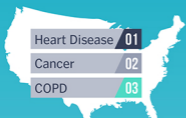


# Live Better with COPD



COPD is the third leading cause of death in America



20% of people who get COPD have never smoked

## We recommend...

### AVOID INFECTIONS



Germs

Don't spread germs – cover coughs and sneezes with your elbow or a tissue.



Vaccines

Get a flu vaccine every fall, and get the vaccines against pneumococcal bacteria.



Wash

Wash your hands thoroughly and frequently.



Don't touch

Don't touch your eyes, nose and mouth with unwashed hands.



Avoid

Avoid crowds and people who are sick.

### FOLLOW YOUR TREATMENT PLAN



Use correct technique with inhaled medication.



Maintain a healthy weight.



Use oxygen when it is prescribed.



Use coughing and other techniques to get rid of mucus.



Exercise regularly! Try walking, water aerobics or a stationary bike.



Give up smoking.



Learn breathing techniques to move air into and out of your lungs.



Take medications as prescribed.



Ask about pulmonary rehab and physical therapy.

### CHRONIC OBSTRUCTIVE PULMONARY DISEASE

COPD is a group of diseases where airflow out of the lungs is limited. With COPD, you may have any or all of these diseases.

#### Emphysema



#### Bronchiolitis and Chronic bronchitis



Inflammation and Excess Mucus

#### Asthma (if airflow obstruction can be reversed)



### SYMPTOMS



Shortness of breath with activity



Excessive volume of sputum



Cough



Sputum that looks infected

A person with COPD uses 750 calories per day just to breathe.



A person without COPD uses 50 calories per day just to breathe.

COPD

is treatable.