

Are You Having Difficulty BREATHING?

Ask yourself these important questions:

- Do you experience shortness of breath when climbing stairs, walking or exercising? Yes No
- Has your Doctor told you that you have a chronic respiratory disease? Yes No
- Does shortness of breath stop you from keeping up with people your own age, traveling or socializing? Yes No
- Were you a smoker? Yes No
- Do you find it difficult to do regular daily activities such as bathing, dressing, housework or shopping because of shortness of breath? Yes No
- Do you take numerous respiratory medications, inhalers or nebulizers? Yes No
- Do you use oxygen? Yes No



If you answered yes to one or more of these questions you may benefit from a Pulmonary Rehabilitation Program. The Elliot Hospital offers a 6-week outpatient Pulmonary Rehabilitation program designed to control and alleviate the symptoms and complications of respiratory disease. The goal of the program is to improve your quality of life. Through exercise and education you will increase your strength and endurance, which will enable you to complete your regular daily activities with less effort and shortness of breath.

The Elliot Hospital's Pulmonary Rehabilitation department has been serving the community for over 10 years. Through a team of healthcare professionals consisting of a nurse practitioner, respiratory therapists and physical therapists, the program offers an individualized exercise care plan tailored specifically for you. A referral from your physician is required. Your physician is made aware of your progress. Upon completion of the 6-week program, pulmonary rehabilitation maintenance classes are offered for those who are interested.

If you or someone you know would like more information please contact: Lisa Eckhardt, 663-2366, LEckhardt@Elliot-hs.org.

 **The Elliot.**
Live Better!