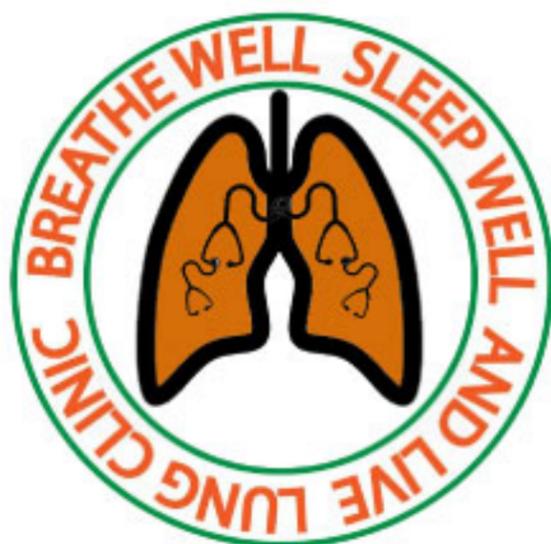


OTHER SERVICES OFFERED:

- Asthma Evaluation and Management
- Chronic Obstructive Pulmonary Disease (COPD) Evaluation and Management
- Restrictive Lung Disease Evaluation and Management
- Occupational Lung Diseases Assessment and Management
- Spirometry (Lung Function Testing)
- Body Plethysmography
- Bronchoscopy (Lung Biopsy/Fluid Drainage)
- Six Minute Walk Test
- Oxygen Level Assessment
- Oxygen Prescription for Air Travel
- Exercise Capacity Assessment
- Allergy Assessment and Care
- General Wellness Consultations
- Intensive Care Management
- Intravenous Treatments
- Virtual Consultations

Headed by Dr. Michelle Trotman
Consultant Internist, Intensivist
Pulmonologist & Sleep Physician



For More Information, please contact Us:

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Breathe Well Sleep Well and Live Lung Clinic

Offers the Caribbean's Premier
ASTHMA/COPD CLINIC



We take pride in caring
for our patients for life.

What is Asthma and Chronic Obstructive Pulmonary Disease (COPD)?

Most people with Asthma/COPD have attacks separated by symptom free periods. Some people have long-term shortness of breath with episodes of increased shortness of breath. Either wheezing or a cough may be the main symptom.

Asthma/COPD attacks can last for minutes or days, and can become dangerous if the airflow is severely restricted.

Asthma & COPD Symptoms include:

- Cough with or without sputum (phlegm) production
- Pulling in of the skin between the ribs when breathing (intercostal retractions)
- Shortness of Breath that gets worse with exercise or activity
- Wheezing
 - May come in episodes with symptom-free periods in between.
 - May be worse at night or in early morning or vice versa.
 - May go away on its own or be permanent.
- Gets better when using medications and breathing exercises, etc..
- May get worse when breathing in cold air.
- May get worse with exercise.
- May get worse with heartburn (acid reflux).
- May begin suddenly or gradually.

Asthma and COPD Test Questions

Do you have asthma or COPD?	YES	NO
Do you have a cough?	YES	NO
Do you have chest pain?	YES	NO
Do you feel short of breath?	YES	NO
Do you use an albuterol inhaler or any type of inhaler?	YES	NO
Are you exposed to dust or other chemicals?	YES	NO

If you answered "YES" to any of these questions, you may have Asthma or COPD and it is recommended that you make an appointment with us for evaluation.

Our Method to Manage and Treat Asthma/COPD

The Breathe Well Sleep Well and Live Lung Clinic offers general medical care for our patients by doing the following:

- Clinical interventions with a doctor who gives assistance, advice and testing.
- Counseling (i.e. individual, group or telephone)
- Behavioral therapies.
- Treatments with more person-to-person contact.
- Use of medications and devices which have been found to be effective for treating Asthma/COPD.

Breathe Well Sleep Well and Live Lung Clinic knows that the combination of medication and environmental modifications is very effective in treating Asthma/COPD and thus uses a multidisciplinary approach a 100% success rate for treatment of Asthma/COPD.

"Helping our patients live a more satisfying and healthy life."