

How Do You Know if You Have COPD?

If you are a smoker or former smoker, 40 years of age or older and are concerned about your lung health, take the following quick test:

- | | | |
|---------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 1. Do you cough regularly? | Yes | No |
| | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you cough up phlegm regularly? | Yes | No |
| | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do even simple chores make you short of breath? | Yes | No |
| | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you wheeze when you exert yourself, or at night? | Yes | No |
| | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you get frequent colds that persist longer than those of other people you know? | Yes | No |
| | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered yes to being a smoker or ex-smoker and one of any other question, you may be at risk for COPD. Ask your doctor about a simple breathing test.

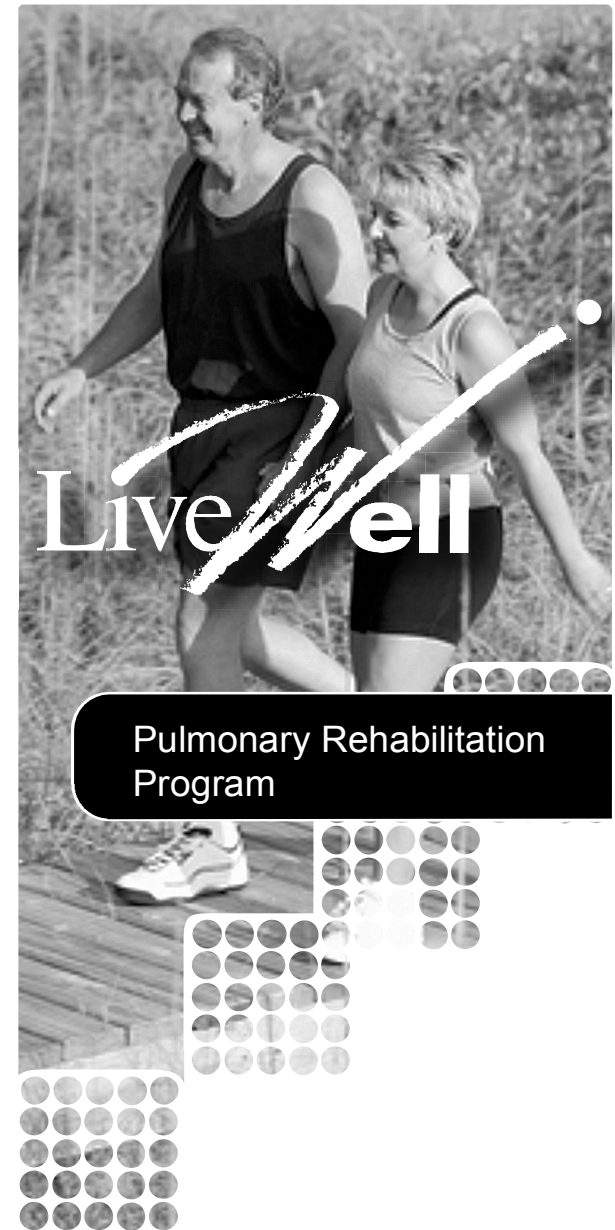
For more information,
please contact:

306-655-LIVE

CHRONIC DISEASE MANAGEMENT PROGRAM
Royal University Hospital
103 Hospital Drive,
Saskatoon, Saskatchewan S7N 0W8
Phone: 655-5483 Fax: 655-6758

HUMBOLDT DISTRICT HOSPITAL
Box 10, Humboldt, Saskatchewan S0K 2A0
Phone: (306) 682-8153
Fax: (306) 682-4046

Other Helpful Support Services:
The Lung Association of Saskatchewan
(306) 343-9511
Email: info@sk.lung.ca
www.sk.lung.ca
BreathWorks® Helpline:
(866) 717-COPD / 717-2673



Optimizing Chronic Disease Management



What is Pulmonary Rehabilitation?

A program of exercise and education designed to help you manage your chronic lung disease more effectively. Pulmonary Rehabilitation can help you become more active, and can help you take control of your illness. Programs are run by a dedicated team of health care providers including Physical Therapists, Exercise Therapists, Nurses, Dietitians, Respiratory Therapists, and Doctors.



Pulmonary Rehabilitation also provides training and counselling in the following areas:

- smoking cessation
- improving physical fitness
- breathing control
- energy conservation
- medication management
- oxygen
- nutrition
- end of life care
- travel and leisure

Who can participate in the program?

Anyone with a confirmed chronic lung disease such as:

- COPD (Chronic Obstructive Pulmonary Disease)
- Emphysema
- Chronic Bronchitis
- Asthma
- Pulmonary Fibrosis
- Pulmonary Hypertension
- Cystic Fibrosis



What is Pulmonary Rehabilitation designed to do?

- Increase your capacity for exercise
- Reduce your breathlessness and fatigue
- Increase your ability to do everyday tasks
- Provide emotional support

How can you become part of the program?

- You can refer yourself... call 655-LIVE (655-5483)
- You can be referred by your Family Doctor or Respiriologist
- You can be referred by any Health Care Provider

Where are the programs offered?

- Programs are offered as several locations in the Saskatoon Health Region. Call to find a program near you!

Pillars of Chronic Disease Management Program Design

Exercise

- Community based supervised exercise and rehabilitation programs providing personalized exercise prescription
- Education sessions
- Group and social support

Disease-Specific Management

- Inter-professional team working closely with individuals, their family, Family Physicians and Specialists.
- Evidence-based optimal care delivery.

Self-Management

- Individualized plan of action for patients
- Peer-led support classes through the LiveWell with Chronic Conditions Program
- Enhance self-management skills

Saskatoon and area locations

- Royal University Hospital
- Saskatoon City Hospital
- St. Paul's Hospital
- Saskatoon Field House
- White Buffalo Youth Lodge
- West Winds Primary Health Centre
- 2409 - 22nd Street W.
- Saskatoon Shaw Centre
- Saskatoon Food Bank
- Saskatoon Indian & Métis Friendship Centre
- Humboldt