

PHASE 3

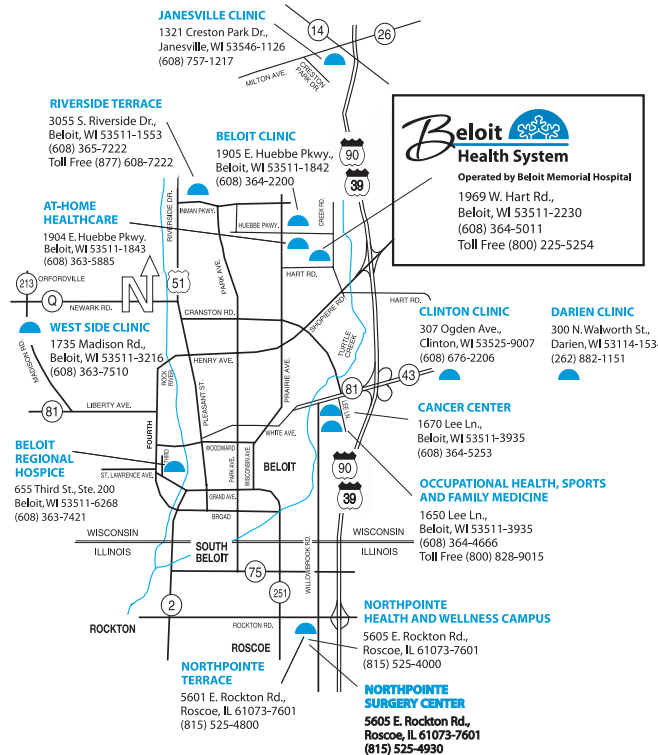
One to two months of independent exercise at Beloit Memorial Hospital's Cardiopulmonary Rehabilitation gym on Tuesday and Thursday. This portion of the program is optional.

***After completing PHASE 3, exercise options are available at the following:

NorthPointe Health and Wellness Campus
5605 E. Rockton Rd., Roscoe, IL

Occupational Health,
1650 Lee Lane, Beloit, WI

Additional information will be available at Pulmonary Rehabilitation.



Pulmonary Department
1969 W. Hart Rd., Beloit, WI
beloithealthsystem.org
608-364-5191

M-500/18



PULMONARY REHAB PROGRAM

Pulmonary Rehabilitation is a program that teaches you to live and breathe better with chronic lung disease. The damage done rarely can be fixed from chronic lung disease but that doesn't mean endurance, muscle strength, and quality of life cannot be improved. The program includes both exercise and education.

The exercise portion of the class is typically one hour long and includes 12–24 sessions. The class sizes are small (2–4 patients per class). This allows for each patient to individually receive a program tailored to their needs and abilities.

EDUCATION TOPICS COVERED:

- Respiratory Anatomy
- Chronic Lung Disease
- Infection Control
- Diet
- Respiratory Medications

In addition to working with our Rehabilitation Respiratory Therapists, this includes a team of physical therapists, dietitians, social workers, occupational therapists, and pharmacists as needed.

The program consists of up to three phases.

PHASE 1

This is the information gathering portion and will be completed by the Pulmonary Rehabilitation Therapist. It includes a referral from your physician, completed pulmonary function testing, and supporting documentation.

Appointments can be made with Joseph Kittah, MD, board certified pulmonologist at (608) 364-2240. Each patient is responsible for verifying insurance coverage, this includes any extra copays and/or deductibles.

PHASE 2

This portion of the program includes 12–24 session of guided exercise plus education. All exercise is completed at Beloit Memorial Hospital's Cardiopulmonary Rehabilitation gym on Tuesday and Thursday. Numerous class times are offered. Much effort is made to meet each patient's individual needs.



Joseph Kittah, MD
Pulmonology

Dr. Kittah received his Doctor of Medicine degree from the University of Ghana in Accra, Ghana. He completed his Residency in Internal Medicine at Saint Vincent's Medical Center in Bridgeport, Connecticut. He completed Fellowships in Pulmonology at Bridgeport Hospital/Yale University Program in Bridgeport, Connecticut; Critical Care Medicine at Albert Einstein College of Medicine in Bronx, New York; and Sleep Medicine at Norwalk Hospital in Norwalk, Connecticut. He is Board Certified in Internal Medicine, Critical Care Medicine, Sleep Medicine, and Pulmonary Disease.