

# Pulmonary Rehabilitation

—Live Better and *Live Longer*

## Pulmonary Rehabilitation & Mortality in the United States



- COPD is the 3<sup>rd</sup> leading cause of death worldwide
- >16 million people diagnosed with COPD in the US



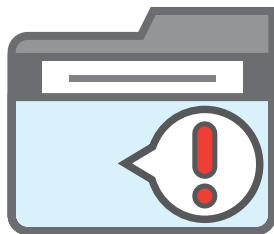
- Recent assessment of claims data for 197,396 Medicare beneficiaries discharged after hospitalization for COPD

### Pulmonary Rehabilitation

- ↑ Exercise capacity
- ↑ Quality of life
- ↓ Exacerbations

↓ **37%**

in mortality in those who received pulmonary rehabilitation within 3 months of hospital discharge



- **But only 3-4% of Medicare beneficiaries with COPD receive Pulmonary Rehabilitation**

Lindenauer et al., (2020). Association Between Initiation of Pulmonary Rehabilitation After Hospitalization for COPD and 1-year Survival Among Medicare Beneficiaries. JAMA. 323:1813-1823

**Pulmonary rehabilitation helps patients feel better and live longer, but is underutilized**

For more information about pulmonary rehabilitation, visit [www.livebetter.org](http://www.livebetter.org)