

UAMS News Bureau

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**Better Breathers COPD Support Group
to Meet April 5 in Jonesboro**

LITTLE ROCK – Mark Sifford, M.D., with St. Bernards Clopton Clinic Pulmonology will be the guest speaker of the Better Breathers COPD Support Group at 11 a.m. April 5 at Nettleton Baptist Church-NEA Fairgrounds, 7001 E. Johnson Avenue in Jonesboro.

Sifford will be speaking on symptom management with springtime allergies. The program is presented by the Center on Aging-Northeast of the University of Arkansas for Medical Sciences (UAMS) and Pulmonary and Kindred at Home.

The Better Breathers Club meets the first Friday of every month from 11 a.m.-noon at Nettleton Baptist Church. For more information or to register, call 870-207-7595.



Chronic obstructive pulmonary disease (COPD) is a lung disease with a chronic obstruction of lung airflow that interferes with normal breathing and cannot be fully reversed.

Anyone who has been diagnosed with COPD or another chronic lung disease should consider participating in the American Lung Association's Better Breathers Club. The Meetings are led by a registered nurse and respiratory therapist and provide ways to better manage lung disease while getting the support of others with similar experiences.

The Center on Aging-Northeast is part of the UAMS Donald W. Reynolds Institute on Aging. Program support is also provided by St. Bernards Healthcare.

UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute and Institute for Digital Health & Innovation. It is the only adult Level 1 trauma center in the state. UAMS has 2,727 students, 870 medical residents and five dental residents. It is the state's largest public employer with more than 10,000 employees, including 1,200 physicians who

provide care to patients at UAMS, its regional campuses, Arkansas Children's Hospital, the VA Medical Center and Baptist Health. Visit www.uams.edu or www.uamshealth.com. Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

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