



May 14, 2010

Havasu Regional Medical Center is pleased to announce the opening of Pulmonary Rehabilitation Services.

Pulmonary Rehabilitation is a program that focuses on improving the quality of life for people with lung disease through monitored exercise and education. The program lasts for 36 visits, with patients coming in on Tuesdays and Thursdays.

Patients are monitored during exercise - starting slowly and then gradually moving up in both time and endurance. The educational classes cover a variety of subjects and are provided either before or after the exercise class once a week. A Respiratory Therapist, an RN, an Exercise Physiologist and your physician make up your pulmonary rehabilitation team.

Patients will need to be referred by their physician, be over the age of 18, meet certain diagnosis criteria and need a pulmonary function test within the last 6 months to a year to qualify for the program. Most insurances do cover this service and Medicare now covers this if the patient meets the above criteria (new as of 1/1/10).

If you have any questions about this program or know of someone who can benefit, please talk to your physician or contact us at 928-854-0058.