

Pulmonary Rehab

The purpose of Pulmonary Rehabilitation is to help reduce and control symptoms and complications brought on by moderate to severe pulmonary disease. Marshall Medical Centers' Pulmonary Rehabilitation program is designed to overcome the challenges and frustrations of pulmonary disease. Our multidisciplinary team provides individually tailored programs to meet your needs through evaluation, exercise, and education. Together we can stabilize the disease and return you to the highest functionality possible.

Participating in a Pulmonary Rehabilitation program can help reduce and control breathing difficulties as well as other symptoms. You will learn more about your disease, treatment options, coping strategies, and how to better manage the disease.



Our Pulmonary Rehab program consists of three weekly meetings for 6 to 12 weeks. Each meeting is tailored to a personalized exercise program and education.

Talk to your physician and ask for a referral. Once you have a referral, you or your physician may schedule a consultation at TherapyPlus South by calling 256.840.3348 or TherapyPlus North by calling 256.571.8850, or 256.753.8850 for Arab area residents.

All Marshall Medical facilities are located on tobacco-free campuses. Thank you for respecting the health of others.



TherapyPlus North
256.571.8850
or 256.573.8850
for Arab area residents.

TherapyPlus South
256.840.3348



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BETTER BREATHERS



Many Reasons. One Choice.

Living with a chronic lung disease can be easier. The Better Breathers Club is a welcoming support group for individuals with COPD, pulmonary fibrosis and lung cancer, and their caregivers. Learn better ways to cope with lung disease while getting the support of others in similar situations. Led by a trained facilitator, these in-person adult support groups give you the tools you need to live the best quality of life you can.

The Better Breathers Club meets regularly and features educational presentations on a wide range of relevant topics, including:

- **How COPD affects the lungs**
- **Breathing techniques**
- **Exercise**
- **Talking with your physician**
- **Medications & other treatment options**
- **Medical tests**
- **Supplemental oxygen**
- **Home healthcare**
- **Lung transplants**
- **Air pollution**

You don't have to feel alone or isolated. It feels good to talk with others who understand—and—who can have a positive impact on your health.

Purpose

The purpose of the club is to offer patient-centered, community-based educational opportunities and support to people with chronic lung disease (especially COPD, but also asthma, idiopathic pulmonary fibrosis [IPF], lung cancer and other chronic lung diseases) and their families, friends and support persons.

Goal

The goal of support groups is to improve the quality of life and functional status for club members by providing disease-specific education and emotional connection. This may prevent the need for additional medical care, thereby reducing the health, economic and social burden of lung disease.



Objectives

1. Provide those with lung disease the education and skills needed to achieve the highest level of functioning given the severity of their disease.
2. Teach club members and their families the basic concepts and techniques of pulmonary self-care, including coping skills.
3. Introduce new concepts in the care and treatment options for people with chronic lung disease.
4. Provide an opportunity for club members to share ideas and solutions to common problems on an ongoing basis.
5. Provide club members with an opportunity to share the psychological and social benefits of group interaction and problem solving.
6. Promote awareness about warning signs and symptoms and when to seek help.
7. Review and reinforce any prior education about lung disease and its management.
8. Increase community awareness about the Better Breathers Club, COPD and other lung diseases, and the work of the American Lung Association.
9. Review, reinforce and refer to the American Lung Association's Lung HelpLine and Freedom From Smoking® resources when appropriate.

