Chronic obstructive pulmonary disease (COPD) is a lung disease that makes it hard to breathe. It is caused by damage to the lungs over many years, usually from smoking.

COPD is often a combination of two diseases:

- Chronic bronchitis (“bron-KY-tus”) - The airway that carries air to the lungs gets inflamed and makes a lot of mucus. This can narrow or block the airways, making it hard to breathe.
- Emphysema (“em-fuh-zee-muh”) - In a healthy person, the tiny air sacs in the lungs are like balloons. As you breathe in and out, they get bigger and smaller to move air through your lungs. In a person with emphysema, these air sacs are damaged and lose their stretch. Less air gets in and out of the lungs, which makes you feel short of breath.

As your COPD gets worse, you may be short of breath even when you do simple things such as getting dressed or fixing a meal. It gets harder to eat or exercise, and breathing takes much more energy. People often lose weight and get weaker.

At times, your symptoms may suddenly flare-up and get much worse. This is called EXACERBATION (“egg-ZASS-er-BAY-shun”). An exacerbation can range from mild to life-threatening. The longer you have COPD, the more severe these flare-ups will be.
To find out if you have COPD, your doctor will:

- Do a physical exam and listen to your lungs
- Ask you questions about your past health and whether you smoke or have been exposed to other things that can irritate your lungs
- Have you do breathing tests, including spirometry, to find out how well your lungs work
- Do chest x-rays and other tests to help rule out other problems that could be causing your symptoms

If there is a chance you could have COPD, it is very important to find out as soon as you can. This gives you time to take steps to slow the damage to your lungs.
WHO TO CALL & WHEN

WHEN SHOULD I CALL MY DOCTOR?
• Your medicine is not working as well as it has been
• Your symptoms are slowly getting worse
• You have a cold or flu like symptoms and you develop a fever of 101° or higher that lasts longer than 2 to 3 days
• Breathlessness or wheezing occurs or becomes noticeably worse
• Your cough gets worse or lasts longer than 7 to 10 days
• You cough up any amount of blood
• Start having chest pain
• Have increased swelling in your legs or belly

QUICK TREATMENT FOR A FLARE-UP MAY HELP
KEEP YOU OUT OF THE HOSPITAL

WHEN SHOULD I CALL 911?
• Breathing stops
• Moderate to severe difficulty breathing occurs
• Severe chest pain occurs, or chest pain quickly becomes worse
• Cough up 0.5 cup (120ml) or more of blood

CONTACT INFORMATION

My doctor: _______________________________ Phone #: ____________

Emergency Contact: ____________________________________________

Please keep this along with your medication list on your refrigerator
where it is easily accessible by emergency personnel.
Medicine for COPD is used to:

- Reduce shortness of breath
- Control coughing and wheezing
- Prevent COPD flare-ups, also called EXACERBATION or keep the flare-ups you do have from being life-threatening

Most people with COPD find that medicines make breathing easier.

Some COPD medications are used with devices called inhalers or nebulizers. Most doctors recommend using spacers with inhalers. It is important to learn how to use these devices correctly so you can get the full benefit from the medicine.
The following are types of medications that may be used to treat your COPD:

<table>
<thead>
<tr>
<th>NAME OF MEDICATION</th>
<th>FUNCTION</th>
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<tbody>
<tr>
<td>Short Acting Bronchodilator: ipratropium, albuterol, levalbuterol</td>
<td>Considered a good first choice for treating stable COPD</td>
</tr>
<tr>
<td>Long Acting Bronchodilator: tiotropium, salmeterol, formoterol, arformoterol, glycopyrrolate, indacterol, fluticasone/vilanterol</td>
<td>Helps prevent breathing problems for people whose symptoms are persistent (do not go away).</td>
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<tr>
<td>Corticosteroids: Prednisone, Steroid Inhalers</td>
<td>May be used in pill form to treat flare-ups or in an inhaled form. They are often used if you also have asthma.</td>
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Other Medicines include:

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<th>Expectorants (Mucinex, guaifenesin)</th>
<th>May make it easier to cough up mucus.</th>
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<tbody>
<tr>
<td>Methylxanthines</td>
<td>Generally used for severe cases of COPD. These may have serious side effects and are not usually recommended.</td>
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</table>
IMPORTANT FACTS ABOUT YOUR MEDICATIONS

The medications your doctor prescribed cannot make your COPD go away, but they can make you feel better and help you manage your disease. Below are some helpful tips regarding your medicine.

HELPFUL TIPS

• Always take your medicine as prescribed.

• Keep all your medications in the original container (filling a weekly pill box is okay, however, do not put the rest of your medications in a different container).

• Try to learn your medications. What does it look like? What is the dose? Remember that from time to time the manufacturer changes. Please clarify any changes with your pharmacist.

• Do not run out of your medicine.

• Tell your pharmacist and doctor all of the medications you are taking, this includes all prescribed and non-prescribed medications such as vitamins and home remedies.

• Do not skip or increase your dose unless you are told to do so by your doctor. If you miss a dose, do NOT double up on your medications; instead, take your next dose when it is due.

• If you are unable to take your medications for any reasons, call your doctor or nurse immediately.

• Do NOT take any over-the-counter medications until you check with your doctor. Some of these medications may interfere with your prescribed medications and could worsen your COPD.

• Try to get all of your medications from one pharmacy. This will decrease confusion for both you and the doctor when new medication is prescribed.
HOW IS COPD TREATED?

The only way to slow COPD is to quit smoking. This is the most important thing you can do. It is never too late to quit. No matter how long you have smoked or how serious your COPD is, quitting smoking can help you stop the damage to your lungs. Talk to your doctors about ways you can quit.

Your doctor can prescribe treatments that may help you manage your symptoms and feel better.

• Medicines can help you breathe easier. Most of them are inhaled so they go straight to your lungs. It is important you know how to use your inhaler properly to get the most benefit from the medicine.

• A lung (pulmonary) rehab program can help you learn to manage your disease. A team of professionals can provide counseling and teach you how to breathe easier, exercise and eat well.

• In time, you may need to use oxygen some or most of the time.

People who have COPD are more likely to get lung infections, so you will need to get a flu vaccine every year. You should also get a pneumococcal (pneumonia) shot. It may not keep you from getting pneumonia, but if you do get pneumonia, you probably will not be as sick.

There are many things you can do at home to stay as healthy as you can:

• Avoid things that can irritate your lungs, such as smoke, pollution and air that is cold and dry

• Use an air conditioner or air filter in your home

• Eat well so you can keep your strength. If you are losing weight, ask your doctor or dietician about ways to make it easier to get the calories you need

• Take rest breaks during the day

• Get regular exercise to stay as strong as you can

• Chemicals or other irritants at work

• Worry or stress
THINGS TO DO TO HELP ME LIVE WITH COPD

To help you and your doctor manage your COPD, it is a good idea to keep track of your symptoms:

• Shortness of breath
• Cough
• Productive cough (phlegm)
• Wheezing
• Tightness in chest
• Weight loss
• Feeling sad or depressed

It is also to keep track of any irritants that make your symptoms worse:

• Respiratory infections
• Exercise
• Changes in the weather
• Indoor or Outdoor pollution
• Exposure to cigarette smoke
• Exposure to things that cause allergies
• Chemicals or other irritants at work
• Worry or stress

Please let your doctor know if you experience any of these symptoms.
My doctor is: ___________________________  Phone #: _____________
Pharmacy: _____________________________  Phone #: _____________

Hospital: ____________________________________________
Pulmonologist (Lung Doctor): ___________________________
Phone #: __________________
Oxygen Supplier: ___________________________  Phone #: _____________

Care Manager: _____________________________  Phone #: 414.771.6177
**MY MEDICATION RECORD**

Get Healthy
Stay Healthy
Committed to serving you.

**NAME:**

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<tr>
<th>PRESCRIPTION</th>
<th>MEDICATION</th>
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Going to your doctor can be overwhelming at times and can make you nervous. You may forget what you want to ask and/or forget what your doctor tells you. Use this sheet to write down your questions.

<table>
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<tr>
<th>YOUR QUESTION</th>
<th>THE ANSWER</th>
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