



GET YOUR BREATH UNDER CONTROL

Pulmonary rehabilitation

When lung problems make every breath difficult, it can wear you down. That's why a pulmonary rehabilitation program can make all the difference in your overall wellbeing.

Gain energy, strengthen muscles and boost immunity

Pulmonary rehabilitation provides strength and conditioning, while boosting your immune system. We'll help you increase your confidence so you are in control of your breathing, instead of your breathing controlling you.

- Learn breathing techniques from rehabilitation specialists who tailor an exercise program specifically for you.
- Control symptoms, like shortness of breath and tightness in your chest, with breathing strategies and techniques to conserve energy.
- Get support from others who have similar conditions and understand your fears and feelings.
- Enjoy a renewed appreciation for life as you gain energy, feel stronger and breathe easier.

Take the first step to easier breathing

You need a referral from your doctor to enter our pulmonary rehabilitation program. Medicare and other health insurance plans usually cover most costs for pulmonary rehabilitation. We can help you verify your plan's benefits, including copays.

Conditions that improve with pulmonary rehabilitation

- Chronic obstructive pulmonary disease (COPD)
- Emphysema
- Chronic bronchitis
- Bronchiectasis
- Sarcoidosis
- Pulmonary hypertension
- Pulmonary fibrosis
- Interstitial lung disease
- Lung cancer and lung cancer surgery
- Lung volume reduction surgery before and after lung transplantation
- Post COVID-19 conditions

Questions? Please call (574) 364-2587

Goshen Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Call 1 (574) 364-1000 (TTY: 711 or 1 (800) 743-3333 to be connected with *Relay Indiana*).



Goshen Heart &
Vascular Center