

“Two months ago I couldn’t walk up and down stairs, or even communicate without being short of breath. Rehabilitation has given me the tools to live a more productive, active life. Thank you, Mt. Ascutney Hospital. Remember, just breathe!”

- Bonnie Reed
Chronic Lung Disease patient

 Mt. Ascutney Hospital
and Health Center
Dartmouth-Hitchcock

FOR MORE INFORMATION

For more information about pulmonary rehabilitation at MAHHC, please call Roger and Jennier at (802) 674-7159. Treatment is generally covered under many insurance plans—see yours for specific coverage limitations, co-pays or deductibles.

289 County Road, Windsor, VT 05089
(802) 674-6711 • MtAscutneyHospital.org



PULMONARY REHABILITATION AT MAHHC



ARE YOU LIVING WITH CHRONIC LUNG DISEASE?

The Pulmonary Rehabilitation program at Mt. Ascutney Hospital and Health Center (MAHHC) may be able to help. We offer a targeted, comprehensive program of education, physical exercise, and therapeutic support, all designed to enhance your ability to maintain a full and healthy life.



WHO CAN BENEFIT FROM PULMONARY REHABILITATION?

Our Pulmonary Rehabilitation Program is designed to benefit people diagnosed with chronic lung disease, including COPD, restrictive lung disease, some neuromuscular diseases that significantly impair respiration, primary pulmonary hypertension and, at times, people with lung cancer.

WHAT'S MY FIRST STEP?

In order to participate in the pulmonary rehabilitation program at MAHHC, you will need a referral from your primary care physician or a pulmonary specialist. The pulmonary rehabilitation team will then contact you and review which tests and assessments need to be completed for admission into the program. Once these are complete and you are qualified per our guidelines, you will meet with our Medical Director. An individualized treatment plan will be created with and for you.

WHAT'S THE MAHHC APPROACH?

At MAHHC, we utilize a comprehensive, multi-faceted, holistic and educational approach that is personalized for each individual. The goal of our program is to help each person reach their highest level of function and quality of life while reducing distressing symptoms and healthcare utilization.

DO SOMETHING NOW ABOUT YOUR COPD

COPD is now the third leading cause of death in the United States. But thanks to medical and therapeutic advances, many people with COPD will enjoy full and active lives for many years -- even decades -- after their diagnosis. So if you've been diagnosed with pulmonary disease, don't delay. Talk to your doctor today about pulmonary rehabilitation at MAHHC.

ONGOING SUPPORT

Pulmonary rehabilitation can be challenging, and we want you to succeed. Our program focuses on teaching you the tools and strategies necessary for living a full life.

BENEFITS OF PULMONARY REHABILITATION

- Improved quality of life
- Increased overall muscle strength
- Better stamina to meet the challenges of daily living
- Greater knowledge about chronic lung disease and associated health problems
- Better coping skills to manage your day-to-day issues
- Improved medication compliance
- Reduced stress, anxiety and depression symptoms
- Less need for healthcare utilization