

Apria COPD Patient Finishes Boston Marathon

One of the best parts of working for Apria is hearing about exceptional patients who, despite a debilitating disease, manage to inspire others to overcome life's challenges. Last April, Apria patient Stephen Gaudet and his friend Mike McBride did just that when they finished the Boston Marathon in just over 7.5 hours. The two men competed with 16 others in the Mobility Impaired category. Steve (54) — an asthmatic and former RT with a Forced Expiratory Volume in the first second (FEV1) of 37% — jogged and race-walked with a pocket full of inhalers. Mike, who has severe COPD, race-walked with two high-flow oxygen tanks in tow. To see Steve's blog report on the race go to <http://breathinstephen.com/2009-boston-marathon-triprace-report>. ■



Mike McBride (left) and Stephen Gaudet (right)

"In the span of just 3 years, I had gone from an old out-of-shape COPDer who could barely walk a city block ... to achieving what many people said was silly, crazy and impossible. I was about to finish the Boston Marathon!"

– Stephen Gaudet