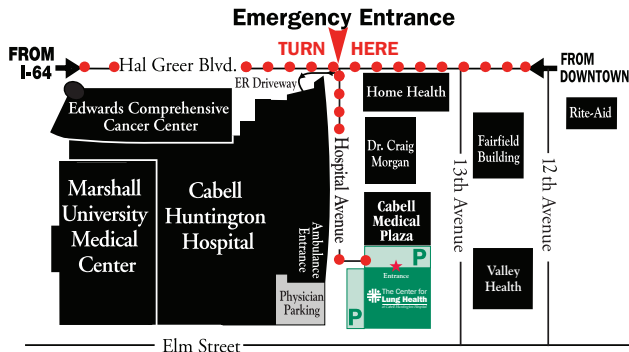


Directions



From I-64 take Exit 11 and turn onto Rte. 10, which becomes Hal Greer Blvd. Go through three lights and turn right onto Hospital Avenue, immediately after the emergency department entrance sign. (If coming from downtown Huntington, turn left immediately before the ER sign.) The Center for Lung Health is on the left at the end of Hospital Avenue, on the corner of Elm Street. You may park on the side of the building or the front entrance. The clinic entrance is on the second level directly under the awning and the Pulmonary Rehabilitation Department is on the first level under the awning on the Elm Street side.

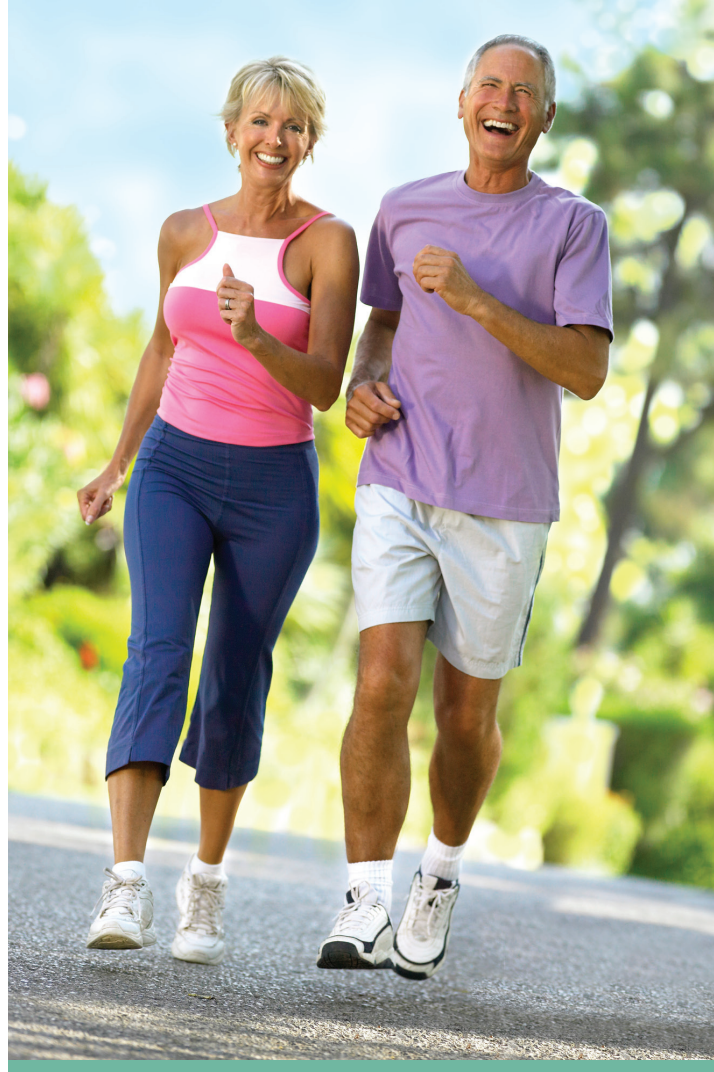


To learn more about treatment options, make an appointment with a lung specialist or refer a patient for evaluation and treatment, please contact us Monday through Friday, from 8:30 a.m. to 4:30 p.m. Phone: 304.399.2881
Fax: 304.399.2889 • Email: lunghealth@chhi.org

The Center for **Lung Health**
at Cabell Huntington Hospital

The Center for Lung Health

at Cabell Huntington Hospital



**Providing services
for a healthier you**

1305 Elm Street, Huntington, WV 25701
Phone: 304.399.2881

Cabell Huntington Hospital
Your Partners for Life

Healthier lungs mean a healthier you!

Breathing is the process of inhaling and exhaling. When you inhale, you bring oxygen-rich air into your body. When you exhale, you release carbon dioxide into the air from your body. If you are healthy, this process is easy; but for the millions of people with chronic or long-term respiratory diseases, breathing is not that simple.

Your lungs perform a variety of vital functions every second of your life. Changes in the way your lungs function can create changes throughout your body. When your lungs are not functioning properly, they cannot bring in an adequate amount of oxygen, which may cause your heart to pump harder and faster and have an impact on your blood pressure, pulse rate and your heart's electrical rhythm. If your brain cannot get enough oxygen, it can influence your energy level, memory and coordination, and cause fainting, seizures or even death. It is clear that preserving the health of your lungs is critical to your quality of life.

Who may benefit

You may benefit from the services and programs at the Center for Lung Health if you:

- experience chronic coughing, shortness of breath or other breathing problems
- have recently been admitted to the hospital for pulmonary exacerbation
- smoke, or you are around cigarette smoke
- have been diagnosed with:
 - bronchitis
 - pneumonia
 - chronic obstructive pulmonary disease (copd)
 - pulmonary fibrosis
 - lung cancer
 - emphysema
 - sarcoidosis
 - sleep apnea
 - pulmonary hypertension
 - cystic fibrosis
 - asthma

Services

The Center for Lung Health features a convenient, patient-friendly pulmonary diagnostic area where registered respiratory therapists use specialized equipment to perform evaluations to diagnose lung disease, such as:

- pulmonary function diagnostic testing
- cardiopulmonary exercise
- spirometry testing methacholine challenge testing
- six-minute walk testing

You will be evaluated by a board-certified pulmonologist, who will work with a multidisciplinary team to develop an action plan for managing your lung disease. The staff will review your current medications for effectiveness and outline how and when to take your medications. The staff will educate you about your disease and offer recommendations about nutrition, oxygen therapy management, diaphragmatic breathing training, smoking cessation, home care, self-management strategies and relaxation/breathing techniques. You will receive your annual flu and pneumonia vaccines, and you will have access to the pulmonary help line to speak with a nurse or respiratory therapist about urgent needs associated with your pulmonary disorder.

Staff

The Center for Lung Health features experienced physicians, board-certified pulmonologists and a nurse practitioner who specializes in pulmonary disorders. The pulmonary rehabilitation center is staffed by experienced exercise physiologists, respiratory therapists and dietitians.

Better Breathers Club

The Center for Lung Health has established a free, educational support group for people with chronic lung disease and their loved ones. The group meets in the Lung Health Center at 4:30 p.m. on the third Tuesday of the month, except July and August. Please call 304.526.2529 for more information.

Cystic Fibrosis

The Center for Lung Health also provides people in the Tri-State Region who have cystic fibrosis with specialized care.

The Center for Lung Health is working with with physicians from Marshall University's Joan C. Edwards School of Medicine and the University of Kentucky to become an affiliate for the Cystic Fibrosis Foundation to offer leading-edge care a little closer to home.

Resources

www.cabellhuntington.org/services/lung-health/
www.phassociation.org
www.cdc.gov/asthma
www.copdfoundation.org
www.cff.org/aboutCFFoundation/