

YOUR LIFE WITH COPD ANSWER GUIDE



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IN COLLABORATION WITH BOEHRINGER INGELHEIM PHARMACEUTICALS, INC.

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YOUR LIFE WITH COPD: YOUR ANSWER GUIDE

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WHAT IS COPD?

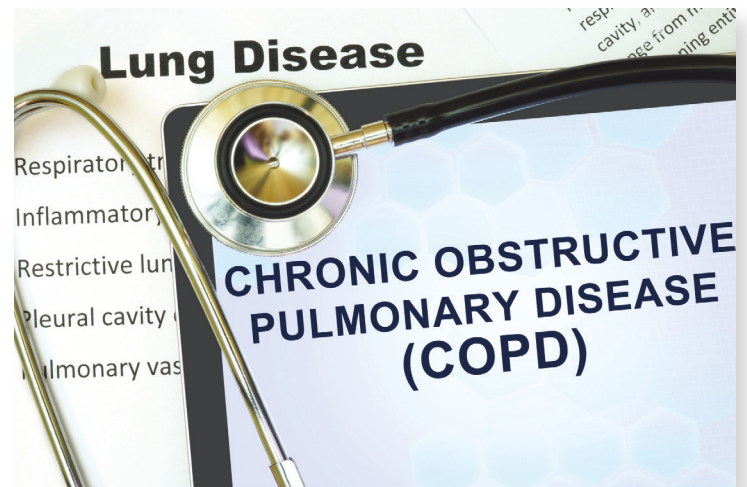


- **COPD** stands for **Chronic Obstructive Pulmonary Disease**
- **Chronic** means it will not go away or be cured. COPD is long-term and may progress over time.
- **Obstructive** means COPD hinders your breathing and air flow to some degree.
- **Pulmonary** means that COPD is a lung disease.
- **Disease** means that COPD is an illness that affects your health.

WHAT ARE THE FACTS ABOUT COPD?

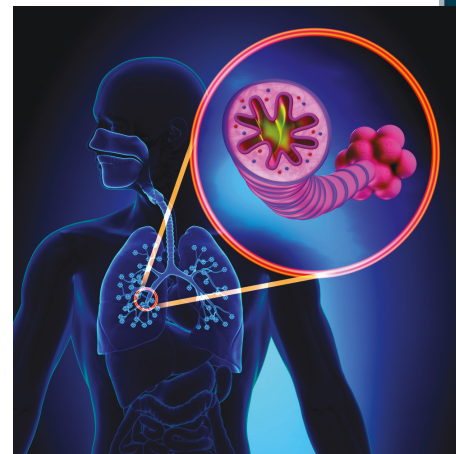
World-wide, COPD is a major cause of illness¹

- COPD can be prevented
- **COPD can be treated**
- COPD cannot be cured—it may progress with time
- COPD risk increases with age
- COPD is the third leading cause of death in the U.S.



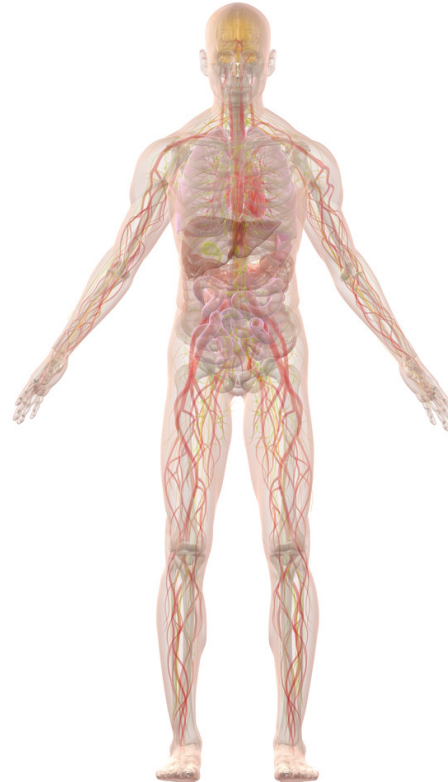
WHAT ARE THE EFFECTS OF COPD?

- COPD causes^{2,3}
 - Swelling in your airways
 - Airway walls are thicker
 - Airways make more mucus
 - Damage to the air sacs in your lungs
 - Air sacs become less elastic
 - Injury to the cilia, or small hairs, in the lungs
- This results in
 - Airway swelling and blockage limits amount of air that moves in and out of lungs
 - Air sac injury causes air trapping and lungs do not empty completely
 - Cilia damage limits ability for lungs to remove mucus and airway irritants



WHAT OTHER DISEASES CAN COEXIST WITH COPD?

- Osteoporosis
- Depression and anxiety
- General fatigue
- Heart disease
- Sleep problems
- Weight loss
- Anemia
- Diabetes and metabolic changes



WHAT CAUSES COPD?

- Damage to the lungs from long term exposure to harmful pollutants in the air¹
 - Cigarette smoking is related to most cases of COPD
 - Non-smokers can have COPD
- Other harmful substances include
 - Work-related chemicals, dust and fumes
 - Indoor pollution from cooking and heating fuels, wood-burning and second-hand smoke
 - Outdoor pollution caused by factories, car exhaust
- History of prior lung disease or damage
- COPD is also associated with
 - Family history of COPD
 - Genetics abnormalities such as alpha-1 antitrypsin deficiency



WHAT ARE THE MAJOR SYMPTOMS OF COPD?

- A chronic cough is usually an early symptom²
 - Cough may come and go at first and then occurs daily
- Shortness of breath or difficulty breathing that
 - Gets worse over time
 - Occurs frequently
- Sputum production that can vary day-to-day
- Wheezing or chest tightness



HOW IS COPD DIAGNOSED?

- Spirometry testing confirms a diagnosis of COPD^{1,2}
 - Spirometry is a simple breathing test that measures the amount and speed of air you exhale



WHAT ARE THE GOALS OF COPD TREATMENT?

- Goals are to:²
 - Decrease symptoms
 - Decrease flare-ups and complications



HOW IS COPD TREATED?

Management of stable disease includes:¹

Non-pharmacologic treatment options:

- Stopping or avoiding smoking
- Avoiding harmful triggers
- Healthy lifestyle
- Pulmonary rehabilitation
- Advanced COPD may require oxygen

Pharmacologic treatment options:

- Medications to improve breathing
- Vaccinations
- Replacement of antitrypsin if indicated



HOW DO YOU BREAK A SMOKING HABIT?

- Quitting smoking is the most important step you can take¹
- Support to quit smoking includes⁵
 - Information from your healthcare provider
 - Medications to decrease cravings
 - Avoiding activities that trigger smoking
 - Setting and sticking to stop date
 - A strong support system



WHAT IS HEALTHY LIVING FOR COPD?

- Nutrition⁶
 - Well-balanced diet
 - Maintain healthy weight
 - Adequate fluids
- Staying active daily is important¹
 - Walking is ideal
 - Using light upper body weights to stay toned



WHAT TYPE OF MEDICINES TREAT COPD?

- Most COPD drugs are inhaled¹
- More than one drug may be needed
- Bronchodilators are commonly used
 - They widen the airway spaces
 - There are several types of bronchodilators
- Anti-inflammatories are often used
 - They decrease inflammation in the airways
 - Corticosteroids are the most common type



Inhaled medicines may be given by a nebulizer

HOW SHOULD COPD DRUGS BE TAKEN?

- COPD drugs should be taken regularly as prescribed
 - Missing doses may result in:^{7,8}
 - Worsening of symptoms
 - Flare-ups (exacerbations)
 - Discuss any problems taking medicine with your healthcare provider such as
 - Problems using inhalers
 - Forgetting medicine
 - Getting to drug store
 - Paying for medicine



WHAT VACCINATIONS ARE USED?

- Influenza vaccine is recommended each year¹
- Pneumonia vaccine
 - There are two different pneumonia vaccines
 - Both vaccines are recommended for:
 - All adults 65 years or older
 - Adults with certain risk factors
- Talk to your healthcare provider for more information



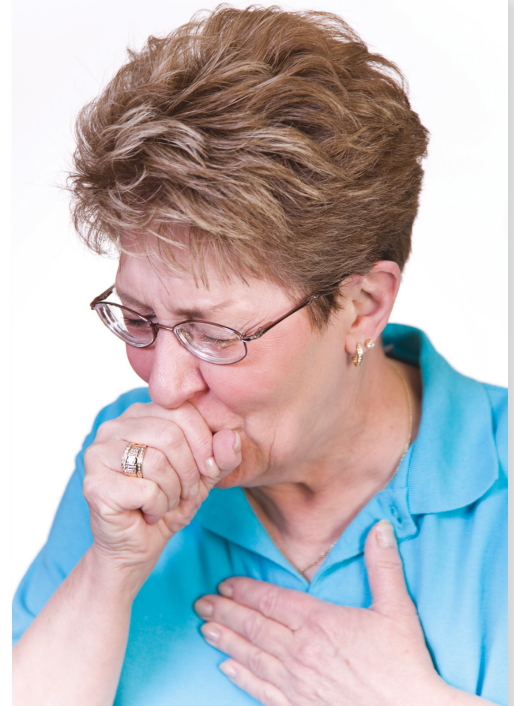
WHAT IS PULMONARY REHABILITATION?

- Pulmonary rehabilitation includes¹
 - Individualized exercise training
 - Motivation
 - Education
 - Smoking cessation
- Pulmonary rehabilitation helps to
 - Improve body strength
 - Increase activity tolerance



WHAT IS A COPD FLARE-UP?

- A COPD flare-up is called an exacerbation²
- During a flare-up, symptoms get worse than usual
 - Shortness of breath
 - Sputum increase in amount or change in color
 - Fatigue
 - Fever
- Flare-ups can be caused by:
 - Missing medicine doses
 - Infections
 - Exposure to harmful triggers



HOW CAN FLARE-UPS BE AVOIDED?

- It helps to:
 - Obtain flu and pneumonia shots
 - Avoid crowds and others who are sick
 - Wash hands often with soap and water or hand gel
 - Take medications regularly
 - Maintain a healthy lifestyle
 - Stay active
 - Recognize early symptoms of a flare-up



HOW ARE FLARE-UPS TREATED?

- Everyone with COPD should know²
 - What symptoms to look for
 - When to contact their healthcare provider
- Treatment of a flare-up may require
 - More or different medicines
 - Antibiotics
 - Steroid therapy
 - Rest
 - IV fluids
 - Oxygen
 - Hospitalization



WHEN IS OXYGEN USED FOR COPD?

- Oxygen may be needed¹⁰
 - During a flare-up
 - When the lung damage from COPD causes low blood oxygen level
- Oxygen may be used at specific times at first
 - At bedtime
 - With activity
- Some patients may need constant oxygen therapy
- Portable oxygen allows COPD patients to
 - Leave home and stay active
 - Travel by air, ship, or car



NOTES:

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