

HOW CAN WE HELP
YOU?

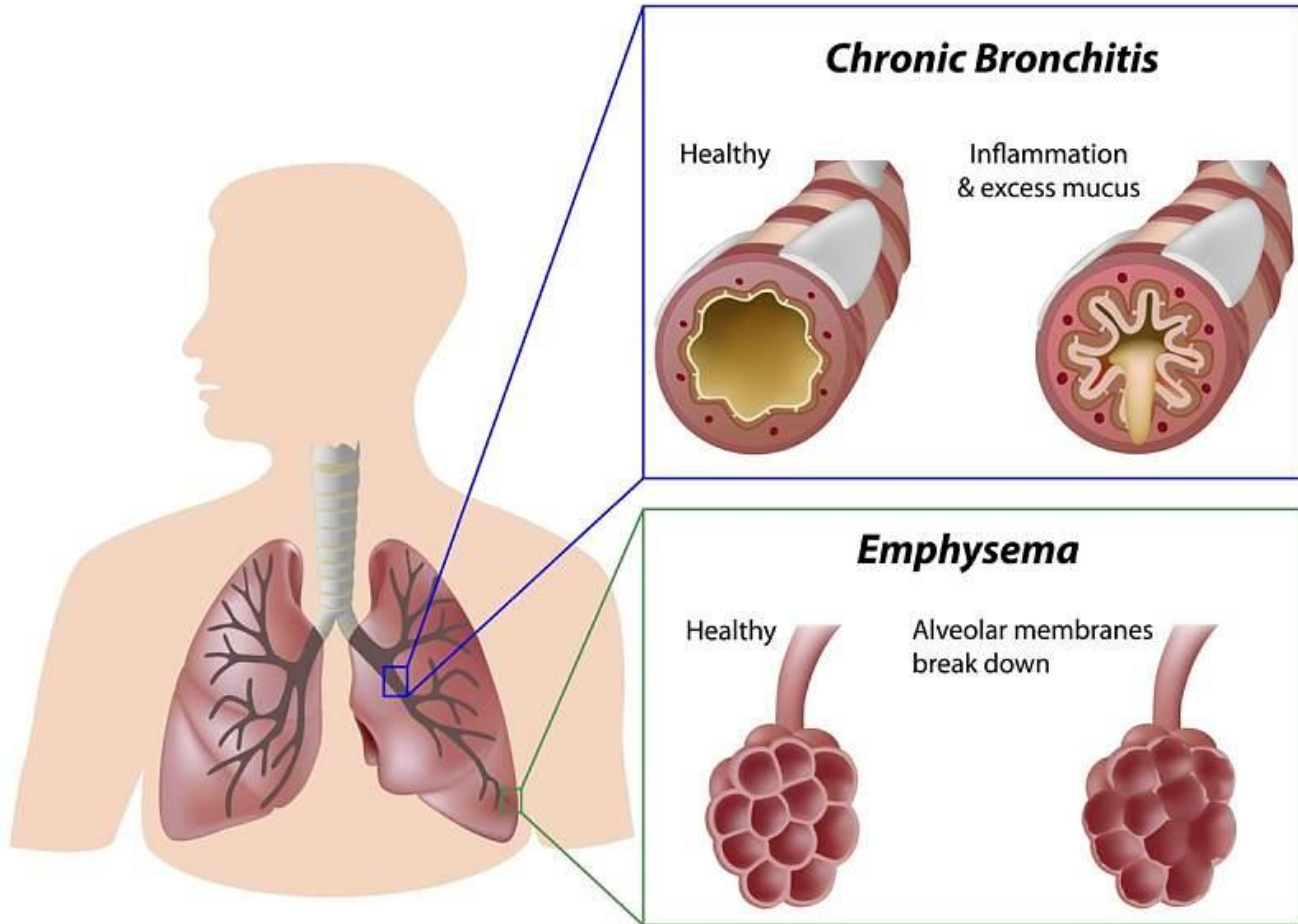
Introduction to COPD

What is COPD?

- ▶ C (Chronic)=Long term and does not go away
- ▶ O (Obstructive)=Makes it difficult to expel air
- ▶ P (Pulmonary)=Affects the lungs
- ▶ D (Disease)=A problem to be taken seriously



Chronic Obstructive Pulmonary Disease (COPD)

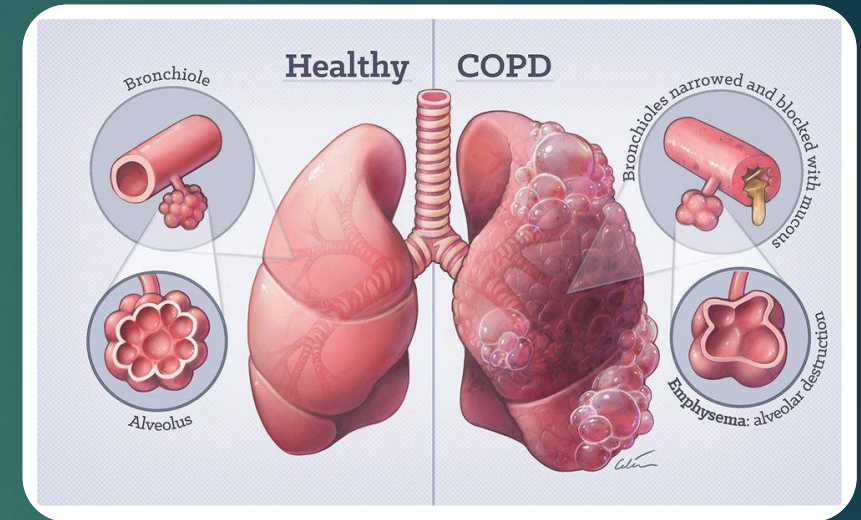


Healthy lungs on Left and COPD lungs on the right!



4 Stages of COPD

- Stage 1 (**Mild**)
- Stage 2 (**Moderate**)
- Stage 3 (**Severe**)
- Stage 4 (**Very Severe**)



Stage 1 of COPD (Mild)

Minimal symptoms, mostly goes undiagnosed until later stages (*mistaken for cold/flu*)

Symptoms include:

- ▶ Nagging Cough
- ▶ Slight increase of mucus production
- ▶ Shortness of breath when you push yourself

Treatment-most patients are **prescribed an inhaler**
“puffer”



Body RUNNING vs
MEDICAL FIT ENJOY RELA
ATHLETE ENVIRONMENT TRAIN CHEER SCIENCE EVERY EXERCIS
INFORMATION LIFESTYLE MIND DIET GYM ATHLETE BOI SCIE NATO HEALTH SCIENCE LIFESTYLE
MOTION HAPPINESS RELAXATION HAPPY FIT NATO HEALTH SCIENCE LIFESTYLE
ACTIVITY LIVING SPIRIT MUSCLE

CHEERFUL
FIT
NATURE
ENERGY
ACTIVITY

QUIT SMOKING

SCIENCE
MUSCLE
LIVING
POSITIVE
BODY

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LIFESTYLE MEDICINE CARE THCARE NTAL WELLBEING SPIRIT FIT DIET AXED MOTION CHEERFUL POSITIVE
LIFESTYLE MEDICAL LIFESTYLE



HOW QUITTING TOBACCO HELPS YOUR BODY



48 HOURS

Ability to smell and taste is enhanced

2-WEEKS to 3-MONTHS

Walking becomes easier

1 to 9 MONTHS

Body's overall energy increases

1 YEAR

Excess risk of coronary heart disease is half that of a non-smoker

5 YEARS

Lung cancer death rate decreases by almost half

10 YEARS

Risk of cancer of the mouth, throat, esophagus, bladder, kidney, cervix, and pancreas decreases

If you smoke, stop. Your healthcare provider can help you quit and provide information on support groups. There are also prescription and over-the-counter medication that can help you to quit.

1-800-QUIT-NOW (1-800-784-8669)

Stage 2 of COPD (Moderate)

Patient really starts to notice changes in their health

Symptoms include:

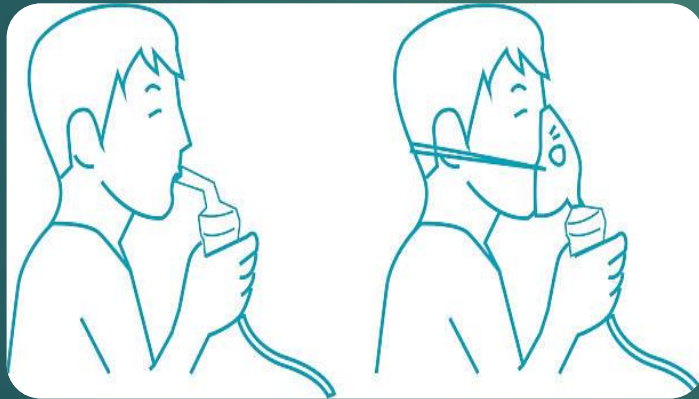
- ▶ Constant coughing and increased mucus in the morning
- ▶ Shortness of breath (dyspnea- short of Breath, winded, hard catching your breath) during normal daily activities-examples: cleaning, walking to mailbox, showering, grocery shopping
- ▶ Wheezing when exerting themselves





Treatment at this stage

- ✓ PEP device
- ✓ Nebulizer
- ✓ Base line overnight oximetry



Stage 3 of COPD (Severe)

Patients can no longer ignore the problem, because it is having a bigger impact on their way of life (frequent hospital visits due to exacerbations- increase in the severity of a problem or illness)

Symptoms include:

- Morning headaches (due to lack of oxygen)
- Difficulty with any physical activity (more fatigued)
- Edema (feet and ankles)- fluid retention causing swelling in the feet, ankles and legs.
- Worsening cough and increased mucus



Treatment at this stage

- Supplemental oxygen
- Flu and Pneumonia shots
- Rescue inhaler (Albuterol)
- Long-acting Bronchodilator
- Steroids



Stage 4 (Very Severe)

The lungs are seriously impaired, and quality of life is poor.

Symptoms include:

- ▶ Frequent hospitalizations
- ▶ Airflow is limited
- ▶ Heart issues
- ▶ Confusion/Disorientation



Time to reflect: Is this you?



Do you find yourself sitting in front of a blowing fan?

Are you frequently in the hospital?

Do you ever feel like your oxygen concentrator needs to be turned up because you feel like you are not getting enough air?

How to live a healthy lifestyle & prevent rehospitalization

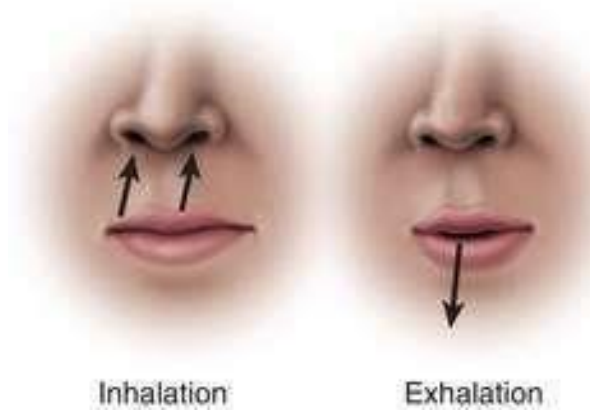
- ▶ Taking your medication as prescribed every day
- ▶ Continue physical activities
- ▶ Eating the right foods
- ▶ Reduce stress
- ▶ Conserving your energy
- ▶ Controlling your breathing
- ▶ Quit smoking (all forms of tobacco)
- ▶ Minimize your exposure to other irritants



Stay away from fumes, smoke or dust:

- ❖ Leave your house if it is being painted or sprayed for insects.
- ❖ Stay in air-conditioned rooms if it is hot outside.
- ❖ Listen to weather reports and stay inside when the air quality is poor.





Learn breathing techniques, such as pursed-lip breathing, that will help you breathe easier, especially when you feel short of breath.

Breathing Exercises

Pursed Lip Breathing

In through your nose –
1, 2, 3
out through your mouth –
1, 2, 3, 4, 5, 6

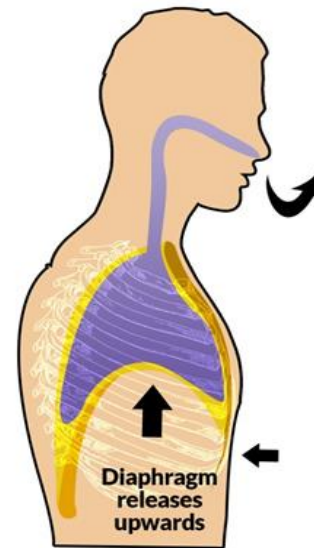


Diaphragmatic Breathing Technique

- ▶ Breathe in good air (O₂) and breathe out the bad air (CO₂)
- ▶ Use the proper breathing muscles to not overexert yourself and use vital calories
- ▶ Using your stomach muscles and not your shoulder muscles helps you to get oxygen in and CO₂ out

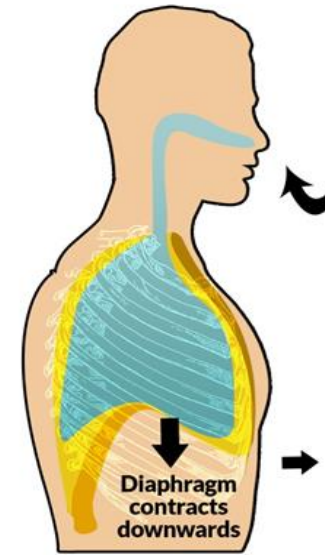


Outbreath



ABDOMEN FALLS BACK

Inbreath



ABDOMEN EXPANDS



- ▶ Take your COPD medications the way your healthcare provider tells you, or it may not help you.
- ▶ Tell your healthcare provider if your medication doesn't seem to be working as well as it used to.
- ▶ Do not stop taking your medications or change the dose without talking to your healthcare provider first.
- ▶ Make a list of all your medications and keep it with you in case you need to go to the hospital suddenly.



A great way to keep track of your medications is to write them out!



Day	Medication Name	In these spaces, write down when you should take your pill (e.g. breakfast, lunch or morning, bedtime) and the dosage or quantity you should take at that time. When taken, strike out or put a checkmark through the appropriate box.					
		Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Bedtime
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							



Questions for my Physician

