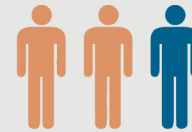


PULMONARY REHABILITATION

FROM WINDED TO WONDERFUL

NEARLY
37
MILLION

The number of Americans living with chronic conditions that impact their breathing, endurance and overall quality of life.



2 IN 3 PATIENTS who participate in pulmonary rehab report **POSITIVE OUTCOMES.**

Pulmonary rehabilitation is **PERSONALIZED PROGRAM** to help with chronic lung conditions including:



- Asthma
- COPD
- Emphysema
- Post-COVID lung damage
- Chronic bronchitis
- Cystic fibrosis
- Heart conditions that impact breathing

90%
OF PATIENTS

who undergo pulmonary rehabilitation spend fewer days in the hospital.

PULMONARY REHABILITATION PROGRAMS INCLUDE:

- Exercise and strength training
- Diet and nutrition counseling
- Health education training
- Breathing techniques
- Emotional support

An **EXPERT TEAM** with you every step of the way
Respiratory therapists, physicians, providers and specialists collaborate to coordinate customized programs to help patients:

- ✓ Improve and manage shortness of breath
- ✓ Regain strength, independence and overall quality of life
- ✓ Improve the ability to do everyday activities

CATCH YOUR BREATH AND RECLAIM YOUR QUALITY OF LIFE

If you are living with chronic lung conditions that impact your breathing and keep you from living the quality of life you deserve, pulmonary rehabilitation may be the solution you didn't know you had. Our skilled rehab teams customize programs that include education, exercise and support to help you manage symptom severity, improve lung function and take control of your health—and life.

Ask your primary care provider if pulmonary rehabilitation is right for you. To learn more, call <ADD PHONE NUMBER> or visit <ADD HOSPITAL WEBSITE/URL>.

