

THE HEALTH & WELLNESS CENTER

The Fitness Center at Lavaca Medical Center Health & Wellness Center is a medical-based facility that not only serves fitness needs, but the overall health and wellness of its members. After completion of the outpatient pulmonary rehabilitation program, our patients are encouraged to join the Fitness Center to continue the exercises and skills learned to better manage their lung disease, and help them to lead a fuller and more satisfying life at their highest functional capacity.



Lavaca Medical Center

OUTPATIENT PULMONARY REHABILITATION

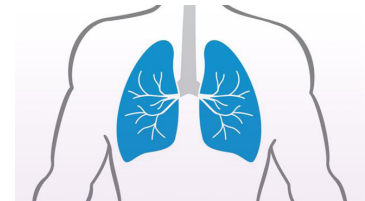
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DO ANY OF THESE SYMPTOMS SOUND LIKE YOU?

- I have been diagnosed with COPD or another type of chronic lung disease.
- I become short of breath when performing normal daily activities like bathing, cooking, grocery shopping, etc.
- My shortness of breath affects my quality of life.
- I am afraid to do certain activities because of my shortness of breath and/or because I use oxygen.

IF SO, ASK YOUR DOCTOR ABOUT PULMONARY REHABILITATION.

PULMONARY REHABILITATION

Pulmonary Rehabilitation is a program for those that have been diagnosed with a chronic lung disease. The program gives them the tools they need to lead a fuller and more satisfying life, at their highest functional capability.

Pulmonary Rehab is a multi-disciplinary program that is individualized to fit your needs and includes:

- Exercise reconditioning
- Breathing retraining
- Nutrition education session
- Education sessions on:
 - *Understanding your Lung Disease Process
 - *Respiratory Medications & Equipment
 - *Recognition of Flare-Ups & Airway Clearance
 - *Oxygen Therapy, Safety, & Traveling
 - *Others

PROVEN BENEFITS OF PULMONARY REHABILITATION

- Increased understanding of your condition
- Reduced shortness of breath with daily activities
- Increased ability to manage your breathing
- Proper use and understanding of your respiratory medications
- Recognition and treatment of lung flare ups
- Improved quality of life
- Improved independence
- Decreased hospitalizations

PULMONARY REHABILITATION CAN HELP MANY CHRONIC LUNG CONDITIONS INCLUDING, BUT NOT LIMITED TO:

- Chronic Obstructive Pulmonary Disease (COPD)
- Asthma
- Interstitial Lung Disease
- Bronchiectasis
- Cystic Fibrosis
- Pulmonary Fibrosis
- Pulmonary Hypertension

