

Embrace a Lifestyle Change

Living with chronic obstructive or restrictive type pulmonary disease is a constant challenge. Patients often lose the endurance—and the will—to function normally in their daily lives.

The Pulmonary Rehabilitation Program at the Underwood-Memorial Hospital Heart Center can help you return to an active and functional daily life, while living with pulmonary disease. We ask only one thing of our new patient - motivation. Motivated, you will learn to breathe again and discover the energy to take healthier control of your life.

“I now have more stamina walking and doing things. I am doing a lot more around the house.”



Our 12-week outpatient program will help you improve your physical conditioning while learning to minimize the lifestyle altering effects of chronic obstructive pulmonary disease (COPD). Rehabilitation has been shown to reduce the need for hospitalization while enhancing quality of life and a sense of well-being.

Since each pulmonary patient presents a somewhat unique set of challenges, each patient will receive individual assessment and instruction, as well as the opportunity to take part in group activities.

How to Begin

Candidates for the Pulmonary Rehabilitation Program must receive a physician's referral. Patients may suffer from any of the following conditions:

- COPD
- Emphysema
- Chronic Bronchitis
- Asthma
- Cystic Fibrosis
- Bronchiectasis
- Asbestosis
- Sarcoidosis
- Lung Transplant or Lung Reduction Candidates
- Other obstructive or restrictive disease process which would improve with exercise training as determined by a physician

Program Components

Once enrolled in pulmonary rehab, our patients undergo an assessment which includes function testing, health history and a review of disease process management. Function testing consists of full pulmonary function studies, a six-minute walk test with oximetry and an EKG.

Our team is accredited by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) and includes specially trained respiratory therapists, nurses and exercise physiolo-

gists. They work with our patients, their families and referring physicians to optimize the goals of rehabilitation.

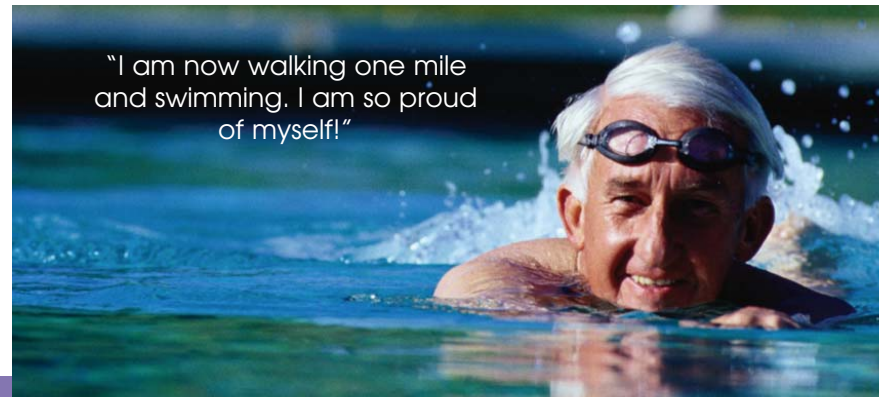
Underwood's program includes 24 classes. Patients meet twice weekly - on Tuesdays and Thursdays - for 12 weeks. In small groups, our patients build stamina and endurance through a three-tiered approach aimed at addressing all facets of their lives, including exercise, lifestyle management and psychological support:

Exercise Training: Professionally supervised exercise sessions emphasize the individual needs and functional capacity of each patient. Exercise programs progress to optimize patient independence and include flexibility, cardiovascular and strength training. Our staff continually monitors patient exercise responses such as heart rhythm, oxygen level and blood pressure.

Lifestyle Management: Patient and family education is integral to patient success in the long term. Our team of professionals conducts weekly lectures to supplement information found in our patient education manual. Topics include vital aspects of pulmonary lifestyle, including disease management skills, home exercise, breathing retraining, energy conservation, stress management and panic control, nutrition and pulmonary disease.

Psychological Support: Our patients receive the support to help them develop stress management skills and coping techniques. Our staff promotes healthy lifestyle adjustments to a chronic disease process.

“I am now walking one mile and swimming. I am so proud of myself!”



Insurance

Medicare and other insurance companies will cover pulmonary rehab. Our staff will be happy to confirm insurance coverage prior to enrollment.

For More Information

Our facility is conveniently located at the Heart Center, adjacent to Underwood-Memorial Hospital. The Heart Center is easily accessed from the hospital's parking lot and garage.

For additional assistance or further information, please email us at pulmrehab@umhospital.org or call (856) 853-2164. For detailed directions visit our website at www.umhospital.org.

"I didn't think I could do it the first day, but your encouragement helped me through it."



PULMONARY REHABILITATION
SERVICES ARE PROVIDED AT



Woodbury Medical Center, Suite 301
17 West Red Bank Avenue
Woodbury, NJ 08096

Phone: (856) 853-2164
Email: pulmrehab@umhospital.org

WWW.UMHOSPITAL.ORG



Underwood-Memorial Hospital is accredited with Full Standards Compliance by the Joint Commission.

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DISCOVER
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PULMONARY
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