

# CSSS de Laval Users' Committee Inform You



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Users' Committee

**Several people must live with constraints related to respiratory diseases such as asthma, chronic bronchitis or emphysema. One of these diseases risk factors is smoking: 90% of the chronic obstructive lung diseases (COLD) are caused by it. It is with this in mind that support and teaching groups were set up in order to help Laval residents dealing with one of these conditions. It is totally up to you to take advantage of them.**

## Taking a deep breathe is not always easy!

### Quit smoking centre

The Quit smoking centre offers free professional services to smokers ready to stop smoking with the "Oxygen" method, a proven reliable approach. A specialized speaker (nurse or social worker) animates an eight-meeting session, covering various related topics.

### Asthmatic teaching centre

The Asthmatic teaching centre allows evaluation and education follow-ups of asthmatic customers. With a better comprehension of the disease, its treatment and the importance of environmental factors control, disease manage-



ment, by the person dealing with it himself, is improved. These teaching centres are equally aimed towards adults and children.

### COLD teaching groups

This program aims at helping the user and his family to acquire the necessary knowledge and competences to initiate and maintain the behavioural changes necessary to the daily management of a chronic obstructive lung disease (COLD). The self-management of the disease is an important component of the program. Teaching is offered in groups. The validated provincial program called "Live better with a COLD" contains eight parts covering the various aspects of the disease.

**For more information, visit the [www.cssslaval.qc.ca](http://www.cssslaval.qc.ca).**

This information capsule is brought to you by the CSSS de Laval Users' Committee, whose representative in regards to physical health program is:

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