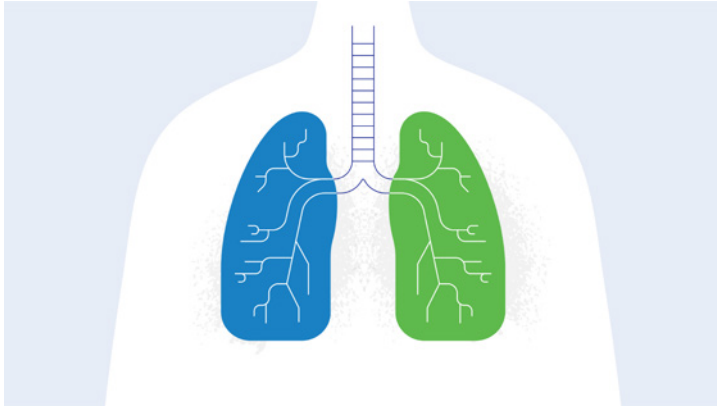


1A

0:00

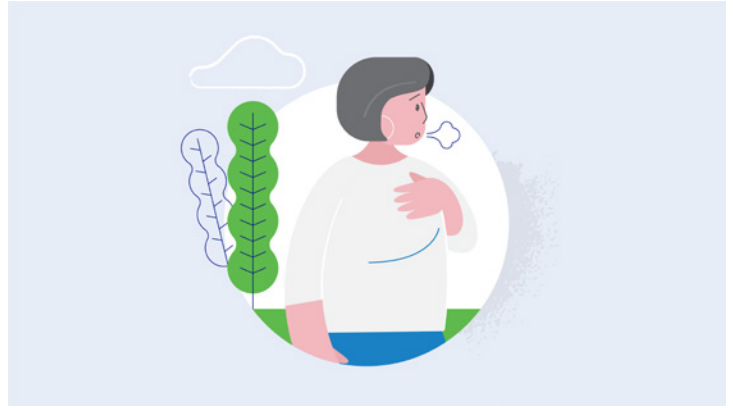


If you're one of the 16 million people diagnosed with COPD,

Closeup of chest with inflamed lungs.

1B

0:04

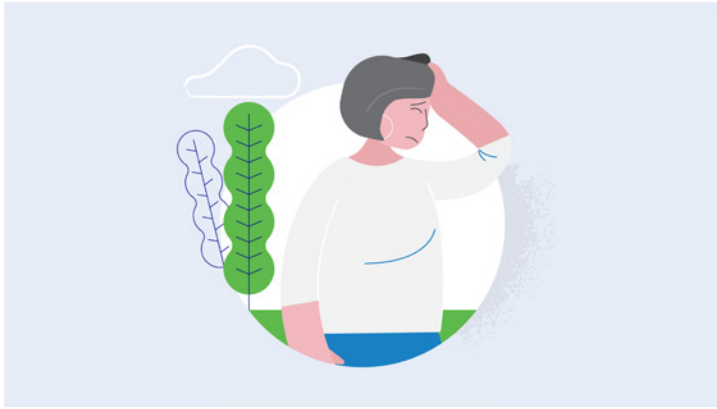


or have another lung problem, and suffer from shortness of breath...

Pan up to a frustrated woman taking short breaths.

1C

0:08



...and fatigue

She closes her eyes and bows her head a bit, exhausted.

1D

0:09



then you know how challenging everyday activities can be.

Pull out to a long shot of the woman looking sad and looking down.

2A

0:12



Most patients...

Huge set of steps leading up a pyramid. Camera pans down.

2B

0:13



...avoid climbing stairs.

Woman is at the bottom looking up.

3A

0:14

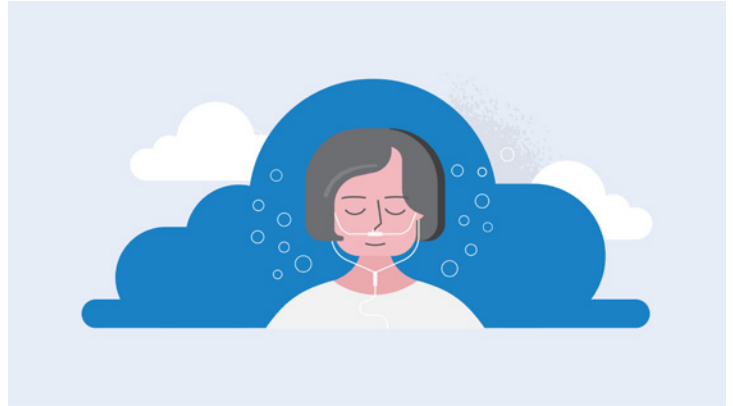


Many don't do household chores or play with their grandchildren

Woman with a laundry basket and two grandchildren on either side. Each disappears with the VO.

4A

0:17

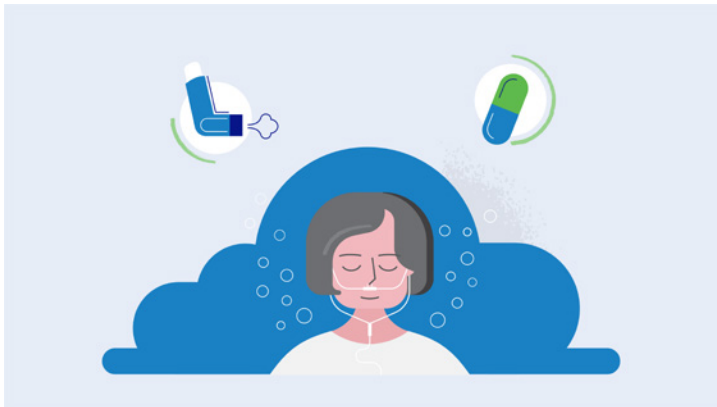


you've probably heard of oxygen therapy...

Woman with oxygen mask/prongs on.

4B

0:19

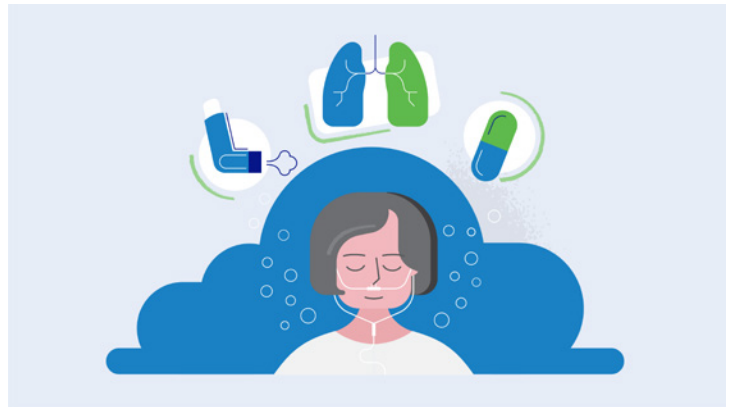


...or medicine you inhale or take by mouth.

An inhaler and a pill icon pop up in time with the V/O.

4C

0:22

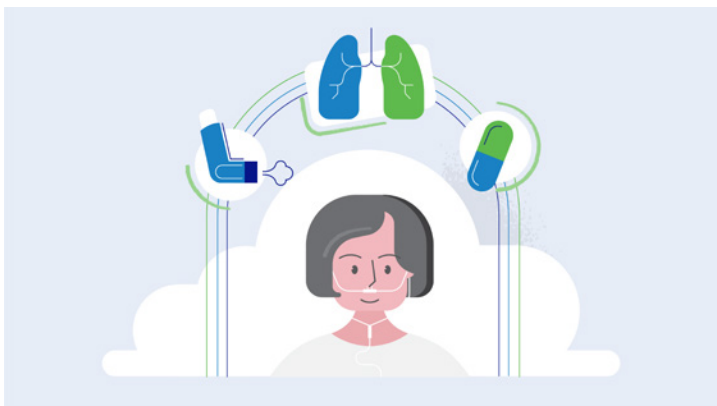


but you may not know about pulmonary rehabilitation.

An icon of lungs appears above her.

4D

0:25



A 6 to 12 week program

All the icons connect up as part of the same system.

5A

0:27



usually covered...

A pen signing a clipboard left to right.

5B

0:28



by insurance.

A shield appears next to the clipboard forming the Medicare logo.

6A

0:33

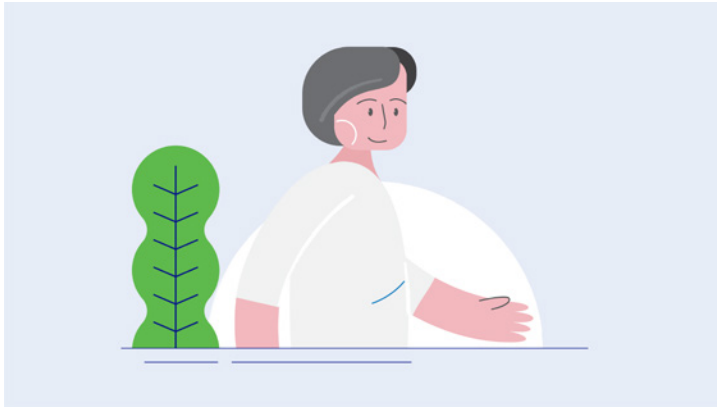


It improves symptoms,

A shield appears next to the clipboard forming the Medicare logo.

6B

0:34



...reduces feelings of depression, anxiety...

Closeup of her smiling face as she walks steady.

6C

0:36

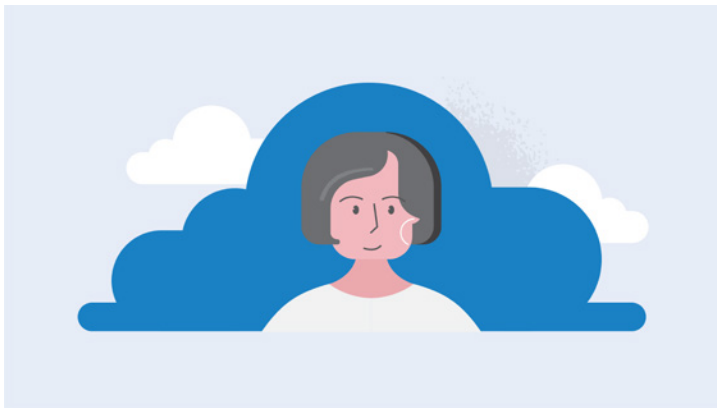


...and enhances quality of life.

Long shot of her walking through the park on a nice day.

7A

0:39

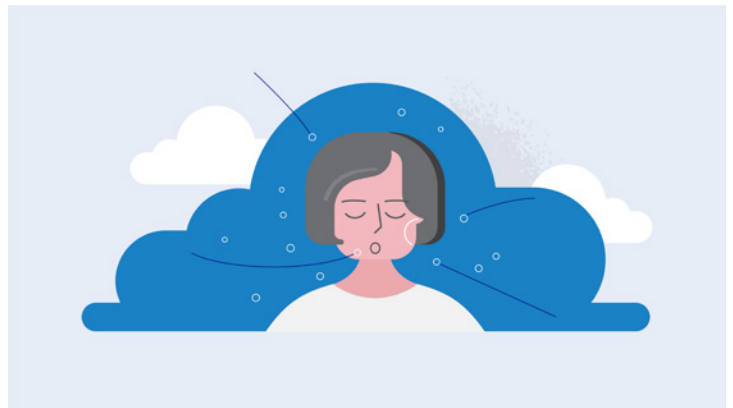


You'll learn self-management practices,

Zoom into the image and the woman begins to smile.

7B

0:41

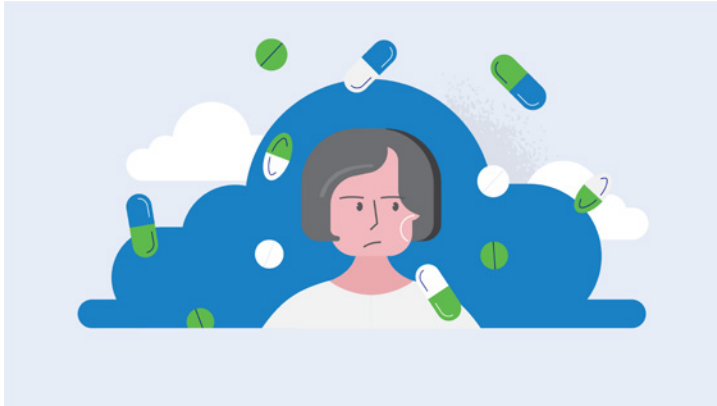


such as breathing techniques,

Abstract air particles slowly get pulled in and out of her mouth.

7C

0:43

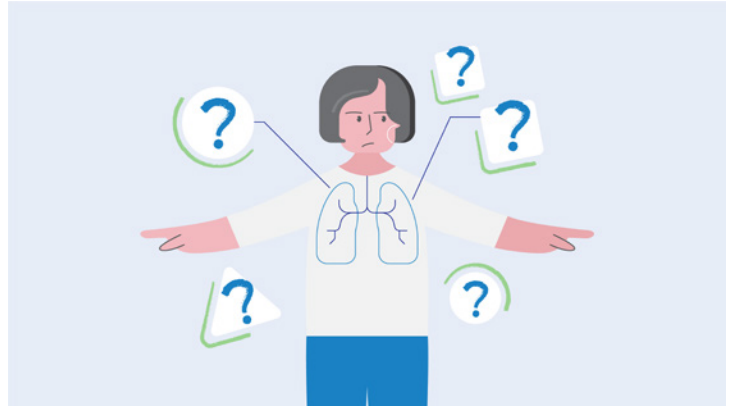


getting the most of your medicines,

Various medications rain down from above as the woman looks around confused

7D

0:44



and knowing when to call the doctor

Pull out a bit to see a diagram of the woman's lungs with some '?' around it.

8A

0:47



There's also supervised exercise.

Woman walks slowly on a treadmill as her heartbeat beeps steady behind her.

9A

0:51



It's tailored to you, and helps ease the burden on your lungs.

Woman is in Vitruvian wheel'esque diagram. Various graphs and charts animate around her.

10A

0:54



Pulmonary rehab is a community...

Various other patients pop up around her.

10B

0:57



of pepole facing similar obstacles.

Along with various icons for similar problems 1 at the time.

10C

0:59



You're not alone. You CAN feel better.

Which all disappear together.

11A

1:01



And live better. Visit livebetter.org to find a pulmonary rehabilitation program near you.

Weblink, info and logos for the ATS and the Gawlicki Family Foundation.