**Patient Story for INHS Website**

**Battling COPD with the help of St. Luke’s Therapists**

Cindy Glidden lived with autoimmune disease until she was 11. As a result she developed other health issues throughout her life. Currently, Cindy is living with Chronic Obstructive Pulmonary Disease (COPD) and was referred to St. Luke’s COPD program to help her overcome these issues.

“I had COPD, Bronchiolitis Obliterans Organizing Pneumonia and Asthma,” says Cindy, “That is what brought me into the Cardio Pulmonary Program at St. Luke’s.”

COPD diminishes your lung capacity and makes it very difficult to exercise. Even going for walks became increasingly difficult for Cindy as she continued to battle with her COPD. At St. Luke’s, the doctors worked closely with her to develop an exercise plan that would help her regain her stamina.

“The exercise program is A-1,” recalled Cindy saying, “They monitor your blood pressure and your oxygen levels during your exercise. We would exercise by stretching while sitting in a chair and then do various exercises while in the chair. We worked a lot on balance, because those of us with respiratory disorders don’t have a lot of endurance, and it is difficult to walk or get a lot of exercise.”

During these exercise sessions therapists at St. Luke’s would monitor Cindy’s blood pressure and oxygen levels closely to produce an optimal exercise without putting additional strain on Cindy.

“The team of therapists and clinicians were really great and they monitored my exercises very closely,” she adds, “There are lots of great people and everyone is there to help. You are in really good hands, and I highly recommend St. Luke’s.”

Cindy affirmed that, “The [Cardiovascular and Pulmonary Rehabilitation](https://www.aacvpr.org/) program at St. Luke’s really helped her overcome respiratory issues and helped her regain her stamina and prevent future complications.

“More than anything, St. Luke’s can spot problems before you know you have them by watching your blood pressure and oxygen levels,” praised Cindy , “The staff is excellent, and the program is excellent. Everyone is there supporting each other, and most of all supporting us. To be honest, it feels like a family at St. Luke’s.”

“If I could, I would be at St. Luke’s more,” commented Cindy reflecting on how valuable the staff and support of the St. Luke’s team were to her. “The inpatient and outpatient services at St. Luke’s are wonderful, and I always refer people to them. It’s a win-win, the value of my time there is immeasurable”

To learn more about our services, visit: <https://www.st-lukes.org/>.