

There is no worse feeling than being short of breath. Our Pulmonary Rehabilitation (Rehab) program is designed to slow down and minimize progression of the symptoms of lung disease.

Our goal is to help you break the cycle of lung disease, so you can breathe easier and lead a full, satisfying life to your highest functional capacity.

What is Pulmonary Rehab?

Pulmonary rehab is a program of education and exercise to increase awareness about your lungs and your disease. The program can last up to 18-36 weeks with an end goal of living an independent lifestyle, even with a respiratory condition.

According to Julie Waltenberger, Pulmonary Rehab Coordinator, "Life can't wait. Don't miss the chance to get the most out of life. Pulmonary rehab allows you to breathe more comfortably and live active and independently."



If you have any questions about the Pulmonary Rehab Program at KHC, please call **(641) 842-1558**.

*Thank you for choosing
Knoxville Hospital & Clinics
for your health care needs.*

For more than 80 years, Knoxville Hospital & Clinics has been helping families throughout south central Iowa and beyond. Voted as Best of Red Rock Area's "Best Place to Work" and "Best Hospitality," our mission of *faithfully providing exceptional health care* affects every decision we make and how we care for patients and families.

As a non-profit community hospital serving Marion County and the surrounding area, we take great pride in providing exceptional care close to home. Named a Top 100 Critical Access Hospital, our highly skilled medical team provides personal, compassionate, innovative, and quality health care to our patients.

Knoxville Hospital & Clinics complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call (641) 842-1421.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (641) 842-1421.

Knoxville Hospital & Clinics

(641) 842-2151

Melcher Clinic

(641) 947-2121

Pleasantville Clinic

(515) 848-3113

Red Rock Healthcare - Pella

(641) 628-2222



An Affiliate of **MERCYONE** SM



Pulmonary Rehabilitation Program

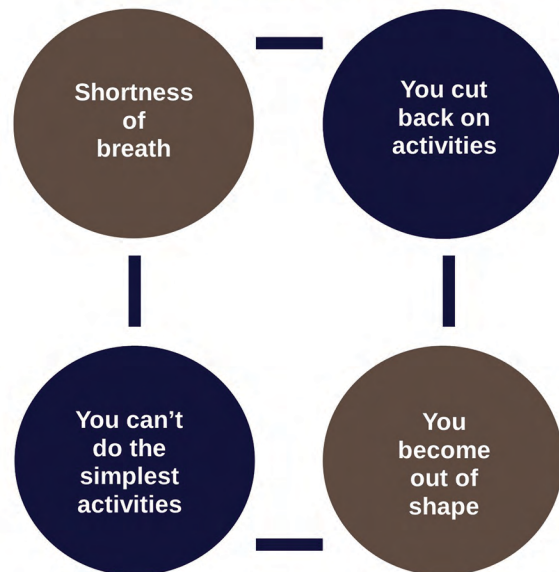
www.knoxvillehospital.org

Who benefits from the Pulmonary Rehab Program?

Our Pulmonary Rehab Program is for people with chronic lung diseases, such as:

- Asthma
- Bronchiectasis
- Chronic bronchitis
- Chronic Obstructive Pulmonary Disease (COPD)
- Cystic fibrosis
- Emphysema
- Interstitial lung disease
- Lung cancer and lung cancer surgery
- Pre/Post lung transplant
- Pulmonary emboli
- Pulmonary fibrosis
- Pulmonary hypertension
- Sarcoidosis

Time to Break the Cycle



What can patients expect?

Pulmonary rehab can help improve your quality of life. Although pulmonary rehab can't cure your lung disease, there are many benefits to the program including:

- Improved breathing and less problems
- Boosted energy levels and improved strength and endurance
- Greater independence and ability to function better in your daily life
- Less use of oxygen and medications
- Increased knowledge about pulmonary disease and its management
- Reduced stress and tension, which helps with depression and anxiety

What is included in the Pulmonary Rehab Program?

Our staff uses a holistic and patient-centered approach to care considering your functional ability, health, and emotional needs. It starts with a consultation and evaluation with our pulmonary rehab coordinator to see if the program is right for you. Once you join, you will receive an individualized care plan.



When you join pulmonary rehab, services may include:

- Airway clearance techniques
- Breathing re-training
- Education about emotional issues such as depression, panic attacks, anxiety, and stress management
- Energy conservation techniques
- Home exercise program
- Medication information (usage, doses, side effects, delivery techniques, etc.)
- Monitored conditioning exercise which is essential for improving the function of your heart and lungs, and for strengthening the muscles used for breathing
- Nutritional support for better diet and weight management
- Pulmonary function test
- Support to stop smoking

How can I join the Pulmonary Rehab Program?

If you have a diagnosis of chronic lung disease and have ongoing breathing and quality of life issues, you can be referred to our program by your health care provider. Once referrals are forwarded, our staff will contact you to arrange your appointments. Referrals can be faxed to (641) 842-1526.

Medicare and most private insurance companies cover a major percentage of the cost of pulmonary rehab. Please check with your insurance carrier to verify coverage.