



Med Center Health®

[VIDEO TRANSCRIPT]

90 Seconds to Better Health – Zephyr

Karan Singh, M.D., Pulmonologist with Western Kentucky Heart, Lung & Gastroenterology

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

In severe cases of chronic obstructive pulmonary disease, or COPD, and emphysema, air becomes trapped in the lungs. This prevents new air from entering the lungs and causes shortness of breath. A Zephyr valve is a device now being used to improve an individual's breathing by increasing air flow to healthy parts of the lung.

[DR. Singh]

We have a lot of patients here with COPD who are doing everything right – they have quit smoking, they're on all the right medications, they're going for pulmonary rehab, and despite that they continue to be so winded that they can't do their activities of daily living. The best way to imagine it is lungs are like balloons, right? And when you have COPD, you have balloons that are too large. So, what we do is we go in with a bronchoscope and we have a one-way valve. And what these valves do is they allow air to go out, but they do not allow air to go in. So, we're deliberately deflating part of your lung. When that deflation happens, your balloons shrink and because of that you're able to breathe easier.

If you have severe COPD, talk to your primary care physician or talk to your lung doctor about this procedure and know that we have it available here locally in Bowling Green.

[MUSIC] [NARRATOR]

For more information, visit MedCenterHealth.org.

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