PULMONARY REHABILITATION PROGRAM

A program that will benefit people suffering from chronic obstructive pulmonary diseases, restrictive lung disease and patients recovering from lung surgery.

The Pulmonary Rehabilitation Program at McLaren Flint was one of the first across the country to be accredited by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). The program continues to be a recognized leader in the care of pulmonary patients. The program works closely with the transplant programs at the University of Michigan in Ann Arbor and Henry Ford of Detroit. The McLaren Flint Pulmonary Rehabilitation Program has been caring for patients for over 35 years.

WHO CAN BENEFIT FROM THIS PROGRAM?

Patients with:

- Emphysema
- Chronic Bronchitis
- Asthma
- Sarcoidosis
- Pulmonary Fibrosis
- Restrictive Lung Disease
- Pre and Post Lung Transplant Surgery

WHAT ARE THE BENEFITS?

- Improved Quality of Life and Increased Sense of Well-being
- Decreased Shortness of Breath
- Control Over Breathing Pattern
- Increased Exercise Tolerance
- Increased Knowledge of Management
- Decreased Anxiety and Depression

WHAT DOES THIS PROGRAM INCLUDE?

Through six to twelve weeks of intensive therapy sessions patients and family members will become educated in:

- Understanding the Disease
- Bronchial Hygiene
- Breathing Retraining
- Panic Control
- Importance of Regular Exercise
- Community Resources which can help Resolve the Psychological, Social, Financial and Occupational Problems often Associated with COPD

WHAT IS THE ADMISSION PROCESS?

Acceptance into McLaren's outpatient program is dependent upon:

- Referral by your family physician, MD or DO
- Preferred pre-program tests and reports within the past year:
  - Pulmonary Function Test
  - History and Physical

DOES INSURANCE COVER THIS PROGRAM?

This quality program is offered at a minimum cost to the patient. A high percentage of the program's cost is covered by Medicare. Other insurance plans such as Blue Cross/Blue Shield may also cover partial costs, depending on the extent of the coverage.

McLaren FLINT

DOING WHAT'S BEST.®

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