

Patient Testimonials

"This program taught me how to breathe better while exercising."

"It gave me more knowledge to help manage my COPD."

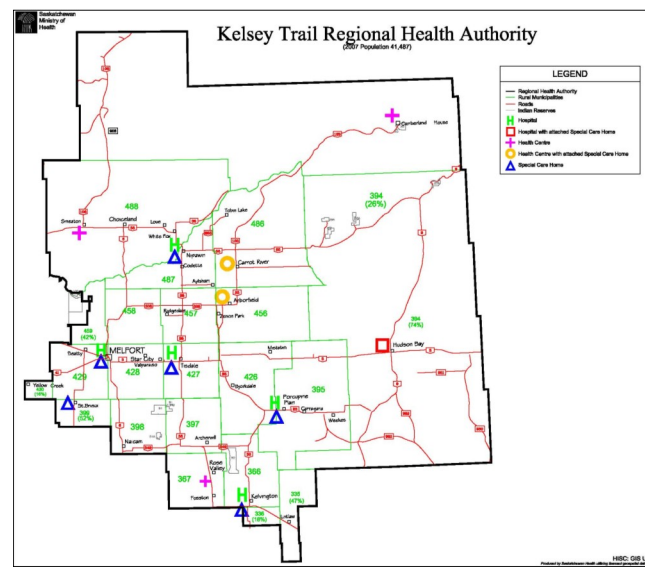
"Healthy eating and exercise are a must!"

"A lot of information about the disease and some the specialist didn't cover."

"What I gained most from the program was my breathing skills and that exercise is good for you!"

<http://www.youtube.com/watch?v=3goKl9Vr8iw>
Understanding Pulmonary rehabilitation Part 1

<http://www.youtube.com/watch?v=cThKnGK6Gzs>
Understanding Pulmonary rehabilitation Part 2



Pulmonary Rehab is a service of the KELSEY TRAIL HEALTH REGION

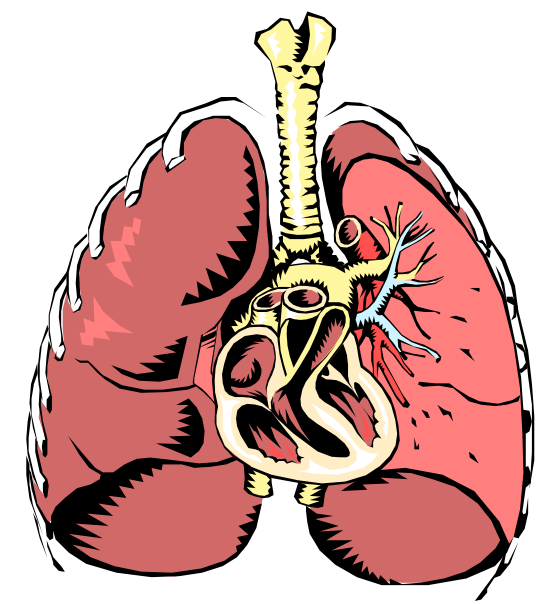
For more information about this service, contact the Therapy Department at 306-752-1751

**** Physician or Nurse Practitioner referral required ****



KTHR Quality of Care Coordinator
1-877-573-6601

Pulmonary Rehab



Helping you breathe easier!

Healthy People in Healthy Communities

What is COPD?

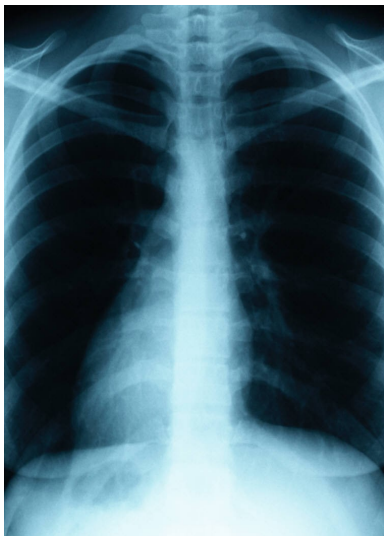
*COPD is *Chronic Obstructive Pulmonary Disease*

*A lung disease caused largely by smoking

*Airways become blocked making it difficult to breathe

*You may experience shortness of breath, increased coughing and mucus production

*Treatable but not reversible



Benefits of Pulmonary Rehab

1. Decreased shortness of breath
2. More confidence in managing your disease
3. Improved quality of life
4. Improved breathing patterns
5. Improved muscle strength
6. Increased exercise capacity
7. Fewer hospital admissions for COPD flare-ups



The program offers supervised exercise training and education about COPD.

Topics include:

- ♦ **Benefits of Exercise**
- ♦ **Managing Shortness of Breath**
 - ♦ **Medications**
 - ♦ **Managing Flare-ups**
 - ♦ **Healthy Eating**
 - ♦ **Managing Fatigue**
 - ♦ **Managing Risk Factors**
- ♦ **Stages of Change and Goal Setting**
- ♦ **Advanced Care Planning/**
 - ♦ **Living Will**