

# PATIENT TESTIMONIALS

## *Pulmonary Rehab at Sturdy Memorial Hospital*

“A friend informed me about Pulmonary Rehab. I thought about it, but put it off for at least a year. Finally, I decided to try it. My initial idea was to go for 16 weeks and then drop out. I am now going on 3 years with no intention of stopping.

It has motivated me to lose weight (15 pounds, to be exact) which truly has helped my breathing. Every exercise day your {blood} pressure and oxygen levels are taken. It makes my day knowing everything is normal and I can now exercise.

We occasionally have meetings on nutrition, traveling, new medications that are out, and general ways to stay well; information that I have used.

[Going to Pulmonary Rehab] has been the best decision I have made for myself. Thanks to the caring staff!” – *John*

“The Pulmonary Rehab [program] has been a lifesaver for me. I’ve learned things I can do, and things I cannot do or should expect difficulty in doing. I’ve also learned to space activities and how to do helpful breathing.

I don’t use all the equipment, but the ones I do use have helped me a lot.

When I’ve been sick and had to skip a session, I feel very [down] and coming back makes such a difference! I find the people that work with us in Rehab are concerned with our well-being and that’s a big help.

In speaking with other people here, you find you are not the only one with your symptoms, and that helps, too.” – *Vivianne*

“Pulmonary rehab means many things to many people. To me, it has meant recovery, healing, and learning new things. It has also meant forging valuable friendships, not only with the other patients, but with the staff as well. They have taught me how to care for myself better and remain as strong as I can be. They have allowed me to recover time, dignity, and, most of all, hope for my future.

Pulmonary Rehab has become part of my life; a second family. It’s a program filled with amazing patients and amazing staff. They have all been a blessing in my life.” – *Carol*

“When I first came into the Pulmonary Rehab program, I had no energy and was very short of breath, unable to walk even very short distances without stopping to rest.

Upon completion of the program, I am able to walk thirty minutes or more with no effort and my family is delighted with my newfound energy.

I wholeheartedly recommend this program to anyone who suffers from any aspect of pulmonary disease. [Staff] is very caring and most protective of all [their] patients. They are always seeking new ideas and plans to help patients deal with their disease and live life as comfortably as possible – you’ve just gotta love them!” – *Nancy*

“COPD is not only a physical disease; it’s a mental one, too. Without my [pulmonary rehab] therapist I couldn’t have made such progress. She kept my spirits up, and forced me to keep going.” – *Jackie*

“The Director is everywhere at once to help everyone. Thank you to all!” – *Mitsie*

“Pulmonary Rehab has been great for me both physically and socially, and my doctor agrees!” – *Betty*

“I can’t do without [pulmonary rehab] – it’s my ticket to a good life!” – *Mel*

“The Pulmonary Rehab Program has been a terrific incentive to get up, get out, and get exercising. We share the facility with a lovely group of people who are all in the same boat. Our therapist keeps everything running smoothly by arranging for monthly speakers to come in and keep us abreast of all the new medications and travel regulations. A monthly dinner out at a local restaurant is enjoyed by all. The program is a pleasure to attend, both physically and socially. There is always something to look forward to on the horizon, which we all need.” – *Ann*

“When you have a long-term lung condition like I have, it’s very difficult to move around or do normal activities without getting breathless. I would get very tired. Pulmonary Rehab has helped me deal with shortness of breath. Even though I use oxygen on a regular basis, the exercise routine has made me stronger, so that I could increase my day to day activity.

Rehab has helped me be more independent. Without rehab, I don’t believe I would be in as good shape as I am today.

The rehab staff has been great! They understand my individual needs and have encouraged and helped me. I needed them to push me! I appreciate everything they do for me.

I have made some great friends at rehab, and they have been a great source of encouragement and even some great laughs!” – *Ann*

“I lost all hope of every feeling well again. I know that there is no cure for COPD, and had three hospital stays because of this disease. When my pulmonary doctor told me to go to Sturdy Memorial’s Pulmonary Rehab I thought ‘well, I’ll give it a shot’, but was not very optimistic.

In three weeks I was able to walk with my cane, instead of my walker. I was able to climb a flight of stairs without getting winded. I have more energy, and am able to do tasks I haven’t been able to do for several years. I learned to take better care of myself, and am confident that there will be a future for me. Everyone is friendly, helpful and encouraging. I enjoy coming to classes twice a week. Thank God for Sturdy Memorial Pulmonary Rehab.” – *Terri*

“The reason I feel good is because I come to rehab. When I leave, I feel like I can conquer the world.” – *Harriet*

“[Pulmonary Rehab] has taught me how to control my breathing and the importance of doing the exercises and pacing myself.” – *Dave*

“I could not have come to a better place. The staff have put me back on my feet and kept me there mentally and emotionally, as well as physically.” – *Bill*

“I didn’t know what to expect. I only knew I needed help. I couldn’t walk a hundred feet without stopping to rest. I had lost my confidence in my ability to do anything but sit.

Pulmonary Rehab was a godsend. I’ve gained strength, flexibility, and above all confidence that I can do things I thought were in the past – breathe on my own, walk 2 miles outside, and no longer need oxygen 24/7.

Rehab is staffed by caring, loving people who truly are interested in each and every patient. I have found moral support from them and a fine number of friends.

The careful monitoring and charting of exercise is a great security regimen that is very comforting.” – *Barbara*

*To learn more about Pulmonary Rehab at Sturdy Memorial Hospital, the please call the Pulmonary Rehabilitation department at (508) 236-7552.*

