

### **Pulmonary Rehabilitation Benefits**

Pulmonary Rehabilitation helps you to improve your quality of life. Although Pulmonary Rehabilitation (PR) can't cure your lung disease, it can be of great benefit and you may notice improved breathing effort and less breathing problems.

Other benefits include:

- Decrease the symptoms of your disease or condition
- Ability to function better in your daily life
- Increased ability to exercise
- Decreased symptoms and better management of anxiety and depression

**Pulmonary Rehabilitation allows you to make the most of the limited lung function you have.**

### **What is Pulmonary Rehabilitation?**

Pulmonary rehabilitation is a service that is designed for those who experience lung problems such as:

- Chronic Obstructive Pulmonary Disease (COPD)
- Emphysema
- Chronic Bronchitis
- Bronchiectasis
- Sarcoidosis
- Pulmonary Hypertension
- Pulmonary Fibrosis
- Interstitial lung disease
- Lung cancer and lung cancer surgery
- Lung volume reduction surgery before and after lung transplantation

Pulmonary Rehabilitation includes exercise classes and education about your lung disease or condition. PR may help you participate in activities with less shortness of breath, as well as teach you how to "live" better with your lung condition.

Additional education includes:

- Reduce and control breathing difficulties and other symptoms.
- Learn more about your disease, treatment options, and chronic disease coping strategies.
- Learn to manage your disease and reduce your dependence on costly medical resources.
- Maintain healthy behaviors such as smoking cessation, good nutrition, and exercise.

### **Pulmonary Rehabilitation Offers:**

#### ***Educational programs***

The education classes focus on COPD as well as other chronic lung diseases to provide you with information about:

- Medications, including drug action, side effects, using an inhaler, and self-care techniques
- Understanding and using oxygen therapy
- Diet, nutrition, and weight management
- Breathing retraining
- Importance of exercise
- Strategies for managing breathing problems
- Symptom assessment and knowledge about when to seek medical treatment

#### ***Monitored and supervised exercise***

A physical activity plan is tailored to your needs. Exercise will help improve your endurance and muscle strength, so you're better able to carry out daily activities.

#### ***Psychosocial support***

People who have chronic lung diseases are more prone to depression, anxiety, and other emotional problems. Many PR programs offer counseling or support groups. If your program doesn't, your PR team can refer you to such services.

# AACVPR

American Association of Cardiovascular  
and Pulmonary Rehabilitation

*Promoting Health & Preventing Disease*

This information is prepared and presented as a service to you from the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)

To find the nearest Pulmonary Rehabilitation Program go to [www.AACVPR.org](http://www.AACVPR.org)