| PATIENT RESOURCE |

Chronic Obstructive Pulmonary Disease



COPD refers to a group of diseases that cause lung damage resulting in airflow blockage and breathing-related problems.

There are two main diseases that fall under COPD:

Chronic Bronchitis
Emphysema

What are the symptoms of COPD?

- Frequent cough and/or wheezing
- Chronic excess phlegm, mucus or sputum production
- Shortness of breath, especially with activity
- Difficulty taking a deep breath

What are the complications of COPD?

- Activity limitations, such as difficulty running errands, walking and engaging in social activities
- Low oxygen levels
- Special equipment needs such as portable oxygen tanks

Call	at
symptoms:	
My COPD Medications:	
My oxygen Needs:	

Date of

How did I get COPD?

- Smoking
- Chemical exposure (work related or environmental)
- Previous lung infections, like pneumonia
- Family history
- Depression
- Poor quality of life
- Other chronic conditions
- Increased confusion and memory loss

	at	with any of the following
oms:		
last Flu Vaccine:		Date of last Pneumonia Vaccine:





COPD affects an estimated 30 million Americans and was the third leading cause of death in 2017.



Women are more commonly affected than men. COPD occurs most commonly in those ages 65 and older.

What can I do to live my best life with COPD?

Educate yourself:

Know the early warning signs of disease flare ups.

Make YOU a priority:

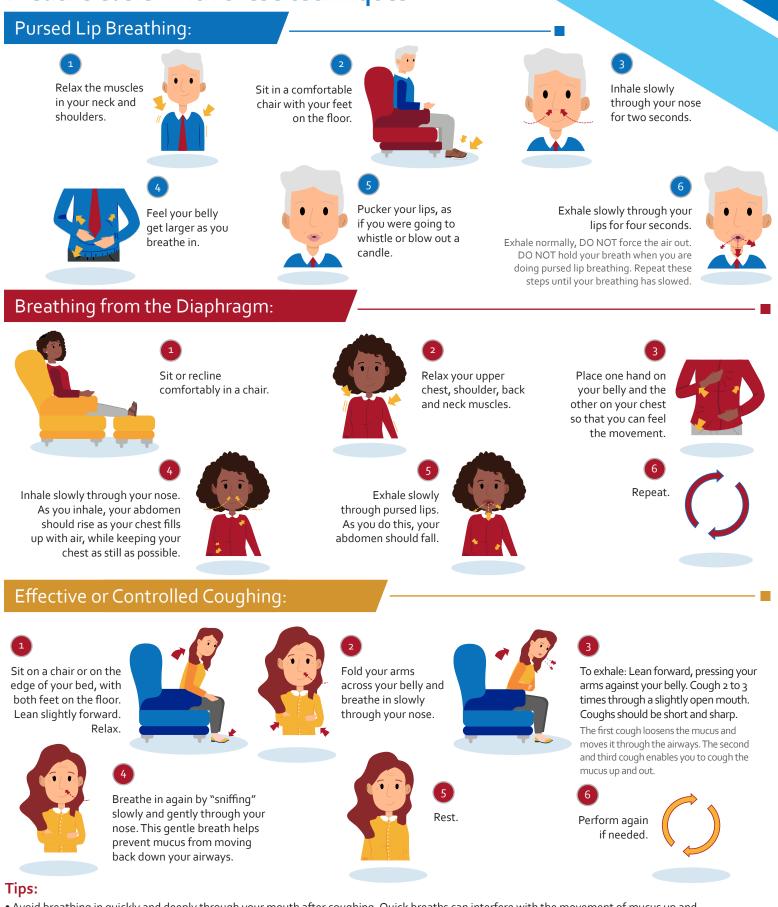
- Quit smoking
- Avoid secondhand smoke and other pollutants
- Discuss pulmonary rehabilitation with your provider
- Take your bronchodilators and other medications as directed
- Avoid lung infections by staying up to date on flu and pneumonia vaccinations
- Use supplemental oxygen as needed

Recognize and have a plan for setbacks. Try these interventions:

- Pursed lip breathing
- Breathing from the diaphragm
- Effective coughing
- Good eating habits
- Exercise

See reverse for demonstration Source: American Lung Association

Breathe easier with these techniques



- Avoid breathing in quickly and deeply through your mouth after coughing. Quick breaths can interfere with the movement of mucus up and out of the lungs and can cause uncontrolled coughing.
- Drink six to eight glasses of fluid per day UNLESS your doctor has told you to limit fluid intake. When mucus is thin, coughing is easier.
- Use the controlled coughing technique after you use your bronchodilator medication or any time you feel mucus (congestion) in the airways.