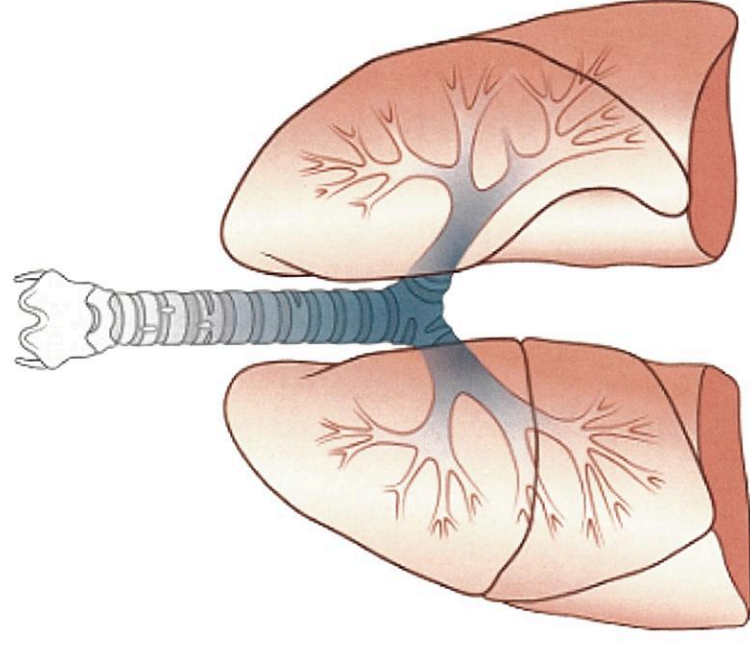


- Free Individual Counseling for Patients with COPD, Asthma or for help to quit smoking
- No doctor referral required (unless a child)
- One hour appointments with a Registered Respiratory Therapist trained in COPD, Asthma, and Smoking Cessation
- Communication will occur with your doctor/specialist to develop a plan for your care
- Spirometry is a simple breathing test available if required

For an appointment call
Outpatient Booking
780-735-2768

RESPIRATORY EDUCATION AT THE MISERICORDIA HOSPITAL



Misericordia Community Hospital
16940-87 Avenue NW
Edmonton, Alberta
T5R 4H5



Smoking Cessation

- Self-referred clinic, no doctor referral needed
- Discuss the risks and effects of smoking, triggers, Nicotine Replacement Therapy, supports and motivators
- Create a plan to quit that fits your life
- Discover resources to help you on your journey to quitting smoking
- Continued follow up as needed to assist in your success

COPD Education

- For patients with a confirmed diagnosis of COPD
- Discuss the causes of COPD, how it affects your lungs and treatment
- Spirometry Testing available to help you understand the severity of your COPD and to monitor ongoing therapy
- Understand your medications and how to use them most effectively
- Learn what to do when your breathing is getting worse
- Learn effective tools to maintain a good quality of life least affected by your breathing

Asthma Education

- For patients with a confirmed diagnosis of Asthma
- Discuss the causes of Asthma and what is happening in your lungs
- Understand the different types of medications used to treat Asthma and how to use them effectively
- Learn your Asthma triggers and how to avoid them
- We will work with your Doctor to develop an Asthma Action Plan designed for you to know what to do in the event of worsening asthma symptoms or an asthma attack

Asthma Education for Children

- *Doctor Referral Required
- Patients under 18 years of age with a confirmed diagnosis of Asthma are welcome to the Clinic with the referral from their primary physician
- Parents/Caregivers of children with Asthma will learn how to manage triggers so you can gain control of Asthma symptoms.

WE CAN
HELP YOU
BREATHE
BETTER