

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 Rosepine, 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.



**PLEASE CALL 337.462.8880
TO MAKE A REFERRAL**



ClearSkyHealth.com/Rosepine

P 337.462.8880 | F 833.719.1249 | 8088 Hawks Road, Leesville, LA 71446

