



What do we know about COPD?

More than 10 million Americans have been diagnosed with COPD or "Chronic Obstructive Pulmonary Disease." COPD is most commonly caused by smoking and is the fourth leading cause of death in the U.S. If you or a loved one has symptoms of COPD, including difficulty with breathing, it is important to seek treatment now to prevent this condition from getting worse. Unfortunately, many people do not seek medical help because they don't know that safe and effective treatment exists.

What treatments can work?

A doctor may prescribe certain medicines for COPD. Diet, exercise and other lifestyle changes may also be recommended. Recent medical research demonstrates that mild electrical stimulation applied to the arms, legs and body can help improve circulation, strength and movement for those with COPD.

Who should consider our program?

If you or a loved one has experienced any of the following problems, you should consider our special COPD Treatment Program:

- ▶ Shortness of breath or wheezing
- ▶ Tightness in the chest
- ▶ Persistent cough
- ▶ Cough with mucus or phlegm
- ▶ Tired, run-down feeling
- ▶ Difficulty with physical activity

Enroll in our program today. By working together, we can help treat symptoms of COPD.

What can you expect in our program?

Diet, fluid intake and medications may be evaluated, as well as the ability to walk, turn, sit and stand. From there, a treatment program will be developed around the individual's needs and goals with the help of their doctor.

Light exercise to build strength and endurance

Simple exercises guided by a therapist can be used to help increase strength and breathing capacity.

Mild electrical stimulation to improve strength

Gentle, comfortable electrical pulses can be used to improve strength - even when you or a loved one may feel too tired or weak to exercise independently.

Motorized cycling to improve movement, strength and endurance

A special motorized rehabilitation system called an Omnicycle® can help exercise the upper and lower body - even when you or a loved one may feel too tired or weak to exercise independently.

Shortness of Breath