



Join Us for **COPD** **SUPPORT GROUP**



Where: Hilo Medical Center
1190 Waianuenue Avenue
Learning Center on the Second Floor

When: 4:30-5:30 pm, Every third Monday of the month
Jan. 15, Feb. 19, March. 19, April 16, May 21, June 18,
July 16, Aug. 20, Sept. 17, Oct. 15, Nov. 19 , Dec. 15

Why: To gather and support people living with COPD

For more information, contact: Elena Cabatu, Director of Public Affairs,
ecabatu@hhsc.org at (808) 932-3160.

Chronic obstructive pulmonary disease (COPD) is a progressive lung disease that over time makes it hard to breathe.

1. COPD is chronic. In other words, you live with it every day.
2. It can cause serious long-term disability and early death.
3. There is no cure for COPD, but it is often preventable and treatable.
4. COPD is sometimes referred to as chronic bronchitis or emphysema.

With COPD, the airways in your lungs become inflamed and thicken, and the tissue where oxygen is exchanged is destroyed. The flow of air in and out of your lungs decreases. When that happens, less oxygen gets into your body tissues, and it becomes harder to get rid of the waste gas carbon dioxide. As the disease gets worse, shortness of breath makes it harder to remain active.

Supported by Hilo Medical Center and the Hilo Medical Center Foundation.