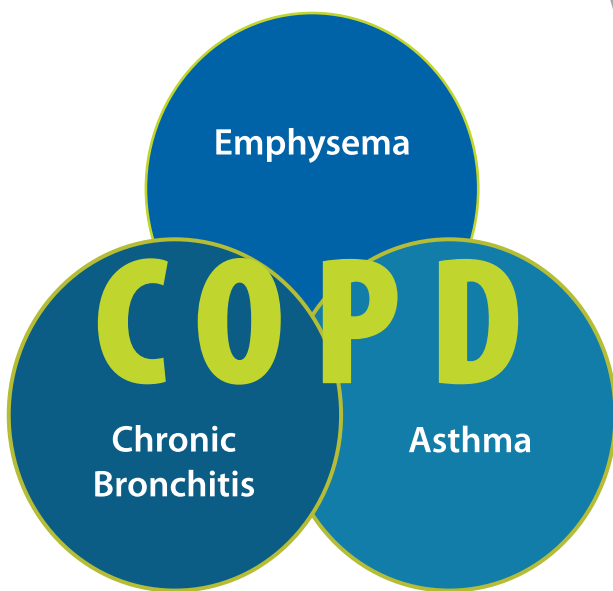


ARE YOU LIVING WITH COPD/ASTHMA?

Chronic Obstructive Pulmonary Disease (COPD) affects almost 24 million people according to the COPD foundation.



COPD is a term used to describe progressive lung diseases, including emphysema and chronic bronchitis.

Symptoms of COPD:

- Breathlessness
- Frequent coughing
- Wheezing
- Tightness in chest

COPD is a serious disease, but it can be successfully managed through the LIFT Disease Management Program in partnership with your Primary Care Provider or Pulmonologist.

DISEASE MANAGEMENT

A LIFESTYLE APPROACH TO HEALTHCARE

Disease Management is an approach to healthcare that teaches you how to manage your chronic disease.

In this free educational clinic, you will learn how to develop a healthy lifestyle to avoid potential problems or worsening of your health condition. Family members and significant others are welcome to attend our disease management clinic.

OUR WEEKLY EDUCATIONAL CLINIC COVERS A VARIETY OF SUBJECTS, INCLUDING:

- Medications
- Correct Inhaler technique
- Dietary modifications/weight control
- Stress management
- Dealing with emotions
- Exercise guidelines
- Smoking cessation support

ENROLLMENT PROCESS

- 1** Call LIFT Disease Management at 731-425-6956.
- 2** If you and your physician decide this program is right for you, you will be assigned to a nurse case manager and begin the FREE program.
- 3** We will work closely with your primary care provider and/or your pulmonologist and results/progress reports will be sent back to this provider.