

COPD Community Education Workshop

Wednesday, March 2, 2016
1 - 5:15 p.m.

Gerstacker Building
Chemical Bank Conference Room (GL-117, 118 & 119)
4611 Campus Ridge Drive
Midland, Michigan 48640
Located on the campus of MidMichigan Medical Center - Midland

Who Should Attend

While all community members are welcome, this workshop is specifically recommended for individuals with lung issues and their family members or support network.

Workshop Description

This workshop is designed to provide individuals with breathing problems an overview of how the lungs work, and how Chronic Obstructive Pulmonary Disease (COPD) can be managed. Each of the sessions listed below will address various aspects of patient care and ways to engage your health care team to ensure the optimal quality of life while living with this condition. Information will also be available on the latest treatment resources and research.

Workshop Sessions

- **Benefits of Pulmonary Rehabilitation and Why Patients Should Go**
Carlos Martinez, M.D., M.P.H., University of Michigan
- **COPD 101 with 3-D Interactive Why You're Short of Breath**
Scott Cerreta, B.S., R.R.T., COPD Foundation
- **Building Your COPD Team for the Best Quality of Life - Panel Discussion**
Ardeth Greene, M.S.N., A.G.P.C.N.P.-B.C., Pulmonology
Richard Malmsten, P.A.-C., Pulmonology
Kevin Przybylski, PharmD., Pharmacy
Theresa Thiel, R.N., Case Manager
Jackie Evans, B.B.A., L.R.C.P., Cardiopulmonary Rehab
Vicky Flora, B.S.R.C., R.R.T., A.E.-C., Home Care
Vincent Oriedo, PhD., Scientist, Delta College RCAC



Free Optional Screening and Testing 1 - 5 p.m.

Pulmonary Function Screening

This screening evaluates and measures how much air and how easily the air moves in and out of your lungs. The results of this screening will help determine if you have any potential problems with your lungs which may be caused by irritants in your home or workplace.

Alpha-1 Testing

This blood test is used to measure the amount of Alpha-1 Antitrypsin (AAT) protein. This protein is normally found in the lungs and bloodstream and helps protect the lungs from damage that can lead to emphysema and COPD. Individuals with Alpha-1 deficiency are more likely to have lung diseases at a younger age. If a deficiency is indicated effective treatment options are available.



This education workshop is a joint program being offered by MidMichigan Health and the COPD Foundation.



FREE workshop • Pre-registration required • Refreshments will be provided

For registration call 1-866-316-COPD (2673) or register online at:
<https://copd-patient-workshop-midland.eventbrite.com>