

# Pulmonary Rehabilitation

## A PATH TO BREATHING BETTER

People diagnosed with chronic obstructive pulmonary disease (COPD) know that it is a serious and debilitating condition requiring ongoing medical attention. But many do not realize that pulmonary rehabilitation may help them live and breathe better. This therapy is most effective when started in the moderate stage of COPD— but even people who have advanced stage lung disease can benefit.



Reduce  
COPD  
symptoms



Increase  
physical  
activity



Improve  
daily life  
function



Improve  
emotional  
health



## THE JOURNEY BEGINS

Before you can start pulmonary rehabilitation, a healthcare provider will assess your health status and develop a customized plan based on you:



Physical  
well-being



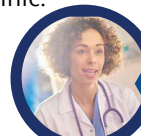
Emotional  
well-being



Food Intake  
& Nutrition

## ALONG THE WAY

Once your program begins, you will work with experts, usually in an outpatient clinic.



Doctors and nurses help you better manage your Lung Disease and avoid things that make it worse.



Exercise specialists help improve endurance and muscle strength, to enhance your quality of life.



Physical Therapists teach you energy conserving techniques and ways to breathe easier

2  
in 3



Patients who participate in pulmonary rehabilitation report positive outcomes.<sup>1</sup>



## Pulmonary Rehabilitation

- ↑ Exercise capacity
- ↑ Quality of life
- ↓ Exacerbations



• Recent assessment of claims data for 197,396 Medicare beneficiaries discharged after hospitalization for COPD

↓ 37%

in mortality in those who received pulmonary rehabilitation within 3 months of hospital discharge



• But only 3-4% of Medicare beneficiaries with COPD receive Pulmonary Rehabilitation

Pulmonary Rehabilitation helps patients feel better and live longer!

**Ask Your Doctor Today About Pulmonary Rehabilitation**