## QUIT SMOKING

CHANGES AFTER QUITTING 20 MINUTES Pulse and blood pressure return to normal

24 HOURS Chance of having a heart attack drops

72 HOURS Breathing becomes easier, smell and taste improve

1 YEAR Risk of heart disease cut in half

#### DID YOU KNOW??

If you smoke two packs per day you will spend 4 hours a day smoking and \$4000 a year!

Clients who participate in the Respiratory Wellness program will receive Smoking Cessation support.

For more information call 519-997-2823 ext 320



# Chronic Disease Management Program

Pickwick Plaza 7621 Tecumseh Rd East Windsor, ON, N8T 3H1

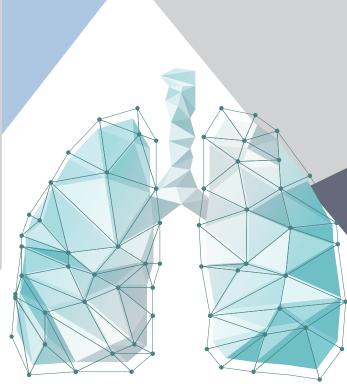
Phone: 519-997-2823 ext. 341 Fax: 519-948-7700 www.wechc.org

We can help find the best option for you!

Supported by: Avec l'appui de :



Integration Network Réseau local d'intégration des services de santé d'Érié St. Clair



# RESPIRATORY WELLNESS

Education and Exercise program for people living with Respiratory Disease

Windsor Essex Community Health Centre Centre de santé communautaire de Windsor Essex



As a Community Health Centre, our mission is to support the health and wellness of our vulnerable population in everything we do.

This program is for clients who have been diagnosed with a respiratory disease such as asthma, COPD, pulmonary fibrosis, and others.

Clients will require consent from their Family Doctor and/or Nurse Practitioner prior to participating in exercise.

#### **EXERCISE AND EDUCATION PROGRAM**

facilitated by the Registered Respiratory Therapist/Certified Respiratory Educator

#### **QUESTIONS & ANSWERS**

#### How do I get started?

Referrals come from your family doctor, specialist or by self referral.

#### Can I bring a support person?

Yes, clients are encouraged to bring a support person to the education sessions, however the support person does not participate in the exercise sessions.

#### What happens once I complete the program?

Each person will be assessed and offered a maintenance program with our Active Aging Program. Clients are also assisted with finding appropriate community support services.



#### Assessment

The Respiratory Therapist will complete an assessment to determine program placement and duration following intake.

Exercise (12 weeks)
You will attend two one hour classes per week taught by our Recreation Therapist.

Exercise classes will focus on upper and lower body strengthening, balance, and cardiorespiratory endurance training.

#### Education (6 weeks)

Our Respiratory Therapist will provide information to help you and your family manage your respiratory condition.

### Topics include:

- Importance of Exercise
- Controlling Breathlessness
- Energy Conservation
- Medication and Inhaler Techniques
- Action Plan Development
- Healthy Lifestyle
- Self Management Techniques
- Travel and Oxygen Use
- Smoking Reduction & Cessation
- Advanced Care Planning