

## BREATHE EASIER WITH OUR HELP

### WHY SHOULD I JOIN THE PULMONARY REHABILITATION PROGRAM?

These are some of the benefits our members are enjoying as a result of joining and participating in our program:

#### More confidence with:

- Who and when to call for assistance
- What is too much physical activity
- Traveling
- Social lives

#### More endurance and less shortness of breath when performing daily activities such as:

- Walking
- Shopping
- Climbing stairs
- Showering/bathing
- Exercising/bike riding

#### Assistance and support with:

- Losing weight
- Gaining weight
- Smoking cessation

#### Less anxiety and nervousness!

#### Fewer doctor or emergency room visits!

## PULMONARY REHABILITATION SERVICES

### PENN HIGHLANDS DUBOIS

100 Hospital Avenue  
DuBois, PA 15801

#### How do you learn more about Pulmonary Rehabilitation?

You can visit our facility and find out how this program will benefit you; call us at

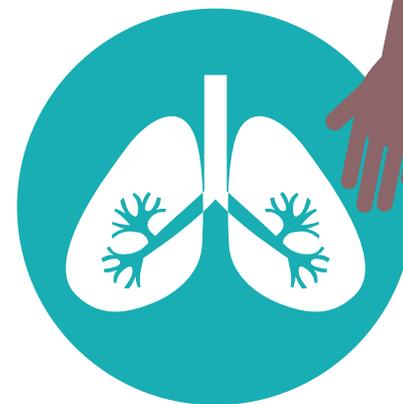
**814-375-3591**

#### VISIT US ON THE WEB

[www.phhealthcare.org](http://www.phhealthcare.org)

## PULMONARY REHABILITATION SERVICES

### AT PENN HIGHLANDS DUBOIS



MARCH 2015

## THE PULMONARY REHABILITATION PROGRAM

Would I benefit from the program?

Do you have any of the following?

- Asthma
- COPD (Chronic Obstructive Pulmonary Disease, which includes Emphysema and Chronic Bronchitis)
- Bronchiectasis
- Pulmonary Fibrosis
- Any Chronic Pulmonary Condition

Have you recently had lung surgery or are you preparing for it?

Do you get short of breath or tired when you try to do any physical activity? This may include walking up a flight of stairs, doing household chores, showering/bathing or shopping.

If you answered **YES** to any of the above questions, then you, like many others, would benefit from the Pulmonary Rehabilitation Program.

## WHAT IS THE PULMONARY REHABILITATION PROGRAM ALL ABOUT?

The **Pulmonary Rehabilitation Program** at Penn Highlands DuBois includes education, exercise, training and support specifically designed for people with chronic lung conditions.

Our educational program consists of a series of classes and videos designed to provide information about your condition and answer any questions that you may have.

Some of the topics we cover are:

- Breathing techniques to reduce shortness of breath
- Medications for your pulmonary condition
- Panic control when you get short of breath
- When to call your doctor for help
- How to prepare for travel
- Much, much more!

The exercise portion offers medically supervised exercise training. This helps improve your endurance and lessens the shortness of breath you have with physical activities.

While exercising under our supervision, we monitor your heart rate, blood pressure and oxygen levels.

Each participant's exercise program is individualized. We start slowly and progress gradually. You go at your pace.

## WHO WILL WORK WITH ME?

Our staff consists of licensed and specially trained:

- Respiratory therapists
- Registered nurses
- Exercise physiologists

With educational needs delivered by:

- Occupational therapists
- Pharmacists
- Dieticians
- Psychologists

