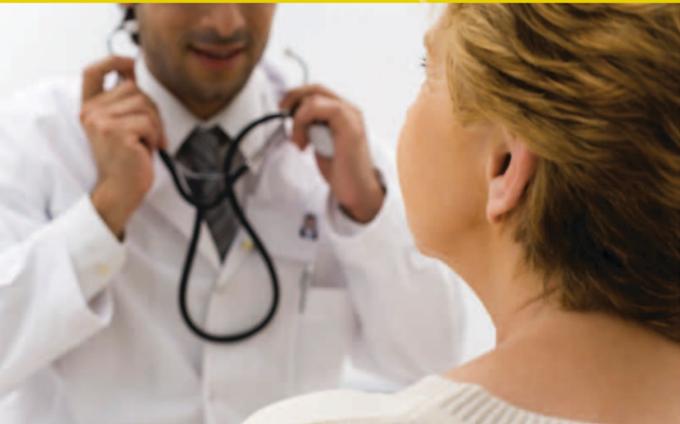


# Talking About COPD



## Taking an active role in your health is important.

Talking with your healthcare professional is a great first step to learning about and coping with COPD.\*

### Before your appointment

- Make a list of all symptoms you have and any changes in your general health
- Jot down important personal details. Has a major life change happened since your last visit?
- Write down your medical history. Have you had recent surgery? Which medications are you taking?
- Consider bringing a relative or friend for support and to help you remember things

### What to expect during your appointment

If your healthcare professional thinks you may have COPD, he or she may recommend a breathing test called spirometry (spy-rom-ih-tree).

- You may also be given other tests, like a chest x-ray or a blood test
- You will have the chance to ask your healthcare professional your questions
- You can talk to him or her about how to quit smoking
- Your healthcare professional may explain things that can help you breathe better, like taking your medications or doing breathing exercises

### After your appointment

- Stop smoking
- Take your medicine as directed by your healthcare professional
- See your healthcare professional regularly
- Exercise regularly and keep your body strong. Eat healthy foods
- If your breathing gets worse, go to your doctor or to the hospital immediately

## Talk it over

### If you have COPD, here are a few things you might want to ask your healthcare professional:

- What can I do to prevent a flare-up?
- What should I do if I have a flare-up?
- What signs of a flare-up should I watch out for?
- Should I make any changes in the medicines I take?
- What else can I do to reduce my COPD symptoms?
- How can I stop smoking?
- Should I get a flu shot or a pneumonia (noo-moan-ya) shot?

### Here are some organizations that can provide you with more information about COPD:

**COPD Foundation**  
[www.copdfoundation.org](http://www.copdfoundation.org)

**National Heart, Lung, and Blood Institute (NHLBI)**  
1-301-592-8573  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**National Emphysema Foundation**  
1-203-866-5000  
[www.emphysemafoundation.org](http://www.emphysemafoundation.org)

**Centers for Disease Control and Prevention (CDC)**  
1-800-232-4636  
[www.cdc.gov](http://www.cdc.gov)

**Pulmonary Education and Research Foundation**  
[www.perf2ndwind.org](http://www.perf2ndwind.org)

## Your COPD medicines

### Talk to your healthcare professional about what medications may be right for you. He or she may give you:

- A "rescue" medication to help you breathe better whenever you have difficulty breathing or when your breathing suddenly becomes worse
- A maintenance medicine that you need to take every day
- A steroid (stare-oyd) or an antibiotic (an-tie-by-ah-tik) if you have a flare-up

### Ask your healthcare professional:

How do I take my medication?

When and how often should I take my medication?

\*COPD stands for 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. Boehringer Ingelheim Pharmaceuticals, Inc. has no ownership interest in any other organization that advertises or markets its disease management products and services. A patient educational resource provided by Boehringer Ingelheim Pharmaceuticals, Inc.