

Living With COPD

COPD can affect every part of your life, but there are ways to help your breathing. Take an active role in your treatment, and talk to your doctor about COPD.

Quit smoking

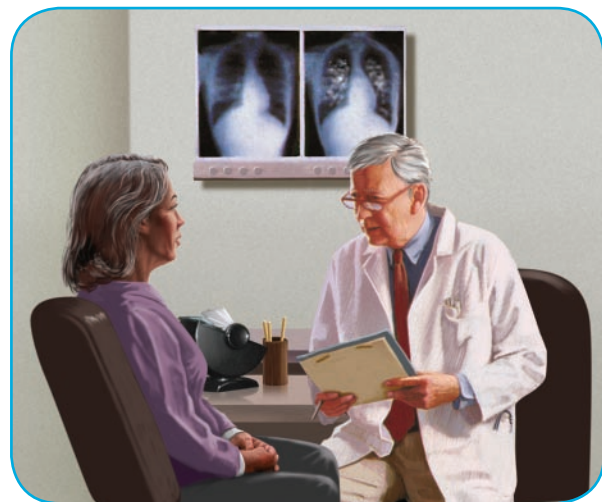
- If you smoke, quitting is the most important thing you can do.
- Ask your doctor for ways to help you quit smoking.

Talk with your doctor

- Tell your doctor about your symptoms or any flare-ups at every visit.
- Report any changes in your activity level.
- Bring your medicines to every doctor visit.
- Tell your doctor if you are feeling sad or anxious about your COPD.
- Work with your doctor to create goals of care.

Do your part

- Learn about COPD.
- Learn about your medicines.
- Take your medicines as directed.
- Keep doctor appointments.
- Ask for support from your family and friends.
- Follow an exercise program as recommended by your doctor.
- Eat the right foods as directed.
- Pace yourself as you walk.
- Break up large tasks into small pieces.
- Ask about support groups.



Take an active role in managing your COPD to help you feel better.