

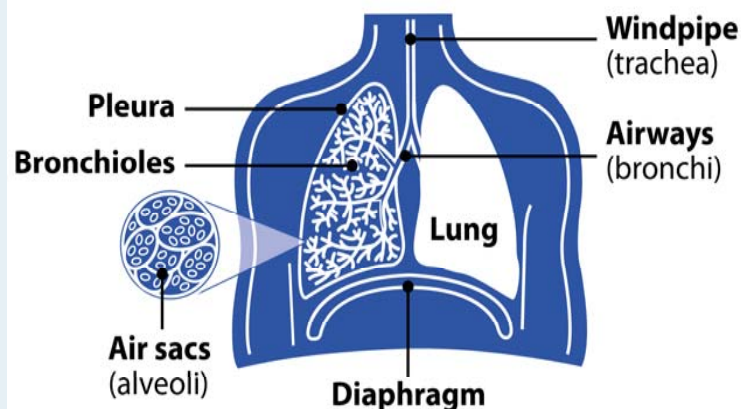
DO YOU WANT TO REGAIN CONTROL OF YOUR BREATHING?

- Short of breath on the stairs?
- Lacking energy?
- Suffering frequent chest infections?
- Regular GP visits?
- Struggling to clear your chest of mucus?
- Feeling anxious or afraid because you struggle to catch your breath?

SPEAK TO YOUR GP OR NURSE ABOUT PULMONARY REHABILITATION

Educational information is provided at each session.
Examples below:

- What is COPD?
- How the lungs work and the types of lung disease.
- Benefits of exercise and how to exercise at home.
- Breathing exercises and chest clearing techniques.
- Advice on inhalers and other medications.
- Nutritional information.
- Managing exacerbations.
- Coping with related anxiety.



NHS

PULMONARY REHABILITATION

Exercise & Education
- COPD -



- ✓ QUALIFIED PROFESSIONALS
- ✓ LOCAL EXERCISE CLASS
- ✓ C.O.P.D EDUCATION
- ✓ SUPPORT & ADVICE

What is it?

Pulmonary Rehabilitation is a specialist programme for people with long-term lung conditions such as Chronic Obstructive Pulmonary Disease (COPD) helping them manage their breathlessness day to day.

Courses are run by our team of qualified staff in a variety of locations across Suffolk.

Classes are held twice a week for 6 weeks (12 sessions) (Days will vary based on location).

Each session lasts 2 Hours consisting of 1 hour exercise followed by the delivery of educational topics with tea / coffee available.

Avoiding tasks is common among people who suffer breathlessness however this leads to decreased fitness, causing poor mobility and worsening of your general symptoms.



Pulmonary Rehabilitation can help people break this vicious cycle in order to maintain their confidence and independence.

Imagery provided with thanks by British Lung Foundation

The symptoms of COPD can often be frightening, can cause panic attacks or lead to low mood and often depression.

Regular exercise and techniques to calm your breathing can improve your confidence, reduce anxiety and even lower reliance on inhalers.

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