



ENROLLMENT AND COSTS

You will need a physician referral to enroll in the Lung Power Program. There is a fee for each session. This may be covered by your health plan. We encourage you to call your insurance company and ask if "outpatient pulmonary rehabilitation" is covered by your policy.

If you want to enroll in the Lung Power Program or have questions, please call the Pulmonary Rehabilitation Program at Cambridge Medical Center at 763-688-7860.



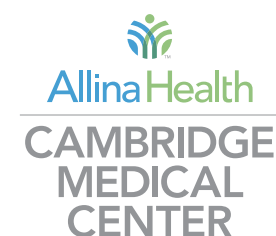
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CAMBRIDGE MEDICAL CENTER

Pulmonary Rehabilitation Program



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 transplant

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

Lung Power Program

The Respiratory Care Department at Cambridge Medical Center offers an education and exercise program for patients with Chronic Obstructive Pulmonary Disease (COPD) and other pulmonary conditions.

Before you begin the Lung Power Program, you will have an interview to discuss your goals, what you hope to accomplish and determine if the program is right for you.

You will also be scheduled for an exercise test and pulmonary function tests if they have not been done in the last six months.

Pulmonary Rehabilitation Benefits

Pulmonary rehabilitation helps you to improve your quality of life. Although pulmonary rehabilitation can't cure your lung disease, it can be of great benefit and you may notice improved breathing 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.



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.