

# HealthyActions

Achieving Your Goals for Healthy Living



## A Way to Live and Breathe Better

**Did you know?** COPD is the 4th leading cause of death in the United States.<sup>1</sup>

### Chronic Bronchitis

(bron-kie-tus)—Your airways are swollen. You have more mucus. You get more infections.

### Emphysema

(em-fuh-zee-muh)—The air sacs in your lungs are damaged or destroyed. Your lungs become less elastic.

### What Is COPD?

COPD stands for **C**hronic **O**bststructive **P**ulmonary **D**isease. COPD is a lung disease. COPD makes it hard to breathe in and out. COPD does not go away. It can mean either chronic bronchitis or emphysema.

### What is Pulmonary Rehabilitation (Rehab)?

A pulmonary rehabilitation (re-hab-bil-uh-tay-shun) program may help you live better with COPD. You learn how to breathe better. You become more fit. You train your mind and muscles to get the most out of your lungs.

In a pulmonary rehab program, you may work with:

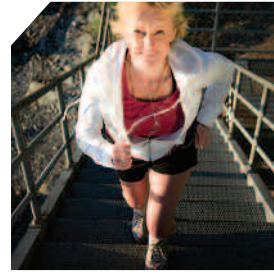
- Doctors
- Nurses
- Respiratory (res-per-uh-tory) therapists (breathing experts)
- Physical therapists
- Occupational therapists
- Exercise specialists
- Dietitians

### How Will a Pulmonary Rehab Program Help You?

If COPD symptoms are affecting your life, then a pulmonary rehab program may help you:

- Feel better. Be stronger. Do daily activities. Be more independent.
- Feel more able to manage your symptoms. Feel more in control. Feel better about your life.
- Stay out of the hospital.

Once you complete a rehab program, you must keep doing the things you learned there.



# A Way to Live and Breathe Better

Enroll in a pulmonary rehab program. Keep doing the activities once the program is done. You'll feel better. And you'll enjoy life more!

## How Do You Find a Pulmonary Rehab Program?

Ask your doctor if a rehab program would help you.

Also ask:

- What program do you suggest?
- Do I need a referral?
- What services and activities are offered?
- How long does the program last?
- Will my insurance pay for the program?

## What Will You Do in a Pulmonary Rehab Program?

Pulmonary rehab programs often last 6 to 12 weeks. You can meet other people with breathing problems and their families. You can share ideas about managing symptoms. Often your family can do some of the activities.

Pulmonary rehab programs often include:

- A medical evaluation.** Program staff will review your health history, medicines, and symptoms. They will do a physical exam.
- Goal-setting.** With staff, you will set goals about what you want to be able to do.
- Breath training.** You will practice ways to breathe better. You will strengthen the muscles you use to breathe. You will learn how to take deeper breaths.
- Exercise training.** You will do exercises to strengthen your heart, lungs, and muscles.
- Education about COPD and how to manage it.** You may learn about:
  - Easy ways to do everyday activities.
  - Medicines, treatment, and home care for COPD.
  - Breathing devices and inhalers.
  - Ways to relax or manage stress.
  - Services in your community to help you or your caregiver.
  - Nutrition and healthy eating habits.

### Reference

1. CDC. "2004 Surgeon General's Report. Smoking among Adults in the United States: Respiratory Health." Available at: [http://www.cdc.gov/tobacco/data\\_statistics/sgr/sgr\\_2004/highlights/4.htm](http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/highlights/4.htm). Accessed June 24, 2007.