

# Treating COPD

## Symptoms

- ◆ A cough that does not go away
- ◆ Coughing up a lot of mucus
- ◆ Shortness of breath (especially with activity)
- ◆ Wheezing
- ◆ Tightness in the chest
- ◆ Limitations in activity

## Diagnosis

Doctors will perform a physical exam and conduct breathing tests to diagnose COPD. They may conduct additional tests to rule out other lung problems.

## Treatment

The goals of COPD treatment are to ease the symptoms, slow the progression of the condition, prevent or treat complications and improve overall quality of life.

COPD treatment may include:

- ◆ Bronchodilators
- ◆ Corticosteroids
- ◆ Antibiotics
- ◆ Daliresp
- ◆ Flu and/or pneumonia vaccines
- ◆ Pulmonary rehabilitation
- ◆ Oxygen therapy
- ◆ Surgery (severe cases)



## Staying Healthy

- ◆ Stop smoking!
- ◆ Avoid smoke, fumes, dust and air pollution as much as possible
- ◆ Take medication as prescribed
- ◆ See the doctor regularly (at least two times a year)
- ◆ Learn breathing exercises
- ◆ Walk or do other light exercises several times a week
- ◆ Eat healthy foods

Maintaining good nutrition is extremely important for people with COPD. People with COPD require more calories than a healthy person because of the extra energy it takes to breathe. A balanced diet can significantly improve health and energy levels.

## Conserve energy

- ◆ Putting things that are used often in easy-to-reach places
- ◆ Use a small cart on wheels to move things around
- ◆ Wear clothes and shoes that are easy to put on and take off
- ◆ Do certain tasks sitting down
- ◆ Take regular rest breaks
- ◆ Ask family and friends for help

For more information on Chronic Disease Self-Management Workshops to help you manage your COPD, visit [www.PeninsulaHomeCare.com](http://www.PeninsulaHomeCare.com).



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