



THE PULMONARY REHABILITATION PROGRAM AT CREDIT VALLEY

Credit Valley's Pulmonary Rehabilitation Program for chronic obstructive pulmonary disease (COPD) is unique. We offer patients a variety of ways to access information and treatment. Our interdisciplinary team of professionals will work with patients who are already in hospital, in the community and on an outpatient basis. Options include:

- One hour, one-on-one session(s) with a COPD educator. The number of sessions to be determined by the educator and patient.
- A Pulmonary Rehabilitation Program for patients. This involves a 10 week education and exercise program, three afternoons each week. Also unique in this program is a weekly exercise component in the hospital's rehabilitation pool.
- Inpatient education.
- Community education via physician offices and long-term care facilities.
- Once a patient is involved with our program they are able to request ongoing support from our interdisciplinary team via email or phone.

CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Chronic obstructive pulmonary disease (COPD) is an irreversible and disabling lung disease that can result in death. Over time, the lungs of those suffering from COPD become permanently obstructed or blocked and gradually lose their ability to function.

- 750,000 Canadians have been diagnosed with COPD but it's estimated that's only half of the real number of Canadians with the disease.
- COPD is the sixth leading cause of hospitalization and the fifth leading cause of death among Canadian women. This rate is climbing, reflecting the increase in the number of women who smoke or have smoked and the higher proportion they represent in the seniors population.
- More than 9,000 Canadians die from COPD each year.
- COPD is the only leading cause of death, other than lung cancer, that continues to rise at a significant rate in this country: death rates have quadrupled since 1971!
- Approximately \$2.4 billion in health-care costs is attributed to COPD annually. This includes both direct (physician visits, hospitalizations, medication and laboratory tests) and indirect costs (work loss due to COPD). These figures are considered to be conservative because of under-reporting of the disease and the lack of data to quantify the impact on the health-care system.



THE PRIISME® CONNECTION

The PRIISME® program helps health-care providers support patients suffering from chronic diseases such as COPD, in three ways: it provides for ongoing consultation, continuing education and other initiatives to help our health-care professionals better educate patients; it encourages the integration of care throughout the community; and it supports efforts that enable patients and their families to monitor their own health and better manage their disease.

PRIISME® is a program of GlaxoSmithKline Inc. (GSK), one of the world's leading research-based pharmaceutical and health-care companies. GSK is committed to improving the quality of life by enabling people to do more, feel better and live longer.