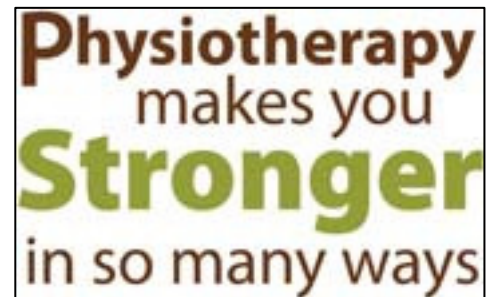


Physiotherapy Newsletter

April – Physiotherapy Month and COPD

Many of you know that physiotherapy can help with problems involving muscles, bones, ligaments and tendons. But did you know that physiotherapists treat conditions affecting the lungs and heart, urinary incontinence, dizziness and neurological conditions? Did you also know that physiotherapists work in intensive care units, school systems, group homes, long term care facilities, cancer treatment facilities and more? Some physiotherapists even work in animal rehabilitation!



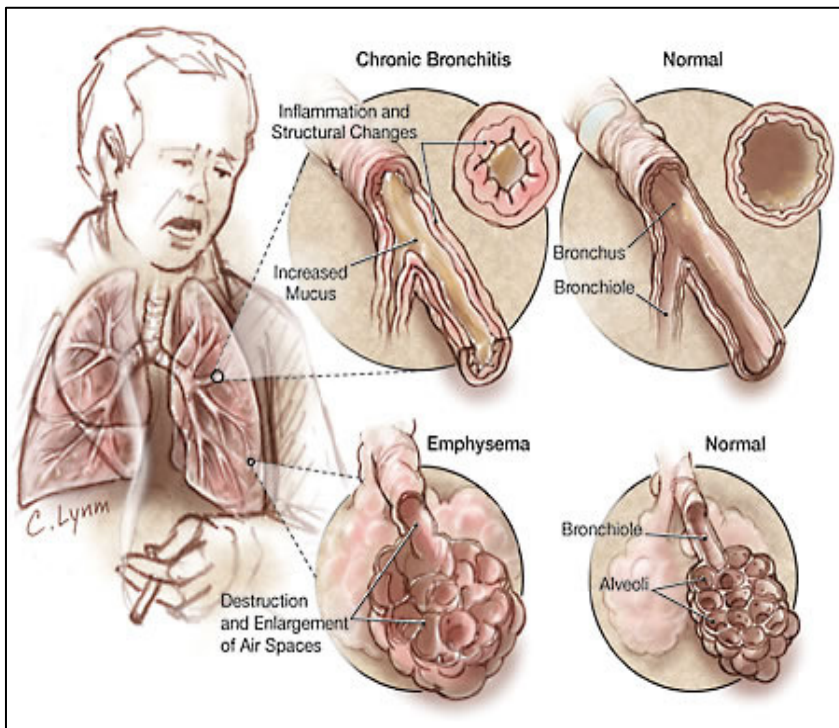
Physiotherapists are university-educated health care professionals who use up to date clinical research for treating a variety of conditions. Physiotherapists can be accessed *without* a doctor's referral despite popular belief (although your extended health insurance company may require a referral to reimburse your claim). The goal of physiotherapy is to optimize well-being and quality of life. The Canadian Physiotherapy Association has recently begun a National television campaign, airing commercials on CTV, CBC and TSN during the 2010 Olympic Winter Games. To view these commercials or to learn more about physiotherapy and all it can offer you, visit the Canadian Physiotherapy Association website at www.physiotherapy.ca or the Ontario Physiotherapy Association's "Stronger in so many way's" campaign website at www.discoverphysiotherapy.ca.

Chronic Obstructive Pulmonary Disease (COPD)

COPD is a term used to describe several different lung conditions:

- Emphysema
- Chronic Bronchitis

Emphysema and chronic bronchitis are usually caused by smoking or exposure to second-hand smoke. With the help of a physiotherapist, you can learn techniques that can help you breathe better, recognize and control complications and strengthen your respiratory system.



CHRONIC BRONCHITIS

Damage to the air sacs in the lungs makes it more difficult to get the oxygen your body needs.

EMPHYSEMA

The airways in the lungs become red and irritated and produce mucus.

The airways swell and make it difficult for air to get into the lungs.

Signs and Symptoms of COPD:

- Shortness of breath when at rest or doing previously easy activities
- Wheezing
- Coughing up a lot of phlegm
- Feeling tired
- Frequent chest infections (colds, flu, etc.) that last longer than normal
- Unexplained weight loss

These signs and symptoms are not just typical of growing older and should be examined by a doctor. The sooner COPD is diagnosed the sooner treatment can begin, which may include medications, quitting smoking and physiotherapy. Even though COPD cannot be cured, it can be managed well.

COPD can be prevented! Because most cases are caused by smoking, quitting is your best line of defence. It is never too late to quit. Your family doctor and the Canadian Lung Association can help you if you have trouble quitting or need advice.



For more information about COPD please contact the Canadian Lung Association at 1-800-972-2636 or visit www.lung.ca. If you are having problems managing your COPD, the Canadian Lung Association also has a confidential COPD helpline at **1-866-717-COPD (2673)**.

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