

Treating COPD

There are a number of treatments that may help your breathing. Talk to your doctor about which treatment is right for you. **If you are still smoking, the most important thing you can do is quit.**

Long-term controller medicines

- Most are inhaled medicines that you take every day to help manage your COPD.
- It is important to use your controller medicines every day, even if you are feeling fine.
- Some of these medicines may help prevent flare-ups.

Quick-relief (rescue) medicines

- Most are inhaled medicines you use when your breathing suddenly gets worse.
- Your doctor will tell you when and how to use a rescue medicine.

Exercise and diet

- Exercising and eating the right foods may help increase your strength to do everyday activities.
- Your doctor or respiratory healthcare professional can show you the right exercises and how to do them safely.
- Ask your doctor or respiratory healthcare professional to review your diet and create a menu that's right for you.

Patients with more severe COPD may benefit from pulmonary rehabilitation and oxygen

Pulmonary rehabilitation (Breath-training)

- Provides education and support, as well as exercises like pursed-lip breathing.
- Talk with your doctor to see if you would benefit from this kind of program.

Oxygen

- If your oxygen level is low, you may need extra oxygen to help your lungs function better and to breathe better.

Follow your treatment plan exactly as prescribed by your doctor.