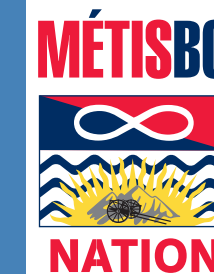


Quitting smoking is the most important step in treating your COPD.

## How to prevent COPD flare-ups:

- Take good care of yourself. Eat healthy foods, exercise regularly and get enough sleep. Staying healthy will help your body fight infections.
- Wash your hands properly and often to reduce your chance of picking up germs and getting sick. This page explains all the steps of proper handwashing.
- Avoid touching your eyes, nose or mouth. Many people catch colds, flu, and other contagious respiratory (lung) infections by touching their face. They don't realize that there are germs on their hands that can make them sick.
- Stay away from people who are sick.
- Take all of the medications prescribed by your doctor. Ask for help if you have questions about how or when to take medications or what they're for.
- Get your flu shot every year. Ask your doctor if you need a pneumonia shot.
- Avoid triggers that can make COPD worse, like air pollution, tobacco smoke and breathing very cold or very humid air.

# COPD: *prevention & risk*



**Chronic Obstructive Pulmonary Disease (COPD)** is a preventable and treatable disease characterized by progressive airflow limitation in the lungs, which is not fully reversible. It is a general term used to describe two specific lung diseases: chronic bronchitis and emphysema. Airflow limitation is commonly caused by abnormal lung inflammation, the lungs' response to noxious particles or gasses, particularly cigarette smoke.

## What is COPD?

- Chronic Pulmonary Disease
- COPD is an ongoing lung condition that makes a person suffer shortness of breath, coughing with sputum (a productive cough)

## What are the risk factors?

- Cigarette smoking and second-hand smoke
- Occupational exposure to dusts and chemicals
- Outdoor air pollution
- Infections
- Socioeconomic status
- Genetic predisposition

## COPD symptoms:

### What are the symptoms?

- Coughing with or without sputum (phlegm, mucus)
- Sputum production
- Shortness of breath and/or difficulty breathing (Most common reason for seeking medical attention)
- Weight loss in severe cases
- Loss of appetite in severe cases

### COPD Symptoms can...

- Worsen suddenly
- Affect a person's quality of life
- Affect a person's strength and physical activities
- Affect a person's emotions
- Affect a person's ability to live a full life

Feeling short of breath is not a normal sign of aging. Consult your healthcare professional.

## COPD and You:

**COPD has no cure yet, but one of the most important goals is in caring for COPD**

- Learn to seek treatment when you first notice signs of change in your condition
- Keep as active as possible
- Make healthy lifestyle choices

### How is COPD Diagnosed?

COPD should be considered in anyone who shows signs of chronic cough, sputum production, and shortness of breath, or has any of the risk factors, especially tobacco smoke.

COPD diagnosis is confirmed by spirometry (a simple breathing test that measures the speed and the amount of air you are able to blow out of your lungs)

### Management of COPD

There are medications that effectively reduce or control symptoms, reduce the severity of exacerbation (flaring up of the symptoms), increase a patient's tolerance and endurance for exercise, and improve his or her quality of life.

Depending on the severity of the symptoms, doctors determine the treatment plan suitable for each patient.

- Patient Education is an important component of COPD treatment
- Medicines used to control the symptoms:

*Bronchodilators*

*Inhaled corticosteroids*

*Combined therapy*

- Non-pharmacological treatment includes:

*Pulmonary rehabilitation*

*Oxygen therapy*

*Surgical treatment*

*Avoiding Infection*

## Living healthy:

### COPD and Exercise

Regardless of the severity of the symptoms, COPD patients must exercise. It could be just a short walk around the house; what's important is that patients make an effort to be active.

Studies in pulmonary rehabilitation show that regular exercise progressively increases patients' walking distances, which in turn improve breathing.

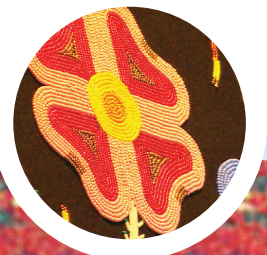
Patients should try to walk 5 to 15 minutes, 3 to 4 times per day.

### COPD and Your Nutrition

Poor nutrition is common in people with COPD. Chronic bronchitis and emphysema pose a problem to those who are overweight and underweight respectively. Shortness of breath and fatigue may well prevent them from eating properly. Consult a nutritionist or dietician for nutritional requirements.

## Nutrition Tips:

- Rest before eating.
- Eat three small meals and three snacks to avoid getting too full. Too much food at once distends the stomach and crowds the diaphragm.
- Eat the bigger meal earlier in the day.
- Choose softer foods that are easier to chew if shortness of breath is experienced while eating.
- Eat a variety of foods to ensure getting adequate vitamins and minerals.
- Avoid gas-forming vegetables and carbonated beverages if prone to gas.
- Keep fruit juice and water readily available in the refrigerator.
- Avoid lying down after meals
- Choose foods that are easy to prepare
- Cook when feeling most energetic. To avoid the stress of having to cook again, make extra portions. Freeze leftovers for easy frozen dinners.



Early diagnosis, lifestyle changes and appropriate drug treatments can help you lead a normal and active life.