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.

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