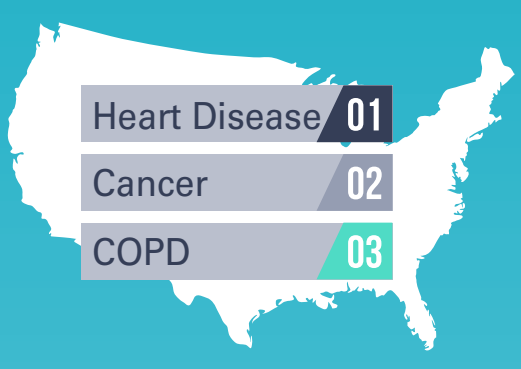
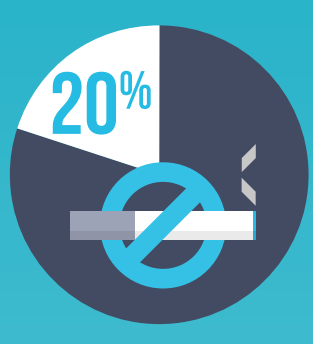
Live Better with COPD



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.

Wash

Wash your hands thoroughly and frequently.

Don't touch

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

Vaccines

Get flu & COVID-19 vaccines every fall and get the vaccines against pneumococcal bacteria.

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

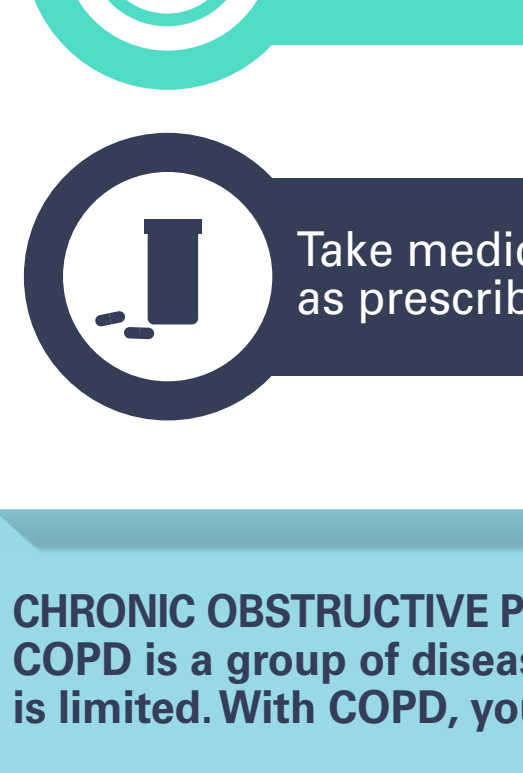


Bronchiolitis and Chronic bronchitis



Asthma (if airflow obstruction can be reversed)





- 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.

njhealth.org

1.877.CALL NJH (877.225.5654)

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