

How can I join the COPD Support Group?

Ask your physician to give you a referral. Submit the referral at the SECTION OF PHYSICAL THERAPY and REHABILITATION. You may also call us at 9246101 to 20, loc 240

For only Php 200.00 REGISTRATION FEE

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

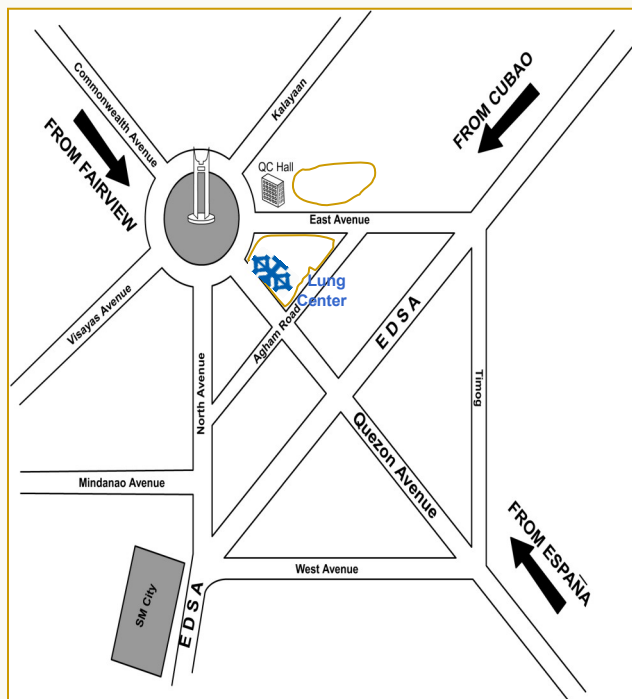
The COPD Support Group can help you increase your functional capacity and ability to participate in everyday activities.

Hurry Join Now!



About Us

The Section of Physical Therapy and Rehabilitation 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 Advanced Cardiac Life Support.



Section of
Physical
Therapy and
Rehabilitation
9246101 local
240



**LUNG CENTER OF
THE PHILIPPINES
Section of
Physical Therapy
and Rehabilitation**

COPD SUPPORT GROUP



What is COPD?

COPD stands for Chronic Obstructive Pulmonary Disease, a disease in which there is narrowing or obstruction of the tubes that conduct air.

- ◆ Chronic: it is a long standing disease and the damage to the airways can not be fully reversed.
- ◆ Obstructive: there is narrowing of the airways that will limit flow of oxygen and carbon dioxide.
- ◆ The main symptom is shortness of breath or difficulty of breathing. It is often accompanied by cough, phlegm,



What causes COPD?

A person can get COPD through prolonged exposure to particles or gases that causes damage and inflammation in the lungs.

1. Cigarette smoking: this is the most common cause of COPD



2. Outdoor Air Pollution: it can aggravate the development of COPD in smokers



3. Exposure to Fumes and Dust:: cooking with burning stove is an example. Exposure to chemical fumes and organic dust such as cotton, grain or wood dusts has been shown to affect airway function.



4. Frequent Lung Infection: no specific viruses or bacteria have yet been shown to cause COPD but frequent infections worsen COPD.



TREATMENT OF COPD

Unfortunately, the damage to the lungs in emphysema and chronic bronchitis cannot be repaired. At present, there is no cure for COPD.

The **GOOD NEWS** is that COPD can be controlled & symptoms can be reduced.

COPD SUPPORT GROUP PROGRAM can help you learn more about your disease and the treatment program. The Pulmonary Rehabilitation Team can teach you techniques to breathe better, avoid infection, eat well, exercise safely, cope with your illness.

With Medications, Pulmonary Rehabilitation, and other strategies such as smoking cessation, chest physical therapy and other techniques, we can improve your **QUALITY OF LIFE**.

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



What is the content of the program?

1. Exercise evaluation
2. Aerobic activities
3. Strengthening and flexibility exercises
4. Breathing exercises
5. Daily living activities
6. Lectures and workshops
7. " Emotional support



How long is the program?

The COPD Support Group program runs for 6 weeks and consists of 12 sessions. Sessions are held on Tuesdays and Thursdays between 9:00 AM to 12:00NN