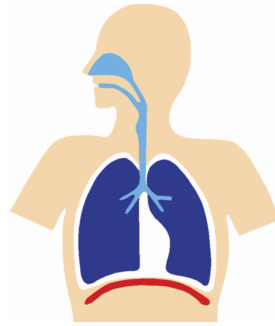


11. Oxygen - liquid vs. compressed adjusting to, and maximizing the benefits of long term oxygen therapy (L.T.O.T.) T.T.O. - What is it? Is it for me?
12. What are some viable alternatives to a formal physical rehab program?
13. COPD and smoking. What I can do to quit?
14. COPD - its impact on other organs
15. Know your body.
16. When and where to seek treatment of exacerbations.
17. Social security disability and Medicare issues.
18. Advance directives.
19. Lung transplants
20. How can I get involved in research?



Anyone interested in receiving more information or notification of up-coming events should contact:

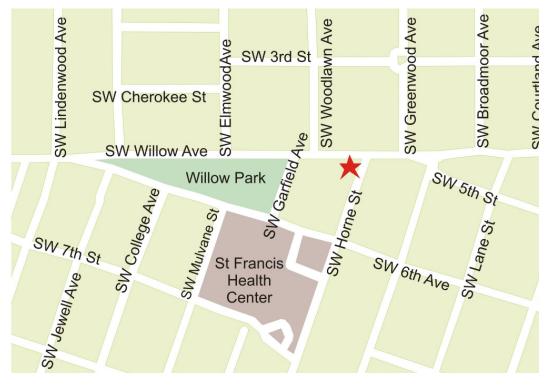
**Pulmonary and Sleep Associates
515 SW Horne
Topeka, KS 66606
(785) 234-5480**

or

**Chuck Coker
(620) 364-5864**

or

AirSupportGroup@mchsi.com



Visit the Air Support Group online at:
www.psakansas.com/support

AIR SUPPORT GROUP

Learning to gain control over lung disease.

Purpose

The purpose of Air Support Group is to provide our community with a patient-based forum that will assist individuals (and their families) in coping with chronic lung diseases, including emphysema, asthma bronchitis, pulmonary fibrosis, pulmonary hypertension and others.

Goal

Our goal is to improve the quality of life and maximize the physical and emotional well being of participants by achieving the following objectives.

1. To provide those with lung disease the education and skills to function at their highest level, given the severity of their disease. (Thereby, reducing hospitalizations, urgent care and emergency room visits.)

2. To teach those with lung disease (and their families) basic Techniques of pulmonary self-care, and introduce new concepts in the care and treatment of various lung diseases.
3. To provide those with lung Disease an outlet to share concerns and ideas with other individuals living with lung disease.
4. To inform those with lung disease about opportunities to participate in new treatment options including research medications and procedures.

Anticipated Results

By gaining knowledge about and skills for coping with their lung disease, members of Air Support Group will be able to play a more active role in the management and treatment of their disease.

Methods

Regular meetings will be held consisting of presentations by medical professionals, coupled with sessions of open dialogue, on topics geared to meet members' needs. Meeting topics will be scheduled in advance thereby allowing members to prepare questions that can be addressed by guest speakers.

Limitations

It is no way the intention of Air Support Group to provide direct medical advice. Air Support Group intends to provide members with basic information that can be used to improve communication with qualified medical professionals. Members should not unilaterally make changes to, nor initiate treatment of medical conditions without obtaining the concurrence of their physician.

Meeting Topics

1. What is COPD, its causes, and typical paths in its progression.
2. Restrictive lung diseases (pulmonary fibrosis, asbestosis, sarcoidosis).
3. You and your doctor as a team. Why? And How? How can I help in the medical management of my lung disease?
4. Nebulizers, oxygen systems, cpap, bipap, flutter valves,
5. Medications and their effects.
6. Regular planned exercise - next to your medications, the most important tool to a better life
7. Home monitoring of vitals. What are the benefits? Is it for you?
8. Pursed-lip breathing what is it and how does it help?
9. Diet how does it apply to COPD?
10. What is a PFT and what does the data mean?