

Coping With COPD

for family and friends

If someone in your family or a friend has COPD, here's how you can help.

Make your home smoke-free

- If you live with someone with COPD and you smoke, quit smoking.
- Keep cigarette smoke, fireplace smoke, and things like fumes from household cleaners, perfumes, and air fresheners out of your home or car.

Learn about COPD

- Talk with the doctor about COPD. Ask how you can help.
- Read books or Internet Web sites for more information.

Help the person with COPD follow doctor's orders

- Make sure medicines are taken as directed by the doctor.
- Gently remind them to follow prescribed exercise programs and eat right.

- If they use oxygen, learn how to use the equipment and keep it working right.
- Help keep doctor appointments. Bring a list of questions you may have.

Support open communication

- Suggest that the person be open about the way they feel. If they seem sad or anxious, have them talk with their doctor.
- Be patient and understanding.

Take time for yourself

- Ask other members of the family or friends to give you a break if you need it.

For a support group in your area, contact the American Lung Association at www.lungusa.org or 1-800-586-4872.