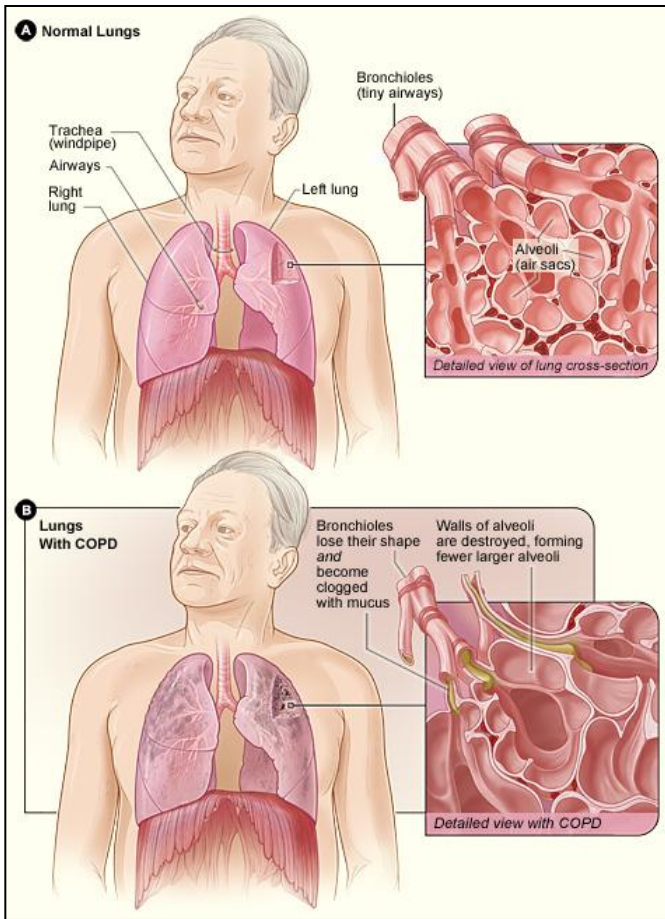


TAKING CONTROL OF YOUR COPD
(Chronic Obstructive Lung Disease)



COPD, also known as Chronic Obstructive Lung Disease, is a disease that makes it hard to breathe. It is a disease where you have less air moving into your lungs. In healthy lungs, airways and air sacs are elastic and are able to move air in and out. People with COPD have air sacs that lose their elasticity making it difficult for the movement of air. The airways can also become thicker than normal and mucus production increases.

COPD is described as either:

- **Chronic bronchitis** is where the airways are irritated and inflamed producing too much mucus, causing narrowing/blocking of the airways.
- **Emphysema** is where the outside of the air sacs are damaged resulting in them losing their shape and preventing the movement of air when breathing.
- Most people who have COPD have both chronic bronchitis and emphysema.

Causes of COPD:

Cigarette smoking is the leading cause of COPD. Also, long term exposure to other irritants, such as air pollution, chemical fumes or dust, may also contribute to COPD.

Signs & Symptoms:

- Shortness of breath, especially with physical activity
- A persistent cough or a cough that produces a lot of mucus
- Chest tightness
- Wheezing



How can YOU take control of your COPD?

- **STOP SMOKING**
 - Cigarette smoke damages the lungs. Quitting can help your lungs to work better and slow the COPD process.
- **Limit exposure to factors that make your COPD worse**
 - Indoor pollutants (cigarette smoke, household cleaning products, strong odors, dust)
 - Outdoor pollutants (exhaust fumes, gas fumes, smog)
 - Avoid allergens (pollen, animal dander, dust mites, mold)
 - Changes in temperature (extreme heat or cold, humidity)
 - Prevent infections (cold, flu, bronchitis, pneumonia)
 - Wash your hands often
 - **VACCINATIONS**
 - Emotions (anxiety, anger, stress)
- **Maintain a healthy weight**
- **Become more physically active**
- **Monitor your symptoms**
- **Take your medications as prescribed and avoid skipping any doses**



If your COPD symptoms get worse:

- An exacerbation or “flare-up” can be serious. You can learn to avoid COPD exacerbations by knowing the early warning signs.
- **Keep track of your daily symptoms:**
 - Activity level
 - Amount of mucus production and the color
 - Wheezing or worsened wheezing
 - Coughing more than usual
 - Increase in shortness of breath
 - Fever
 - Increased tiredness or fatigue
- **CONTACT YOUR DOCTOR IF YOU ARE EXPERIENCING THESE SYMPTOMS**







FOLLOW-UP APPOINTMENT:


Provider: _____

Date: _____ Time: _____

It is important to take your medications as prescribed.

The most commonly used medications for COPD are described below:

Types of Medications	How They Work
<p>Albuterol (ProAir HFA, Proventil HFA, Ventolin HFA)</p>	<ul style="list-style-type: none"> • Relaxes and opens airways • Helps to clear mucus • Take as needed • Short-acting bronchodilator 
<p>Ipratropium and Albuterol (Combivent)</p>	<ul style="list-style-type: none"> • Relaxes and opens airways • Helps to clear mucus • Take as needed • Short-acting bronchodilator and anticholinergic
<p>Formoterol (Foradil)</p>	<ul style="list-style-type: none"> • Relaxes and opens airways • Helps to clear mucus • Take on a daily basis • Long-acting bronchodilator <p>**DO NOT swallow the capsule**</p> 
<p>Tiotropium (Spiriva)</p>	<ul style="list-style-type: none"> • Relaxes and opens airways • Helps to clear mucus • Take on a daily basis • Long-acting anticholinergic <p>**DO NOT swallow the capsule**</p> 
<p>Mometasone (Asmanex)</p>	<ul style="list-style-type: none"> • Reduces inflammation, swelling and mucus in lungs • Take on a daily basis • Long-acting inhaled corticosteroid <p>**Rinse mouth with water and spit after EACH use**</p> 
<p>Budesonide and Formoterol (Symbicort)</p>	<ul style="list-style-type: none"> • Relaxes and opens airways • Reduces inflammation, swelling and mucus in lungs • Take TWO puffs TWICE daily • Long-term bronchodilator and inhaled corticosteroid <p>**Rinse mouth with water and spit after EACH use**</p> 
<p>Fluticasone and Salmeterol (Advair)</p>	<ul style="list-style-type: none"> • Relaxes and opens airways • Reduces inflammation, swelling and mucus in lungs • Take ONE puff TWICE daily • Long-term bronchodilator and inhaled corticosteroid <p>**Rinse mouth with water and spit after EACH use**</p> 

<p>Nebulizer Solution: Albuterol Ipratropium Levalbuterol</p>	<ul style="list-style-type: none">• A nebulizer is a machine that turns liquid medication into a mist that can be inhaled.• An inhaler is just as effective as a nebulizer in controlling your COPD. 
<p>Oxygen Therapy</p>	<ul style="list-style-type: none">• Oxygen may be prescribed if tests show that your lungs are not getting enough oxygen to your blood.• You must always use the exact rate of oxygen prescribed by your doctor.• Store oxygen canisters upright.• Do NOT smoke or allow others to smoke near you.• Do NOT use oxygen while cooking near gas.