BREATHE EASIER
More than 35 million Americans live with chronic lung disease. More than 45,000 children and adults in North Central Ohio alone have been diagnosed with respiratory ailments including asthma, emphysema, chronic bronchitis, and lung cancer.*

*American Lung Association 2010 prevalence estimates.

Galion Community Hospital's comprehensive outpatient pulmonary rehabilitation program is designed to help patients who struggle with these challenging diseases do what others take for granted . . . breathe freely.

Our pulmonary rehabilitation program, customized to meet your individual needs, offers information, therapies, and strategies that can help you breathe easier and allow you to be more active and independent.

ADDITIONAL INFORMATION
For more information about outpatient pulmonary rehabilitation at Galion Community Hospital, or to schedule a complimentary tour and free screening, please call 419-468-0753.

269 Portland Way S
Galion, Ohio 44833
419-468-0753
419-462-4501 Fax
www.avitahealth.org
PROVEN BENEFITS
Pulmonary Rehab at Galion Community Hospital focuses on education and physical reconditioning for those who suffer from breathing disorders including COPD (Chronic Obstructive Pulmonary Disease), emphysema, bronchitis, asthma, lung cancer, and pulmonary fibrosis. Proven benefits include:

- Reduced shortness of breath
- Reduced fatigue
- Reduced hospital and healthcare costs
- Improved energy and physical function
- Improved quality of life
- Increased independence
- Increased knowledge about living with chronic lung disease

PROVEN BENEFITS

GETTING STARTED
Any physician may refer a patient to the outpatient pulmonary rehabilitation program. A signed prescription is all it takes to open new doors to a better life.

Medicare and most insurance companies cover this rehabilitation as another form of treatment for lung problems. Our staff will verify your insurance coverage and schedule sessions at your convenience.

For more information on outpatient pulmonary rehabilitation at Galion Community Hospital, to schedule a tour of our facility, or to receive a complimentary screening, call 419-468-0753.

HOW THE PROGRAM WORKS
Our program empowers patients with the knowledge and skills they need to take control of their disease, giving them the opportunity to help themselves. Our team of experienced pulmonary rehab specialists work with you to design an individualized program that addresses your special needs.

Respiratory treatments, secretion management, physical and occupational therapy, special exercises for improving strength and endurance, breathing retraining, energy conservation techniques, nutritional counseling and self-management strategies can dramatically improve your breathing ability and quality of life.

IS PULMONARY REHABILITATION RIGHT FOR YOU?
- Do you avoid physical activities because you fear they will make you short of breath?
- Do you get easily fatigued?
- Have you been diagnosed with COPD, emphysema, chronic asthma, chronic bronchitis, asbestosis, or any other respiratory disease?
- Are you concerned that your breathing is getting worse and feel like more can be done for your disorder?
- Do everyday tasks make you short of breath?
- Are you on supplemental oxygen and want to learn to use it in an active lifestyle?

If you answered YES to one or more of the above, pulmonary rehabilitation may be a good option for you.

From my very first visit to the Pulmonary Rehab Department, I began to breathe and feel better.