

COPD

Chronic Obstructive Pulmonary Disease

COPD - CHRONIC OBSTRUCTIVE PULMONARY DISEASE

COPD is a chronic, inflammatory lung disease that obstructs air flow from the lungs. COPD includes emphysema, chronic bronchitis, refractory (non-reversible) asthma, and some forms of bronchiectasis.

SYMPTOMS

COPD symptoms usually don't present until advanced stages of the disease, and include:

- Shortness of breath, especially during exercise
- Consistent cough that produces mucus
- Wheezing
- Tightness in chest
- Frequent respiratory infections
- Swelling in legs, ankles, or feet
- Low energy

COMPLICATIONS

COPD can cause complications that may require an ER visit or hospitalization, including:

- Difficulty with mobility
- Increased confusion or memory loss
- Depression or other mental issues
- Other chronic diseases such as arthritis, congestive heart failure, diabetes, coronary heart disease, stroke or asthma

REHABILITATION TREATMENT

At ClearSky Rehabilitation Hospital of Rio Rancho, we provide rehabilitation to help:

- Alleviate COPD symptoms
- Decrease exacerbations
- Increase exercise tolerance

Treatment plans include COPD education and management strategies such as breathing, relaxation and energy-conservation techniques, exercise training, exacerbation prevention, and nutritional counseling.

Our goal is to help the patient learn to breathe and function at the highest level possible.



Rehabilitation Hospital
of Rio Rancho

Please Call
505.295.6358
TO MAKE A REFERRAL



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