Falmouth Hospital Pulmonary Rehabilitation

Online Resources

Below is a list of online resources that will help provide credible information about lung disease, safe at home exercise options, and stress reduction techniques.

Lung Disease:

American Lung Association http://www.lung.org

National Heart Lung and Blood Institute http://NHLBI.NIH.gov

COPD Foundation http://copdfoundation.org

National Emphysema Foundation http://emphysemafoundation.org

American Thoracic Society http://thoracic.org

Lung Cancer Foundation of America http://lcfamerica.org

Alpha-1 Foundation http://alpha1.org

Pulmonary Fibrosis Foundation http://pulmonaryfibrosis.org

Pulmonary Hypertension Association http://phassociation.org

Mayo Clinic http://mayoclinic.org

Cleveland Clinic http://cleavelandclinic.org

Medline Plus http://medlineplus.gov

National Organization for Rare Diseases (NORD) http://rarediseases.org

Educational Videos:

YouTube: Animated COPD Patient: Understanding COPD

YouTube: What's Up Dude: The Respiratory System

YouTube: AbrahamThePharmacist: How To Use a Spacer with Inhaler

YouTube: Sohambliss: 3D view of Diaphragm

Support Groups:

Better Breathers Club https://www.lung.org/support-and-community/better-breathers-club

Facebook COPD Information and Support Group

Family Caregiver Alliance http://caregiver.org

Life of Breath http://lifeofbreath.org

Inspire.com (through American Lung Association)

Offers online community support groups for multiple lung diseases

https://lung.org/help-support/online-support-communities

Quit Smoking:

https://smokefree.gov

https://cdc.gov/tobacco/campaign/tips/quit-smoking

https://www.mass.gov/massachusetts-tobacco-cessation-and-prevention-program-mtcp

Exercise and Stress Reduction:

YouTube: Walk at home by Leslie Sansone: Beginner 1 mile walk

YouTube: Yoga with Kassandra: Gentle Chair Yoga for Beginners and Seniors

YouTube: PsycheTruth: Yoga for Seniors

YouTube: David Dorian Ross: 15 minute Sunrise Tai Chi

YouTube: American Lung Association: Mindful Breathing Pursed Lip Breathing

YouTube: Jivan Sharma: Diaphragmatic Breathing Technique

Silversneakers.com: **(go to website to sign up for free online exercise classes for those >65)**