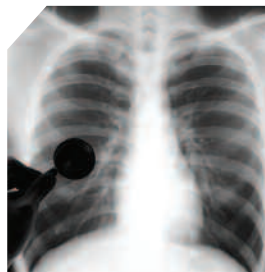


HealthyActions

Achieving Your Goals for Healthy Living



Living Well With COPD

Did you know? COPD is the 4th leading cause of death in the United States.¹

Chronic Bronchitis

(bron-kie-tus)—Your airways are swollen. You have more mucus. You get more infections.

Emphysema

(em-fuh-zee-muh)—The air sacs in your lungs are damaged or destroyed. Your lungs become less elastic.

What Is COPD?

COPD stands for **C**hronic **O**bstructive **P**ulmonary **D**isease.

- **Chronic**—It won't go away.
- **Obstructive** (ub-struck-tiv)—Partly blocked.
- **Pulmonary** (pull-mun-airy)—In your lungs.
- **Disease**—Sickness.

COPD can mean either chronic bronchitis or emphysema.

What Are Symptoms of COPD?

If you have COPD:

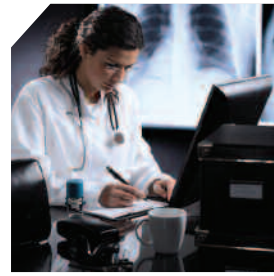
- The walls of your airways are thick and swollen.
- Your airways are squeezed by small muscles around them.
- Your airways make mucus that makes you cough.
- The air sacs in your lungs cannot stretch very much when you breathe in. Your air sacs cannot bounce back into shape when you breathe out.

When these things happen, you may have symptoms such as:

- Constant coughing. People sometimes call this “smoker’s cough.”
- Shortness of breath when you do activities you used to be able to do.
- Lots of mucus.
- Feeling like you can’t breathe. Feeling like you can’t get enough air.
- Wheezing.

COPD cannot be cured. But there are many things you can do to control your symptoms. If you follow the **Checklist to Control COPD Symptoms** on the back, you will:

- Feel less short of breath.
- Cough less.
- Get stronger and get around better.
- Be able to do more things.
- Be in a better mood.
- Prevent more damage to your lungs—but only if you stop smoking and stop breathing in other things that harm your lungs.



Living Well With COPD

Pulmonary rehabilitation

(rehab)—A program that may help you live better with COPD.

Be Ready for a Medical Emergency

In a medical emergency, you may not be able to talk. Write down and keep handy:

- The medicines you are taking.
- Your doctor's name and phone number.
- Directions to the hospital.
- Names and phone numbers of family members or caregivers who should be contacted.

Stop-Smoking Help— Day or Night

You can call a national stop-smoking quitline to get help. The number is toll-free:
1-800-784-8669.¹



Checklist to Control COPD Symptoms

- See your doctor at least twice a year**, even if you feel fine. See your doctor anytime you have breathing problems. Follow your doctor's advice.
- Stop smoking.** It's the best thing you can do to prevent more damage to your lungs. Ask your doctor about medicines and therapy to help you stop smoking.
- Avoid breathing in other things that can harm your lungs**, such as:
 - Fumes from chemicals, cooking stoves or heaters.
 - Dust.
 - Air pollution.
 - Second-hand smoke.
- Take your medicines the way your doctor tells you to.** Some medicines relax the muscles around your airways. Other medicines keep your airways from swelling.
- Get vaccines.** Get a flu shot every year. Ask your doctor if you should get a pneumonia (nuh-moan-yuh) vaccine.
- Strengthen your body.** Learn and do breathing exercises. Ask about pulmonary rehabilitation (rehab-bil-uh-tay-shun). Do activities every day that you enjoy. Eat healthy foods to be at a healthy weight.
- Tell family members or caregivers how to help you.**
- Know when to get emergency help.** Get help right away if:
 - Walking or talking is much harder than usual.
 - Your heartbeat or pulse is very fast or unusual.
 - Your lips or fingernails are gray or blue.
 - Your breathing is fast and hard.
 - Your medicine does not help.

References

1. National Network of Tobacco Cessation Quitlines. Available at: http://smokefree.gov/pop_800.html. Accessed June 26, 2007.