

Chronic Obstructive Pulmonary Disease



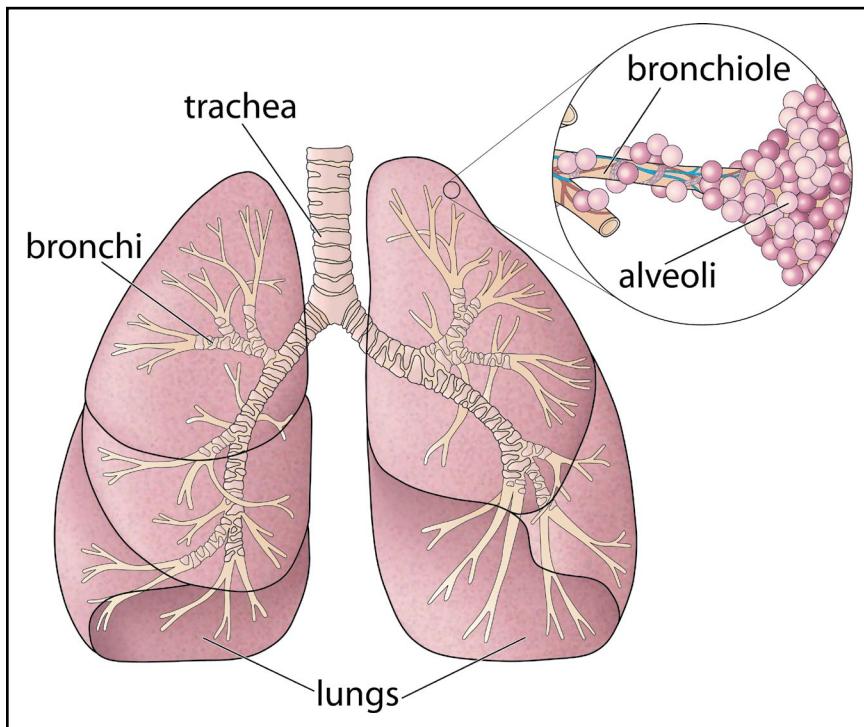
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Your Lungs

Your lungs bring air (oxygen) into your body as you breathe in and get rid of carbon dioxide as you breathe out.

Tiny air sacs (alveoli) are filled with oxygen. The blood vessels around them move the oxygen through your bloodstream. The air sacs return to their original shape after they are stretched with air.

Chronic obstructive pulmonary disease (COPD) keeps the air sacs from returning to their original shape and affects the airways. This makes it hard for air to get out of your lungs.



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Your lungs have small air sacs called alveoli. When you breathe in, air rushes into the alveoli causing them to expand.

COPD

COPD is a term that is used for three diseases that cause breathing problems: chronic bronchitis, chronic obstructive asthma and emphysema.

COPD has no cure and it usually gets worse with time. There are treatments so you can live comfortably with this disease. By taking good care of yourself and remembering a few rules, you can still lead an active life.

Symptoms

Symptoms appear slowly and may advance over many months or years. Call your health care provider if you have common symptoms:

- mild shortness of breath and mild cough with white or clear sputum
 - You may feel short of breath during activity, such as climbing stairs or walking quickly.
 - Over time, you may become short of breath even when you rest. It is easy to ignore this symptom as being “out of shape.”
- cough that produces mucus.

Call your health care provider if you have symptoms which may mean the COPD is getting worse:

- having shortness of breath that is worse than usual
- having shortness of breath that limits your usual activities
- coughing more than usual
- having thicker, darker sputum.

Medicines

There are many medicines used to treat COPD. It is important that you know why to take your medicine, possible side effects, and how to take your medicines.

Bring a list of all of your medicines with you to any health care appointment and hospital stay.

Beta-2 agonists: short-acting

- albuterol (Proventil®, Ventolin®)
- levalbuterol (Xopenox®)
- terbutaline (Brethaire®, Brethine®)
- These medicines open airways quickly. They improve breathing and increase your ability to exercise.
- They come as either an inhaler or nebulizer.
- **Side effects** include: a feeling of nervousness, headache, dizziness, fast heartbeat, shaky hands, and nausea.

Beta-2 agonists: long-acting

- salmeterol (Serevent®)
- formoterol fumarate (Perforomist®)
- This medicine opens airways but takes longer to work.
Do not use this medicine in an emergency when you are having trouble breathing.
These are meant to prevent fares and are not helpful in an emergency.
- **Side effects** include: a feeling of nervousness, headache, dizziness, fast heartbeat, shaky hands, and nausea.

Anticholinergics

- ipratropium bromide (Atrovent®)
- tiotropium bromide (Spiriva®)
- These medicines open airways and decrease cough.
- **Side effects** include: dry mouth and the inability to urinate.
- Important: Take Spiriva once a day. Follow your doctor's directions.

Inhaled steroids

- fluticasone (Flovent®)
- budesonide (Pulmicort®)
- mometasone (Asmanex®)
- montelukast sodium (Singulair®)
- methylprednisolone (Medrol®)
- prednisone
- These medicines act like your body's natural stress hormones. They help decrease inflammation in your lungs by controlling your body's natural immune response.
- Always carry identification that says you take an inhaled steroid.
- Do not stop taking these medicines without first talking with your doctor.
- Do not use these medicines as a rescue medicine.
- **Side effects** include: throat irritation, nose bleeds, possible problems with other steroids, or thrush (fungal mouth infection).

Inhalers

- _____
- _____
- _____

- An inhaler or nebulizer is the fastest way to get medicine into your lungs.
- Inhaling medicine also keeps the medicine out of the rest of your body. This causes fewer side effects.
- You can prevent more side effects by rinsing your mouth and spitting after you use an inhaler.

To get the most from your inhaler, you need to use it correctly. The following will show you how to use the two most common types of inhalers.

Combination Medicines

- Combivent® or Duonebs® (These medicines have a short-acting beta-2 agonists and anticholinergics.)
- Advair® or Symbicort® (These medicines have a long-acting beta-2 agonists and inhaled steroids).
- They open airways and reduce inflammation (swelling).
- **Side effects** include: voice hoarseness, mouth infection (candidiasis), cough, and headache.
- Important: Tell your doctor if your muscles feel weak, if you gain weight, if you have any swelling in your face, or if your skin is looking thinner.

Treatment

- **Do not smoke.** For help quitting smoking:
 - call Allina Health Class Registration at 1-866-904-9962 or visit allinahealth.org/classes
 - call QUITPLAN® at 1-888-453-PLAN or visit quitplan.com.
- Take your medicines as directed.
- See your health care provider if your breathing gets worse from a cold or respiratory infection.
- Avoid exposure to anyone who has a cold or the flu. Avoid exposure to irritants such as air pollution or dust.
- Ask your health care provider about vaccines for the flu and pneumonia.
- Ask your health care provider if pulmonary rehab is right for you.
- Eat healthful foods, such as fruits and vegetables, whole grains (breads and cereals) and lean meats.
- Drink at least six to eight glasses of liquids a day. Water is a good choice.
- Eat six small meals a day.
- Exercise every day but be careful not to get too tired. Talk with your health care provider about how you can start an exercise routine.

How To Breathe Easier

You can breathe easier if you breathe correctly each day. You be able to do more tasks with less shortness of breath. Use oxygen as directed.

- Take a few extra breaths between working if you feel you need to, but resume the breathing patterns as soon as you can.
- Take several deep breaths (using your diaphragm) before you start any work or task.
- Breathe in (inhale) before each strenuous movement.
- Do the movement while you breathe out through pursed lips (exhale). Pursed lips looks like you are blowing out a candle.
 - Breathe out twice as long as you breathe in. For example, inhale for 2 seconds and exhale for 4 seconds.
 - Use this breathing while you lift, reach, bend, or push.
- Reaching over your head or reaching down may cause you to get more tired. Limit these activities or do them at a slower pace.



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How to do pursed breathing. Your lips should look like you are whistling or blowing out a candle.

Coordinate Breathing With Movements

For each of the movements on the next page:

- Take a deep breath using your diaphragm.
- Do the activity with pursed lips.
- Stop and rest.

How to stand up from a chair

- Rise to your feet when you breathe out.

How to go up stairs or walk up a hill

- Take a deep breath before you start to climb.
- Breathe out and climb two to three stairs or take two to three steps.
- Stop and rest while you breathe in.
- Keep climbing in the same way.

How to reach

- Breathe out and reach up or down.

How to shave or comb your hair

- Breathe out and lift your arms and shave or comb 2 or 3 strokes.
- Lower your arms and rest while you breathe in.
- Keep shaving or combing in the same way.

How to push a broom, vacuum cleaner or lawn mower

- Take a deep breath.
- Push the object while you breathe out.
- Stop and rest while you breathe in.
- Keep pushing in the same way.

How to lift

- Take a deep breath.
- Breathe out, lift the load, and set it down.

When To Call Your Health Care Provider

Call your health care provider if you:

- have more coughing, sputum or phlegm than usual
- are more short of breath or wheezing than usual
- feel more tired than usual or are unable to do your normal activities
- have a fever of 100.8 F or higher
- need your rescue inhalers or nebulizers more often than normal
- have lower oxygen saturation than usual
- can't think clearly.

When To Call 911

Call 911 or go to a hospital Emergency Department if you:

- are unable to catch your breath
- have the above symptoms for 2 days (48 hours)
- have no relief from your rescue inhaler
- have a bluish color to your lips or fingernails
- have a grayish color to your skin
- have confusion or can't easily wake up.



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