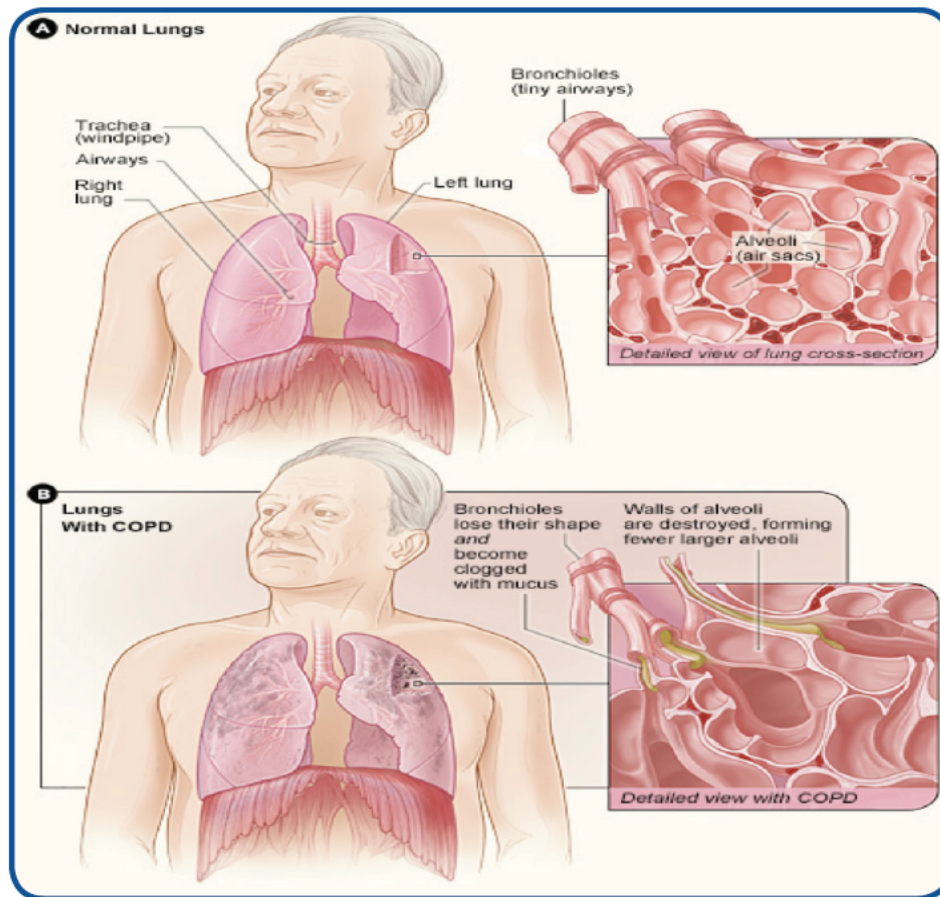


COPD

Disease Management Education Overview

Healthy Lung Anatomy & Physiology

When you breathe in, air travels down your trachea into a series of airways to the bronchioles. The bronchioles end in air sacs called alveoli, which help oxygen enter the blood.



Lungs with COPD – Chronic Obstructive Pulmonary Disease

Includes: Chronic Bronchitis and Emphysema

- **Chronic Bronchitis** is a lung disease that causes the bronchioles (airways) to become swollen & form thick mucus. These changes limit airflow in & out of your lungs, making it hard to breathe.
- **Emphysema** is a lung disease that occurs when the walls between the alveoli are damaged. The alveoli become larger and air gets trapped in them, which makes it hard to take a deep breath.



COPD: Empower Yourself to be Healthier

Breathing Exercise

Simple breathing exercise to help relieve shortness of breath:

- Sit upright, relax your neck & shoulder muscles
- Close your mouth, breathe in slowly through your nose for a count of 2 (don't take a deep breath)
- Now, pucker or purse your lips and blow slowly & gently through your lips while counting to 4. Repeat for a minute or two, or as long as you feel comfortable.

Quit Smoking

Quitting is the only thing that can slow the progression of COPD. Difficult as it may be, millions have managed to do it, and you can too!

Activity Levels Impact COPD

Stay Active...An important goal of COPD therapy.

(Pulmonary Rehab is excellent for building your strength and endurance while being monitored by healthcare professionals, and includes education and support for COPD patients). Ask your physician about a Pulmonary Rehab Program.

Eating the right balance of food can help you breathe easier.

For Pulmonary questions and concerns, call 423-778-COPD (2673).

