

COPD

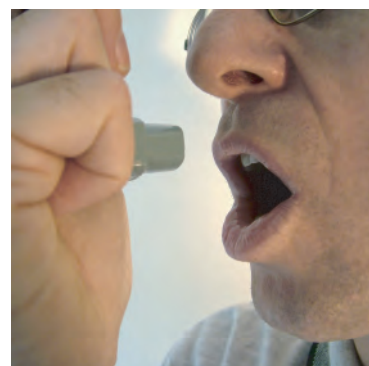
COPD (Chronic Obstructive Pulmonary Disease) is a breathing problem that comes on over a long time.



Smoking is bad for COPD.



Call your doctor if you have trouble breathing.



Ask about the right way to use the inhaler.

Here is what you can do to feel better and help COPD from getting worse.

- **Don't smoke** and stay away from cigarette smoke, dust, and fumes.
- Get treated for colds when you cough up yellow or green spit and it gets hard to breathe.
- Take your medicines every day and learn the right way to use your inhalers.
- Get regular exercise to help you keep up your energy. Physical activity helps COPD.
- **Ask Your Doctor** for help to quit smoking.
- **Ask Your Doctor** about a flu shot every fall and about a pneumonia shot.
- **Call Your Doctor** when you have trouble breathing or you have a fever.
- Learn as much as you can about COPD to help stay well.

Set up times to see your doctor.

Next visit date: _____

Before you begin your COPD treatment, ask your doctor or pharmacist these questions:

- How many times a day should I use my inhaler? _____
- What times of the day should I take my inhaler? _____
- How many puffs should I take each time? _____
- Can you show me the right way to use my inhaler?
- What will my inhalers and breathing medicines do for my breathing?
- If I forget to take my inhalers or breathing medicines, what should I do?
- What are the side effects of my inhalers and other medicines?
- If I need to use oxygen to help my breathing, how should I use it during the day and at night?