

What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation

The main goals of pulmonary rehabilitation are to help patients improve their day-to-day lives and restore their ability to function independently. If your illness has affected your daily living, pulmonary rehabilitation can help you:

- Reduce and control the symptoms and complications of pulmonary disease
- Learn more about your disease, treatment options, and coping strategies
- Decrease hospitalizations and healthcare costs

Individualized treatment plans consist of supervised exercise training, respiratory care instruction, nutritional and occupational counseling, psychosocial support, oxygen therapy, and education.

The Facts about Lung Disease

- Today, more than 35 million Americans are living with chronic lung diseases, such as pulmonary fibrosis, asthma, emphysema and chronic bronchitis.
- According to the American Lung Association, lung disease is the number three killer in America, responsible for one in six deaths.
- Over 16 million Americans have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD) and another 16 million have COPD but don't know it (have not been diagnosed). This means that over 32 million Americans suffer from COPD.

For more information, or to schedule an initial consultation, please call Samaritan Medical Center's Cardiac and Pulmonary Rehabilitation Department at

315-785-4208

This program is certified by the American Association of Cardiovascular & Pulmonary Rehabilitation (AACVPR).

www.samaritanhealth.com



Helping Patients Breathe Easier.

Do you find yourself getting breathless performing simple tasks once taken for granted? Do you now sit on the sidelines and watch an activity you once enjoyed doing? Has your doctor told you that you have emphysema, chronic bronchitis, pulmonary fibrosis or asthma? If you answered “yes” to any of these questions, Samaritan Medical Center’s Pulmonary Rehabilitation program can help.



Most people with pulmonary disease can maintain their usual level of activities if appropriate preventive and rehabilitative measures are followed. Pulmonary rehabilitation helps to improve functional status while factors that contribute to the disease are modified. As a result, pulmonary rehabilitation may prolong life, reduce disability, and raise the level of physical and social functioning to the highest possible level.

What are the benefits of Pulmonary Rehabilitation?

Pulmonary Rehabilitation will help you gain the knowledge and skills that will improve your overall health and put you in control of your life. The primary goal of this program is to improve the quality of life for each patient. Our expert staff works with each patient and his/her family members to develop a tailored treatment plan. The program emphasizes patients taking an active role in their healthcare.

Pulmonary Rehabilitation:

- Relieves and controls, as much as possible, the symptoms and complications of pulmonary impairment
- Conditions the patient to achieve his/her greatest ability to carry out everyday living activities
- Decreases anxiety and depression
- Assists in return to work or leisure activities
- Promotes independence and self-sufficiency
- Increases exercise tolerance and provides specific guidelines for physical activity in an encouraging manner
- Reduces flare-ups and hospitalizations
- Assists those awaiting a lung transplant in preparing for surgery



Our exceptional team of pulmonary rehabilitation professionals is here for you.

Individualized care is provided through a physician-directed multidisciplinary team of professionals who provide regular communication with your personal physician. This team provides you and your family with information and support to meet the challenges of living with a chronic lung disorder.

The team includes:

- Registered Professional Nurses specializing in cardiopulmonary rehabilitation
- Registered Dietician

Who can we help?

Any adult with lung disease, who is already a non-smoker or who has a definite plan to stop smoking and wants to improve his or her quality of life through exercise and education, can benefit from this program. Candidates for the program include patients recovering from an acute episode, people with lung disorders who need conditioning in preparation for surgery, and anyone whose daily activities are limited by chronic lung disease and shortness of breath.

Patients referred for Pulmonary Rehabilitation may have one or more of the following:

- Asthma
- COPD (chronic obstructive pulmonary disease)
- Chronic Bronchitis
- Cystic Fibrosis
- Emphysema
- Interstitial, occupational, or environmental lung disease
- Neuromuscular disease
- Pulmonary Fibrosis
- Other lung-related conditions