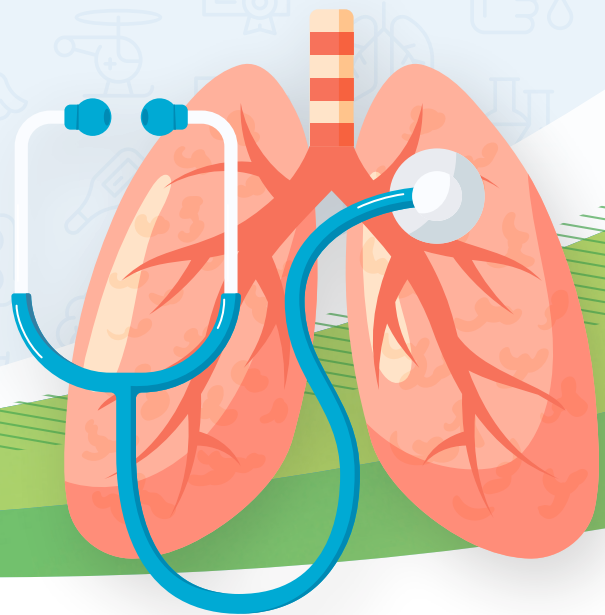


Learn about COPD

(Chronic Obstructive Pulmonary Disease)



Chronic obstructive pulmonary disease (COPD) is a group of diseases that make breathing hard and happens because the airflow is limited. This happens because the airways are blocked. Emphysema and chronic bronchitis are two conditions that make up COPD. Smoking is the leading cause of COPD. Treatment may slow the progression of COPD, but it can't reverse the damage.

What causes COPD?

- Cough
- Shortness of breath
- Tiredness or fatigue
- Wheezing
- Tightness in the chest
- Excess phlegm, mucus, or sputum production

What are some symptoms of COPD?

- A nagging cough
- Shortness of breath
- Tiredness or fatigue
- Wheezing
- Tightness in the chest
- Blue or grey lips and/or fingernails
- Weight loss
- Fast heart beat



Continued on the next page →

How to prevent COPD

- Do not start smoking (or quit if you are a current smoker)
- Stay away from second hand smoke
- Aerobic and strength training
- Learn about your lungs and any current conditions
- Talk to your doctor if you feel at risk
- Eat a healthy diet rich in antioxidants from fruits and vegetables

How to treat COPD

- Stop smoking
- Go to pulmonary rehabilitation
- Regular aerobic exercise such as: biking, walking or swimming (before starting any exercise, first consult with your physician)
- Reach a healthy weight
- Talk to a dietitian about your nutrition needs
- Talk to your doctor or pharmacist about medication options to relieve symptoms
- Stay up to date with vaccines: flu, pneumococcal, COVID-19, shingles, pertussis



References:

https://www.cdc.gov/tobacco/basic_information/health_effects/respiratory

<https://goldcopd.org/gold-teaching-slide-set>

<https://www.copdfoundation.org/What-is-COPD/Understanding-COPD/What-is-COPD>

**For any questions or more information, please e-mail:
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