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

“I had Chronic Obstructive Pulmonary Disease, Bronchiolitis Obliterans Organizing Pneumonia, and Asthma. That is what brought me into the cardio pulmonary program at St. Luke’s.”

Cindy Glidden lived with autoimmune disease until she was 11; as a result of this 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.

COPD diminishes your lung capacity and as a result 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 Cindy to develop an exercise plan that would help her regain her stamina.

“The exercise program is A-1! 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 sitting 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 physicians 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.

“Emily and Laura were really great doctors and they monitored my exercises very closely. There are lots of great people and everyone is there to help. It is a really positive group. You are in really good hands, and I highly recommend St. Luke’s. The COPD outpatient program is absolutely a great program.”

\*NOTE\*Emily, Laura, and A vegetarian female doctor with husband with lime disease who she can’t remember her name? \*\*

The COPD outpatient program at St. Luke’s really helped Cindy overcome her 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. 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”

There is nowhere else like St. Luke’s. The staff and support is exceptional, and there programs were able to help Cindy regain part of her life back

“If I could, I would be there more. The inpatient and outpatient services at St. Luke’s are wonderful, and I always refer people to them. It is a fabulous overall program. 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/>.

Unused Quotes

“It is much more comfortable being at St. Luke’s then in the gym at the YMCA or elsewhere”

I would spend 5 hours a day with a lunch break of continual work, but was 5 hours of my day spent toward something positive that was making my life better.”

“I don’t think I would ever want to go anyplace else, it’s the best.”

“The doctors are the best and it is a finely run program.”

“I can’t say enough positive things about my experiences at St. Luke’s”

“Even though the disease diminishes your lung capacity, you still have a lot of good lung surface to depend on.”