

Want To

CATCH YOUR BREATH

Again?

Pulmonary
Rehabilitation



NorthStar
MEDICAL SPECIALISTS



Not Getting
Enough Air Can
Put Your Life
on Hold.

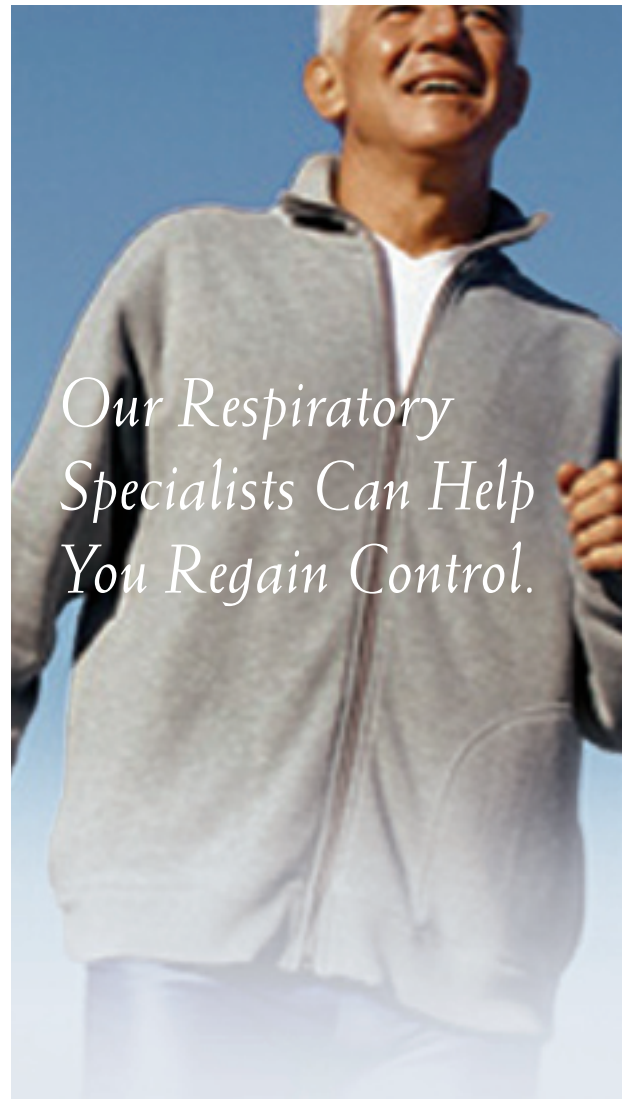


*"Suddenly I have this revitalization in my life.
I feel wonderful."*

*"Now, my husband is so youthful and full of
energy. It's wonderful. I'm only sorry we didn't
do it sooner."*

See additional testimonials on our website at
northstarmedicalspecialists.com

*Our Respiratory
Specialists Can Help
You Regain Control.*



Expert help is the difference.

Pulmonary rehabilitation is critical in reducing the symptoms and complications of chronic lung diseases. NorthStar offers comprehensive treatment, utilizing respiratory therapists, exercise physiologists and physicians in a team approach to help patients improve their day-to-day lives.



NorthStar pulmonary rehabilitation specialists have helped hundreds of people regain control of their breathing.

Expert Care

By working with our Pulmonary Rehabilitation Specialists, NorthStar patients receive the attention and treatment they deserve and a higher level of individual care.

Individualized Treatment

Chronic lung disease can take many different forms. NorthStar understands this and customizes a comprehensive treatment program for each patient after a thorough personal evaluation is completed.

Examples of Chronic Lung Disease

- *Chronic Obstructive Pulmonary Disease (COPD)*
- *Emphysema*
- *Chronic Bronchitis*
- *Asthma*
- *Bronchiectasis*
- *Pulmonary Fibrosis*

Tangible Results

NorthStar helps to restore patients' quality of life by combining expert diagnosis and education with a long-term plan for treatment and support.

Pulmonary Rehabilitation Program

Evaluation

The first step in pulmonary rehabilitation is to identify the patient's individual needs. With a thorough physician evaluation, NorthStar's pulmonary specialty staff determines appropriate goals and treatment for each patient.

Education and Instruction

One-on-one education and instruction ensures that NorthStar patients understand their disease and their role in minimizing its negative effects. NorthStar provides professional, specialized instruction on a wide variety of topics including: medications, oxygen therapy, breathing techniques and chest clearance measures to help control shortness of breath and other related pulmonary problems.

Conditioning

NorthStar works with patients to develop an individualized exercise program that you can follow at home. Exercise helps your body use oxygen more efficiently, making it easier for you to breathe, and helps strengthen muscles.

Ongoing Support and Follow-up

Living with a chronic lung disease can cause emotional stresses such as depression, low self-esteem, increased loneliness, and anxiety. NorthStar provides ongoing patient support to help keep the physical and emotional symptoms of chronic lung disease in check.



NorthStar

MEDICAL SPECIALISTS

PULMONARY REHABILITATION

MEDICAL & SURGICAL
WEIGHT MANAGEMENT

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We accept both insurance and Medicare

