



Banner Desert Medical Center

1520 S. Dobson Rd., Suite 201
Mesa, AZ 85202
480-512-3740
www.BannerHealth.com

Pulmonary Rehabilitation at Banner Desert

Welcome to Pulmonary Rehabilitation

Having chronic lung disease does not mean that you have to give up an active and independent lifestyle. Banner Desert's Pulmonary Rehabilitation Program can help you maintain your independence through exercise and education.

Studies show Pulmonary Rehab

- Reduces shortness of breath and fatigue
- Enhances sense of control over your disease
- Improves exercise capacity
- Improves health-related quality of life

Who will work with you?

Banner Desert's pulmonary rehabilitation staff specializes in the individual medical, emotional and social needs of each pulmonary patient. Trained staff will monitor and instruct you in a variety of exercises to improve flexibility, muscle tone and endurance. The staff includes a pulmonary physician, a respiratory therapist, a registered nurse, a dietitian and an exercise specialist.

What will you and your family learn that will improve your health?

- Proper breathing and bronchial hygiene
- Work simplification and energy conservation techniques

- How medications work and what side effects you might expect
- Proper nutrition for general health and easier breathing
- Skills for coping with the emotional aspect of having a chronic condition
- The benefits of gradual and monitored exercise to increase your muscle strength and tolerance

How long does the program last?

After your doctor refers you to the program, you will have an initial assessment then attend the program twice a week. Each rehabilitation session will include monitored exercise, education and support. Following your rehabilitation program, you can continue with a maintenance program for a minimal fee.

What is the cost?

Medicare and most other insurance carriers provide coverage for pulmonary rehabilitation. Check with your carrier about your coverage.

How do I enroll?

Ask your physician to refer you. For more information, call the Center for Health Enhancement at 480-512-3740.