



ANDERSON

Regional Medical Center

Cardiopulmonary Rehabilitation Center Second Wind

Pulmonary Rehabilitation Program

Do you know someone who has, or have you experienced any of these respiratory problems?

- Chronic Bronchitis
- Asthma
- Emphysema
- COPD

The Pulmonary Rehabilitation Program at Anderson Regional Medical Center assists individuals in achieving and maintaining an optimal level of cardiopulmonary health.

Pulmonary Rehab includes:

Education — The education aspect of Second Wind helps patients and their family members learn more about the lungs, diseases of the lungs, proper diet, energy conservation, breathing efficiency, needed changes in their daily lives and prevention and control of lung infections.

Exercise — Second Wind participants will be involved in individually tailored exercise programs for 1 – 1 ½ hours, 3 days per week, for a total of 12 weeks or 36 sessions. Each session will be supervised by trained health professionals who will assess blood pressure, heart rate, electrocardiogram and blood oxygen saturation.

Our goal is to help people with lung disease improve their quality of life.

For more information contact: 601.553.6789

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