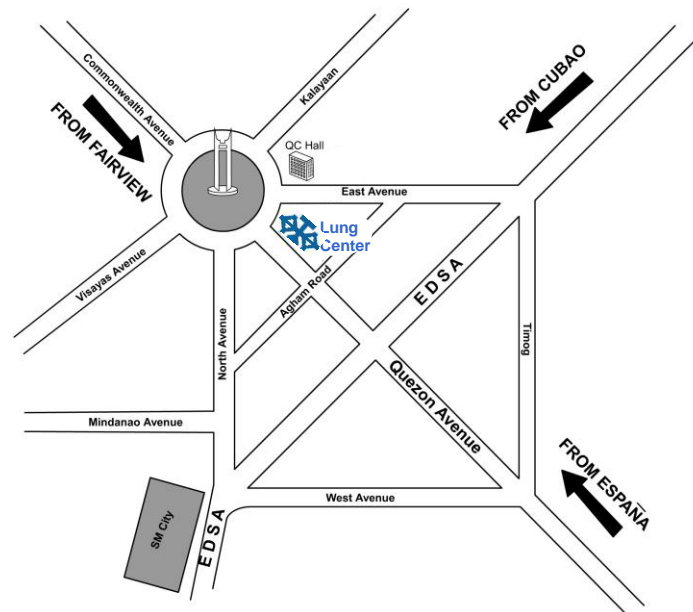


For those dealing with chronic lung disease, shortness of breath is the most disabling symptom.

The COPD/Bronchiectasis Support Group can help you increase your functional capacity and ability to participate in everyday activities.

About Us

The Rehabilitation Medicine Division also offers treatment for non-pulmonary conditions including Arthritis, Stroke, Low Back Pain and other musculoskeletal or neurological conditions. Our consultant physiatrist is a prominent rehab specialist in the country. Our physical therapists are also experts in pulmonary rehab and are trained in Basic Life Support.



Rehabilitation Medicine Division
3rd floor, Lung Center of the Philippines
Quezon Avenue Extension
Quezon City 1100
89246101 local 3012



Virtual COPD/Bronchiectasis Support Group



**Lung Center of the Philippines
Rehabilitation Medicine
Division**

What is Virtual COPD/Bronchiectasis Support Group Program?

- It is a supervised pulmonary telerehabilitation program for patients with **EMPHYSEMA, CHRONIC BRONCHITIS and BRONCHIECTASIS**, providing education and guidance in performing exercise activities.
- The program is done in a group, but the exercise is appropriate to the specific needs of individual participant.
- The program aims to relieve the patient's symptoms and bring him to the highest possible functional capacity

How can the program help you and your family?

The COPD Support Group can help you:

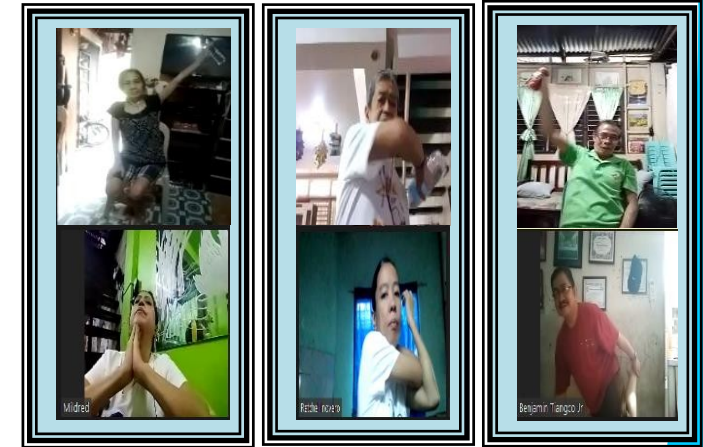
- Know more about your lung condition
- Understand how medications work
- Learn how to prevent attacks of breathlessness and control exacerbations
- Enhance movement of secretions
- Improve exercise tolerance
- Maximize self-care activities
- Optimize nutrition and food intake
- Build self confidence
- Improve quality of life

How long is the program?

The Virtual COPD/Bronchiectasis Support Group program runs for 4 weeks and consists of 8 sessions. Sessions are held on Tuesdays and Thursdays between 9:00 AM to 12:00 NN

What is the content of the program?

- Exercise evaluation
- Aerobic activities
- Strengthening and flexibility exercises
- Breathing exercises
- Daily living activities
- Lectures and workshops
- Emotional support



How can I join the Group?

- Ask your physician to give you a referral
- You may also call us at **89246101 local 3012**
- Like us on Facebook (**COPD and Bronchiectasis Support Group - LCP**) and send us a private message.

Online lecture with doctors...