

**NEWS RELEASE:**

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**ST. CAMILLUS INTRODUCES NEW ‘BREATHE WELL - LIVE WELL’  
PULMONARY REHABILITATION PROGRAM**

(Syracuse, NY) **The Centers at St. Camillus**, in collaboration with **Dr. S. El Bayadi**, board certified pulmonologist and program medical director, and **Pulmonary Health Physicians, PC**, now offers a new, short-term inpatient pulmonary rehabilitation program with an integrated team approach.

The focus of the newly established **Breathe Well – Live Well Pulmonary Rehabilitation Program at The Centers at St. Camillus** is to improve patients’ control and management of their chronic lung disease. Learning to manage COPD (chronic obstructive pulmonary disease) can increase an individual’s confidence, capabilities and quality of life.

Pulmonary Rehabilitation is a focused program to teach, provide tools and partner with patients to make positive strides to breathe and live better with their lung disease.

Breathe Well – Live Well Pulmonary Rehabilitation Program goals include to:

- manage pulmonary conditions (including COPD) and coexisting medical conditions
- help patients breathe better and live well
- provide enhanced care coordination with hospitals, home care, pulmonologists and primary care physicians
- help transition patients to function as “self-management coordinators”
- bridge the pulmonary care continuum from hospital to independent care at home
- reduce Emergency Room visits and re-hospitalizations
- keep average length of stays from two to three weeks

The multidisciplinary Breathe Well – Live Well pulmonary rehabilitation program team at St. Camillus can help residents and patients achieve lasting control of pulmonary symptoms and improve their quality of life.

The Breathe Well – Live Well health care team includes skilled nursing, respiratory therapy, pulmonary medical providers, physical, occupational and speech therapies, psychology/psychiatry, physiatrist, social services/case management, nutritional counseling and pharmacist.

Michael Schafer, vice president for the Nursing Facility at The Centers at St. Camillus, states, “We work closely with patients that are motivated to participate in our comprehensive rehabilitation program. Our health care team and partnering physicians are passionate and dedicated to support patients and help them achieve their goals. We guarantee a simple, one-step process.”

Additional Breathe Well – Live Well pulmonary rehabilitation program highlights feature:

- daily assessment to monitor early signs of potential complications
- rounds with the pulmonary physician and health care team
- engagement of family support
- Telehealth technology
- education on disease and medications
- bedside Pulmonary Function Testing (PFT)
- design of an individualized exercise program

For more information about the new Breathe Well – Live Well Pulmonary Rehabilitation Program at The Centers at St. Camillus, please contact **Patricia Winship, Admissions Coordinator**, at **315-488-1500** and learn more **online** at [www.st-camillus.org/programs-services/pulmonary-rehabilitation](http://www.st-camillus.org/programs-services/pulmonary-rehabilitation).

For more information about The Centers at St. Camillus and its affiliate Integrity Home Care Services, call 315-488-2951 or visit [www.st-camillus.org](http://www.st-camillus.org).



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