

Let UrgentCareTravel's Healthcare Membership Program Help You Manage

Chronic Obstructive Pulmonary Disease (COPD)

Through UCT's healthcare membership program, UCT providers work closely with drivers who have been diagnosed with COPD to help them better manage their condition.

The UCT provider sits with the driver on day 1 to educate him about COPD and to define a long-term game plan and objectives.

Aligning with the US Department of Health and Human Services' recommended focus areas for COPD management, the plan would include the following:

- Reduction in tobacco use through a smoking cessation program
- Ability to tolerate a step-aerobic platform without difficulty
- Evidence of anxiety management techniques associated with COPD
- Demonstrated weight loss, if applicable
- Improved diet to include more protein and Omega-3 fatty acids to reduce inflammation

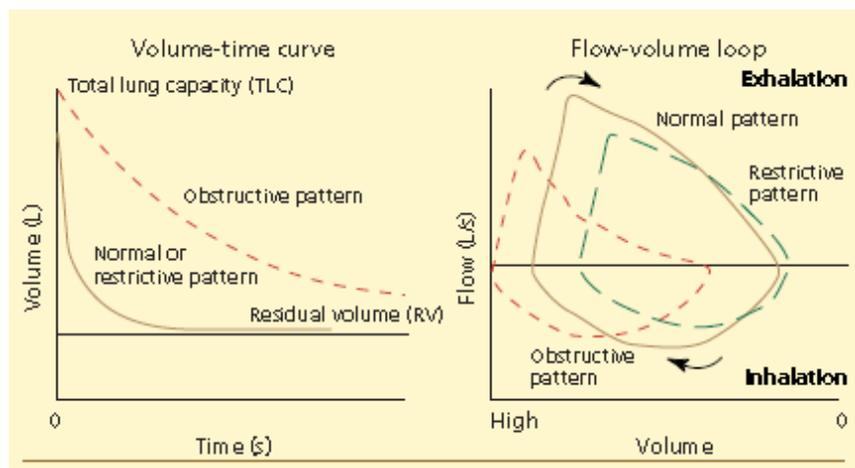
UCT can offer recommendations on step-aerobic equipment, nutrition and vitamin supplements.

The UCT provider and the driver keep in communication often (visit UCT clinic minimum every 3 months) and together define updated objectives as milestones are reached.

Pulmonary Function and Spirometry

By Patricia Smith, FNP – Knoxville, TN

According to the American Thoracic Society (2012), by age 60, the average person has lost more than 50% of their breathing capacity. Some of the causes include cigarette smoking, obesity, exposure to chemicals, lung diseases such as asthma, chronic obstructive pulmonary disease (COPD) and respiratory muscle weakness, to name a few. Lung function becomes problematic when an individual experiences shortness of breath at rest, or with minimal exertion. Pulmonary Function Tests (PFTs) are a tool to evaluate signs and symptoms of lung disease, such as persistent coughing, shortness of breath and wheezing. Spirometry testing is the most basic of these tests. Once a breathing pattern is recognized during a test, the diagnosis will often follow.



Spirometry testing measures air moving in and out of the lungs during various respiratory maneuvers. A test involves forcefully exhaling and then inhaling through a mouthpiece into a meter, which is translated into a spirogram, or a flow loop depicting an individual's respiratory effort. This is done three times. Demographics such as a person's weight, sex, height and age and sometimes race are taken into account during testing. The results over 80% are considered normal. Spirometry results are uploaded into a patient's chart, and a healthcare provider can evaluate lung function over time.

Pulmonary Function and Spirometry article continued on next page

Join UrgentCareTravel's Healthcare Membership Program

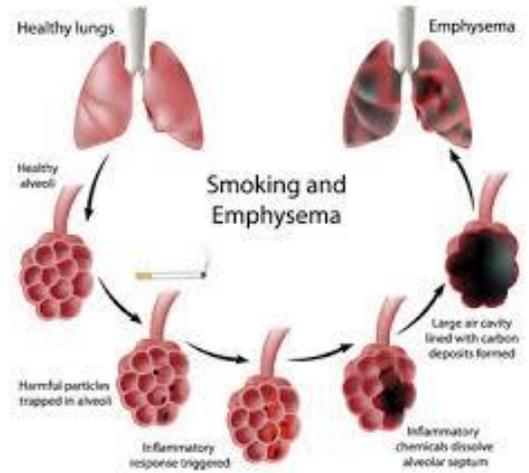
UrgentCareTravel's GOLD / GOLD+ Healthcare Membership program

member benefits include:

- DOT Physicals,
- Unlimited no deductible / no co-pay visits (in-clinic services) at any UCT clinic,
- Discounted labs,
- Phone consultations with UCT medical providers (GOLD+ program)

With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, UCT's GOLD/GOLD+ Healthcare Membership program is an affordable primary care option to address the healthcare needs of drivers, local businesses and communities. To enroll or request additional information about UCT's Gold Healthcare Membership Program, please contact an UrgentCareTravel clinic or send an e-mail to services@urgentcaretravel.com.

Chronic Obstructive Lung Disease (COPD) is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. Symptoms include breathing difficulty, cough, sputum production and wheezing. Chronic bronchitis and emphysema are the two most common causes of COPD.



Long-term exposure to irritating gasses, such as cigarette smoke is also a contributing factor. To get an idea of someone experiencing COPD, take a deep breath and hold it, then try to take another deep breath. This is how it feels to breathe with COPD. While there is no cure for COPD, the United States Department of Health and Human Services has listed interventions to slow disease progression. Medications are first-line therapy, and there are non-pharmacologic methods to manage COPD. Patients should have a management strategy for reducing exacerbations of COPD.

Some of the interventions that can improve lung function include smoking cessation, use of a spirometer device for lung expansion, weight loss, aerobic exercise, avoiding second-hand smoke and the proper use of inhalers. Many of these interventions require monitoring and guidance by your healthcare provider, as some are considered chronic conditions. The approach to smoking cessation, for example, is to recognize it as a chronic condition, and to realize that there will be successes and failures.

About UrgentCareTravel

UrgentCareTravel, a network of medical clinics for truckers, is an organization dedicated to improving the health and quality of life of truck drivers and families. In partnership with Pilot Flying J, UrgentCareTravel addresses one of the trucking industry's biggest challenges of offering easily accessible and affordable healthcare services for truck drivers. Located at Pilot Flying J Travel Centers, UrgentCareTravel clinics offer occupational medical services (DOT/non-DOT physicals, workers comp, sleep apnea testing, urine/hair drug screens, etc.) and primary care services (chronic disease screening and management (e.g. diabetes, cholesterol, hypertension), blood pressure checks, Men's & Women's wellness exams, wound care, cold/cough/flu, upper respiratory infections, sinus infections, ear infections, muscle pain/strain, etc.).

UrgentCareTravel Locations

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Oklahoma City, OK 73128
(405) 789-0212

Atlanta, GA Metro Area

970 Cassville-White Rd NE
Cartersville, GA 30120
(770) 386-0707

Dallas, TX

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Dallas, TX 75241
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