



COPD

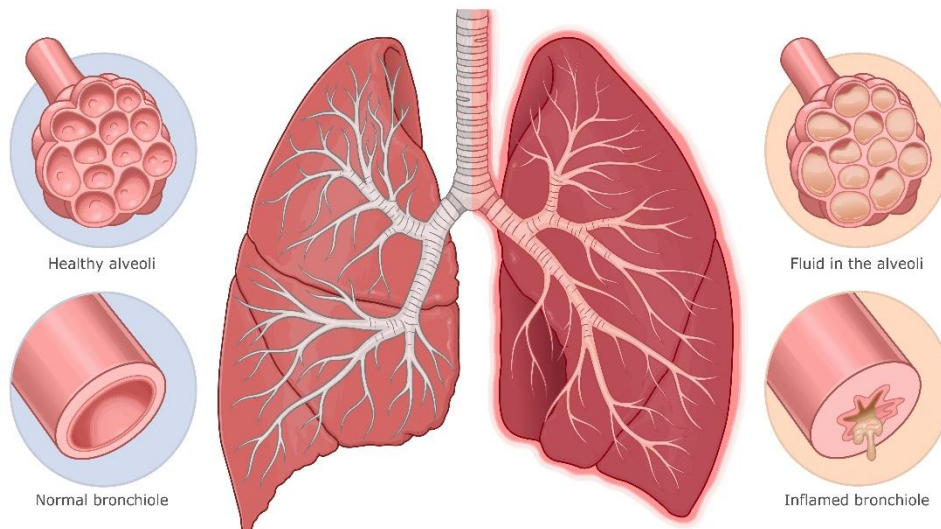
WHAT IS IT?

Chronic **O**bstuctive **P**ulmonary **D**isease (COPD) is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. **COPD is the sixth leading cause of death in the U.S., but in many cases, COPD can be prevented.**

Inside your lungs are tiny sacs called alveoli. They inflate like balloons every time you take a breath. The oxygen in the alveoli passes into the bloodstream, and then your lungs push out stale air. COPD causes your lungs to work improperly. The walls between your alveoli break down. Your airways get swollen and clogged with mucus. You don't get enough fresh oxygen with each breath and it becomes harder to push out the stale air. **COPD is treatable, but irreversible.**

SYMPTOMS

- Shortness of breath (especially during physical activity)
- Wheezing
- Chest tightness
- A chronic cough that may produce mucus (sputum) that can be clear, white, yellow, or green in color
- Frequent respiratory infections
- Lack of energy
- Elevated heart rate (pulse rate)
- Swelling in ankles, feet, or legs
- Unintended weight loss (in later stages of the disease)



ARE YOU AT RISK?

- **Exposure to tobacco smoke** – **The most significant risk factor is long-term smoking (75% of COPD deaths are attributed to smoking).** The more packs and years you smoke, the greater your risk. Cigarettes are the #1 tobacco-related culprits, yet other forms of combustible tobacco can cause COPD also. **Even if you are not a smoker, secondhand exposure can cause COPD.**
- **People with asthma** – Asthma is a chronic inflammatory airway disease and can increase your risk of developing COPD.
- **Recurrent exposure to dust and chemicals** – Chemical fumes, vapors, and dust can irritate and inflame your lungs. Long-term exposure, such as occupational hazards, increases your risk.
- **Fuel-burning fume exposure** – Fuel from cooking or running vehicles in poorly ventilated areas increase your risk of developing COPD.
- **Air pollution** – Particulate materials can cause inflammation in the lungs.
- **Childhood illness** – A history of childhood respiratory infections could increase your risk.
- **Genetics** – Some people are genetically more susceptible to the disease.



SCAN FOR NURSE T'S WEBSITE



DIAGNOSIS

COPD is diagnosed using a simple breathing test, called **spirometry**, to measure how much air you can breathe in and out in one forced breath.



WARNING:

COPD symptoms are not always present until significant lung damage has occurred.

Your physician may also order a chest x-ray, a CT scan, an arterial blood gas analysis, and other pulmonary (lung) function tests.

TREATMENTS

- **Quitting smoking** – If you smoke, this is the first step to treatment.
- **Medications** – Symptoms such as coughing or wheezing can be treated with medicine.
- **Pulmonary Rehabilitation** – A personalized treatment program that teaches you how to manage your COPD symptoms to improve your quality of life.
- **Prevention and treatment of infections** – Lung infections can cause serious problems in people with COPD. Certain vaccines, such as flu, pneumonia, and COVID-19 are important to prevent respiratory infections.
- **Supplemental oxygen** – A portable oxygen tank may be needed if blood oxygen levels are too low.



HURLEY MEDICAL CENTER'S LUNG SERVICES

LUNG CENTER

Our Lung Health Navigator will work with you to guide you through every step of your lung related health care, providing information, knowledge, support, and guidance as needed to manage your lung health. Working with your primary care physician and specialists, the lung navigator will develop a treatment plan unique to you.

Hurley Lung Navigator – 844-569-5864



PULMONARY REHABILITATION CENTER

If you have been diagnosed with COPD or another lung disorder, the Hurley Pulmonary Rehabilitation Center can help you breathe easier and continue doing the activities that you love. The program combines exercise with education, techniques for breathing re-training, and psychological social support.



The Pulmonary Rehab Program seeks to:

- Reduce your shortness of breath and the anxiety that it brings.
- Increase your exercise tolerance and ability to perform normal daily activities.
- Help you better understand your lung disorder.
- Educate you regarding the proper use of respiratory medications.
- Provide instruction and motivation for you to start and maintain a home exercise program.

Pulmonary Rehabilitation Program: (810)262-2213