

A healthcare professional in blue scrubs is smiling and assisting an elderly woman with her exercise routine. The woman is holding pink dumbbells and smiling back. The background is a bright, blurred indoor setting.

For more information about our program,
please call (810) 667-5675.

PULMONARY REHABILITATION

1375 N. Main Street, Lapeer MI 48446
(810) 667-5500
mclaren.org/lapeerregion

Benefits patients with chronic pulmonary diseases.

 **McLaren**
LAPEER REGION

DOING WHAT'S BEST.®

L-115 (1/21)



PULMONARY REHABILITATION

BENEFITS

McLaren Lapeer Region offers a multidimensional pulmonary program that, through combined structured exercise and education, helps patients improve their respiratory health.

The program is offered to patients with:

- Emphysema
- Chronic bronchitis
- Asthma
- Brochiectasis
- Pulmonary fibrosis
- Previous lung surgery
- Restrictive lung disease

Our pulmonary rehabilitation staff provides education and encouragement to all patients in an effort to help them reach and maintain optimum health. The program helps patients experience:

- Improved quality of life and sense of well-being
- Decreased shortness of breath
- Increased exercise tolerance
- Better understanding and control of respiratory diseases
- Decreased anxiety and depression

This program offers therapy sessions during which patients and family members are educated about pulmonary disease. The program helps patients gain more control over their lives, which can increase confidence and improve the ability to cope with the disease itself.

PATIENT EDUCATION

Patients will become educated in:

- Bronchial hygiene
- Breathing control
- Anxiety control
- Importance of regular exercise

Community resources will be provided, which can help resolve the psychological, social and nutritional problems often associated with chronic lung diseases.

INSURANCE AND REFERRALS

Medicare and most other insurances cover costs associated with the Pulmonary Rehabilitation Program. A physician referral is required and can be obtained from your family physician or pulmonary specialist.