3<sup>rd</sup> at 11am**

**Monday, November 7<sup>th</sup> at 11am**

**Cost: Free!**

There is a limit of 10 people at each event so sign up quickly!

**To register, contact Katie at 617-983-7819 or**  
**[khulett@partners.org](mailto:khulett@partners.org)**

### **Do you have COPD?**

You may be eligible for a research study at VA Boston looking at ways to promote physical activity. Contact the study team at **857-364-4896** for more details.

## September is the Official National Yoga Month

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

COPD, or chronic obstructive pulmonary disease, is a set of progressive lung diseases such as emphysema, chronic bronchitis, and other lung diseases.

Yoga is an excellent form of exercise for anyone with COPD. It is low-impact and can help to improve both your emotional and physical health.

Benefits from the practice of yoga can include:

- lowered blood pressure
- Increased relaxation and self-confidence
- reduced stress and anxiety
- improved fitness

The National Center for Complementary and Alternative Medicine describes yoga as a "mind-body practice." Although its roots lie in Eastern philosophy, you don't need any spiritual or religious beliefs to take part in a class. Yoga will help you stay fit, flexible, and relaxed.

Many classes are offered for people with diagnosed health conditions. Most classes don't focus on the spiritual elements of yoga practice. If you feel you would benefit from the spiritual side of yoga, that's okay too. The main thing is to find a form of yoga that works for you.

## The Parkway Community YMCA

(formerly the West Roxbury YMCA) has reopened after construction and now has an elevator to the 2<sup>nd</sup> floor gym. Call them at 617-323-3200 or visit their website <http://ymcaboston.org/parkway> for more information on their programs.



## RECIPE CORNER

### Apple-Spinach Chicken

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

#### Ingredients

- 2 teaspoons vegetable oil
- 4 (4-ounce) skinless, boneless chicken breast halves
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 garlic clove, minced (about 1/2 teaspoon)
- 1 tablespoon spicy brown mustard
- 1/2 cup apple cider
- 1 medium Granny Smith apple, cored and sliced
- 6 cups fresh baby spinach or chopped Swiss chard

#### Preparation

1. Heat oil in a large nonstick skillet over medium-high heat. Sprinkle chicken with salt and pepper, and add to skillet. Cook 5-6 minutes on each side or until well browned. Remove to plate, and keep warm.
2. Add next 4 ingredients (through apple slices) to pan; bring to a boil. Reduce heat, simmer, stirring often, 5 minutes. Return chicken and juices to pan. Cook, stirring occasionally, until sauce thickens and the chicken is cooked through, about 3 minutes.
3. Add spinach to pan, and toss until wilted, about 1 minute. Serve hot.

Calories per serving:	202
Fat per serving:	5g
Saturated fat per serving:	1g
Monounsaturated fat per serving:	2g
Polyunsaturated fat per serving:	2g
Protein per serving:	27g
Carbohydrate per serving:	12g
Fiber per serving:	2g
Cholesterol per serving:	67mg
Iron per serving:	2mg
Sodium per serving:	238mg
Calcium per serving:	46mg

