



Meet Dale

- **US Marine**
- **Diagnosis: COPD, 2006**
- **Advice to fellow Veterans:**
“If you have COPD I would say look into getting a vest because it has done me a world of good!”

Marine Corps Veteran Dale was a smoker for most of his life. “I started smoking when I was 12 years old. It was the thing to do at the time.” As a veteran, he remembers smoking as part of the culture and received cigarettes with his food rations while stationed overseas as a photo technician. “In the military, (cigarettes) were only 10 cents a pack.”

After many years of regularly smoking, Dale was diagnosed with COPD in 2006. He began a variety of prescribed medications, but his health continued to decline. In 2016, Dale had an extreme exacerbation of the lungs that left him hospitalized.

As part of Dale’s recovery, his doctor prescribed Philips InCourage vest therapy to help clear his lungs of built-up mucus. “They brought (the InCourage system) to the house, plugged it in, set it up, and said this is what you need to do. I was very comfortable with the instructions that I was given and they covered everything. It’s a very simple device and easy to operate.”

Dale began vest therapy and noticed a drastic improvement of his overall respiratory health and ability to clear his lungs almost immediately. “It is a magnificent piece of equipment. I feel better after I’ve done it (vest therapy). When I’m doing the vest, it’s a relaxation time for me.”

Dale has seen positive changes in his quality of life since his breathing has improved. “My shortness of breath has improved dramatically. Physically I just feel so much better.”

Dale is passionate about others benefiting from InCourage vest therapy since seeing his own progress. He wants to help advocate for fellow veterans and those struggling to breathe. “I would say never give up. I think [with] the military — that’s kind of ingrained in you...If you have COPD I would say look into getting a vest because it has done me a world of good.”*

“[My] grandchildren have been the driving force behind my motivation and taking care of myself. They have provided me with some of the greatest moments in my life. Enjoy the moment because that’s all it’s about.”

*Individual results may vary.

