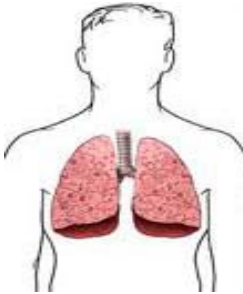


COPD

(Chronic Obstructive Pulmonary Disease)

What is COPD?



- COPD affects the tubes in your lungs



✓ Well



✗ Unwell

- When you are unwell the tubes become smaller

COPD Symptoms



- It is harder for you to breathe



- You start coughing more



- You produce more sputum
- This may be Green
- You may get a chest infection

What can Cause COPD



- Smoking



- Some people in your family may have COPD

Tests for COPD



Spirometry

- Your doctor can get you to blow into a tube
- This tells him if you are unwell



X-ray

- A machine takes a Picture of your lungs
- The picture shows if you have an infection

blood test



Blood tests

- Your doctor or nurse takes some of your blood with a syringe
- This will tell them if you are unwell

Looking After Your Chest



Inhalers

- They can make you breathe easier



Antibiotics

- If you have a chest infection your doctor will give you medicine



Oxygen

- If you are really breathless your doctor can give you oxygen
- This can make you feel better



Pulmonary rehabilitation

- This can make you feel better
- This is: Exercise classes
Diet Advice
Support to stop smoking

Getting help



Stop smoking

- You can get advice from your doctor or a nurse



Exercise

- Exercising helps you to feel better
- Talk to the physiotherapist about what exercises you can do



Eating well

- If you are overweight it will make you more breathless
- Talk to the dietician about what food is good for you



Flu injections

- You can get a Flu injection every winter from your doctor
- This can help you feel better

