**NRHRC Pulmonary Rehab Toolkit — Press Release**

Contact: Name Name

Phone: 123-456-7801

E-mail: xxxx@xxxxxxxx.com

**FOR IMMEDIATE RELEASE**

**<HOSPITAL NAME HERE> pulmonary rehabilitation—helping people with chronic lung conditions catch their breath and reclaim their lives**

City, STATE (Month—, 2022) Nearly 37 million Americans are living with chronic lung conditions like emphysema, chronic obstructive pulmonary disease (COPD), post-COVID lung damage, chronic bronchitis, cystic fibrosis and other conditions that cause breathing problems that impact their health, endurance and quality of life. Pulmonary rehabilitation at <***HOSPITAL NAME HERE***> gives people the tools they need to manage the symptoms of lung disease and take control of their health and lives.

Pulmonary rehabilitation is a medically supervised program of exercise and education that is customized to each patient's needs, abilities and health goals. Rehabilitation teams include respiratory therapists, physicians, providers and specialists collaborating to create carefully coordinated programs that help patients minimize the progression of pulmonary problems, reduce shortness of breath and rediscover a healthier quality of life.

<***CUSTOMIZE—OPTIONAL—****INSERT QUOTE HERE. QUOTE COULD BE FROM HEAD OF PULMONARY REHAB—HOSPITAL CEO—PROVIDER, ETC.—****SAMPLE QUOTE/IDEAS/EXAMPLE BELOW***>**:**

*"After getting referral from a primary care provider for the pulmonary rehab program, patients get a comprehensive evaluation that includes pulmonary function tests and interviews with our team," shared <HOSPITAL NAME CEO John Doe>. "Throughout the program, patients work closely with our complete pulmonary rehabilitation team of therapists, physicians, nurses, exercise physiologists, and others who help people strengthen breathing muscles and enhance daily living. Collaboration is the key to the program's success, and participants see the benefits right from the start."*

Programs include carefully monitored exercise and strength training customized for each patient's abilities and goals. Education is a cornerstone of pulmonary rehab with topics including overall health and wellness, infection prevention, bronchial hygiene and diet and nutrition counseling. Patients also learn breathing techniques and receive the important emotional support needed to navigate the mental impact of living with chronic breathing and lung conditions.

Participation in the multi-week pulmonary rehab program helps patients better understand their conditions, learn techniques to improve breathing and lower the risk of future complications. Most importantly, people learn skills to manage the severity of their symptoms, regain confidence, restore independence and return to living the lives they enjoy.

Ask your primary care provider if pulmonary rehabilitation at <**ADD HOSPITAL NAME**> is right for you. To learn more, call <**ADD PHONE NUMBER 123-456-7890**> or visit <**ADD HOSPITAL WEBSITE URL HERE**>

# # #

<**CUSTOMIZE HERE—ADD HOSPITAL BOILER PLATE FOR PRESS RELEASES**>

Xxxxx xxxx xxxx xxxx xxx xx. Xxxxx xxxx xxxx xxxx xxx xx. Xxxxx xxxx xxxx xxxx xxx xx. Xxxxx xxxx xxxx xxxx xxx xx. Xxxxx xxxx xxxx xxxx xxx xx. Xxxxx xxxx xxxx xxxx xxx xx. Xxxxx xxxx xxxx xxxx xxx xx. Xxxxx xxxx xxxx xxxx xxx xx. Xxxxx xxxx xxxx xxxx xxx xx. Xxxxx xxxx xxxx xxxx xxx xx. Xxxxx xxxx xxxx xxxx xxx xx. Xxxxx xxxx xxxx xxxx xxx xx.