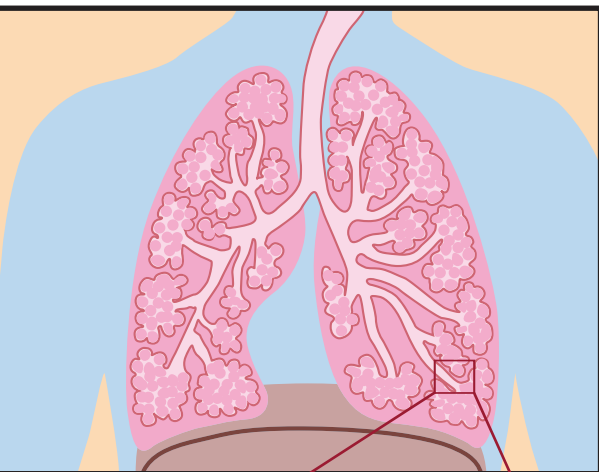
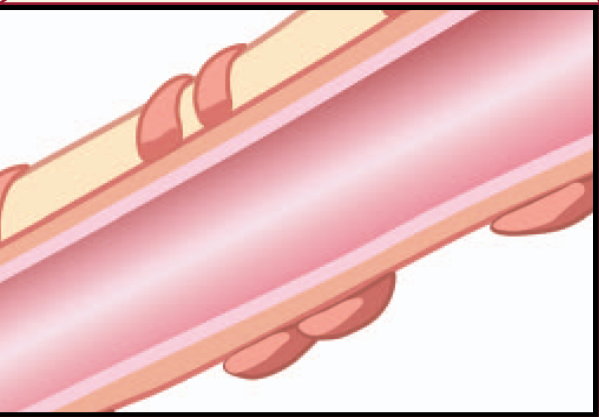


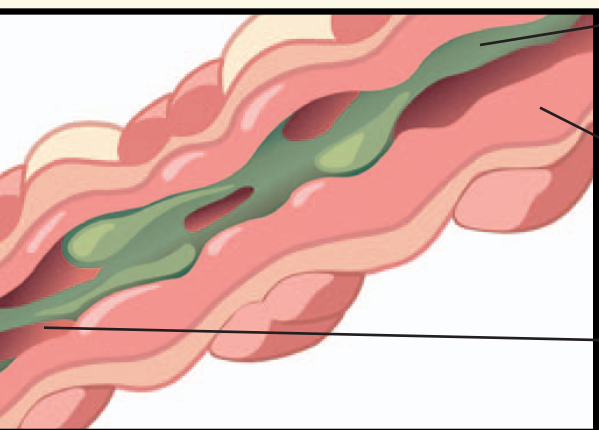
Living With COPD



Healthy, open airway



Unhealthy airway



Mucus

Swollen airway wall

Narrow airway

What is COPD?

COPD* is a disease that affects your airways and air sacs.

When you have COPD, there are changes in your lungs. These changes affect your normal breathing and cause less air to flow in and out of your lungs.

Breathing becomes more difficult because:

- Your lungs have trouble pushing “used” air out
- Your lungs may not have enough room left to take in healthy new air

WITH EMPHYSEMA

- The air sacs at the ends of your airways are damaged. They lose their shape
- This breakdown results in a few large air sacs, instead of many tiny ones
- Your blood may not get enough oxygen. And you have to work harder to get rid of the carbon dioxide

WITH CHRONIC BRONCHITIS

- The walls inside your airways become swollen and thick
- Your airways become narrow
- Large amounts of mucus form
- Your lungs get scarred over time and can't function

*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (brank-eye-tis), emphysema (em-fuh-zee-muh), or both.

How Does COPD Affect You?



When you have COPD, you have to work harder to breathe. While symptoms may differ from person to person, you may experience one or more of the following:

- Shortness of breath
- Frequent cough with or without mucus
- Wheezing
- Fatigue (getting tired easily and often)
- Lung infections, such as acute bronchitis, more than once a year

Tips for living better with COPD:

- Stop smoking
- Take each medicine as you are told to and see your healthcare professional regularly
- Keep your body strong by eating healthy foods and by exercising regularly
- Go to the hospital or healthcare professional right away if your breathing gets bad
- Keep the air clean at home. Avoid things like smoke that make it hard to breathe

For more information and support, contact these helpful resources:

COPD Foundation
www.copdfoundation.org

Global Initiative for Chronic Obstructive Lung Disease (GOLD)
www.goldcopd.com

National Heart, Lung, and Blood Institute (NHLBI)
1-301-592-8573
www.nhlbi.nih.gov

National Emphysema Foundation
1-203-866-5000
www.emphysemafoundation.org

Centers for Disease Control and Prevention (CDC)
1-800-CDC-INFO (1-800-232-4636)

Pulmonary Education and Research Foundation
www.perf2ndwind.org

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