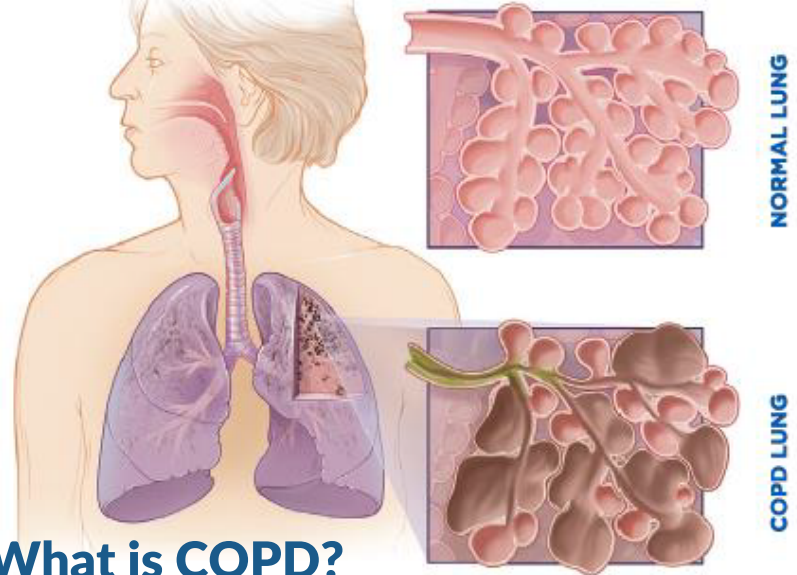


Chronic Obstructive Pulmonary Disease (COPD)

Types: Emphysema & Chronic Bronchitis



What is COPD?

Chronic swelling in your lungs that damages your airways (the tubes that carry air to your lungs) by narrowing them and causing your lungs to fill with mucus. This also causes swelling in the air sacs in your lungs (called alveoli) which damages lung tissue. This process makes it hard to get oxygen in to your body and remove carbon dioxide from your body.

Symptoms

- Chronic mucus production
- Shortness of breath
- Wheezing
- Chest tightness
- Poor appetite and weight loss
- Weakness and fatigue

Causes

- #1 Cause is smoking
- Breathing in chemicals
- Respiratory infections
- Asthma
- Genetic factors

Treatment

- Inhalers - bronchodilators & steroids
- Nebulizer treatments
- Antibiotics
- Oxygen therapy - as the severity of COPD dictates
- Pulmonary rehabilitation

Self-Care

- Stop smoking
 - If you need help quitting, talk to your primary care physician about treatment options.
- Take your medications
 - If you cannot afford them, let your physician know.
- Stay active
- Eat healthy
- Educate yourself

Did You Know?

- ➔ It is never too late to stop smoking to improve your health. When you stop smoking, you dramatically reduce your risk for a heart attack (myocardial infarction). You also increase your life expectancy, literally adding years to your life.
- ➔ COPD is not curable, however, it is a treatable condition and there are many options to help you manage the disease and feel better. As many as 24 million Americans are currently living with COPD.
- ➔ COPD is the third leading cause of death in the United States.

For additional COPD info, visit
<http://foundation.chestnet.org/lung-health-a-z/chronic-obstructive-pulmonary-disease-copd/?Item=Treatment>