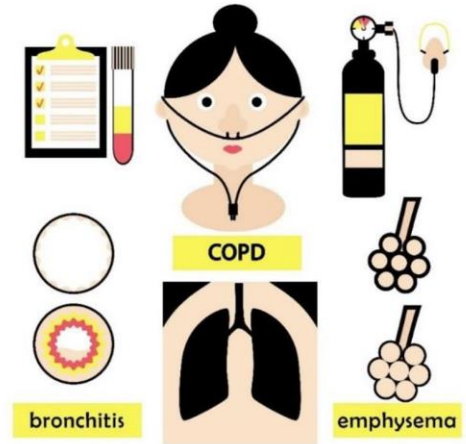


Chronic Obstructive Pulmonary Disease

What is Chronic Obstructive Pulmonary Disease (COPD) and why is it important?

COPD is a condition in the lungs that can be caused by two types of infections, bronchitis and emphysema. Both infections cause blockage in the airway, which makes breathing difficult. Each year the United States has about 140,000 deaths related to COPD, or approximately 1 death every 4 minutes. People with asthma or between the ages of 65 and 74 have a higher risk of getting COPD. Furthermore, 75% of COPD deaths are caused by smoking and 25% of COPD deaths are caused by either second-hand smoking or other conditions.

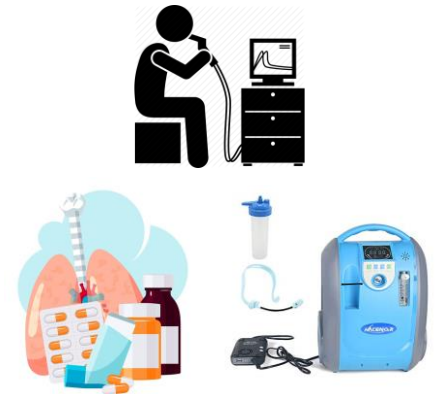


What causes COPD?

- Tobacco smoking - primary cause
- Poor air quality and indoor air pollution, e.g. homes, schools, workplaces
- Second-hand smoking

Prevention & Treatment

- Quit smoking and avoid second-hand smoking
- Spirometry test to assess lung function
- Take medicine prescribed by your doctor
- Flu shots can help lower the risk for COPD patients from getting the flu
- Oxygen therapy helps support breathing problems and transports oxygen to your blood
- Surgery, such as transplant, lung volume reduction, and bullectomy can be other alternatives



COPD and Nutrition

COPD patients require more energy for breathing; however, difficulty swallowing, shortness of breath, and physical inactivity can lead to loss of appetite and reduced intake. Since malnutrition has gradually become a common issue with COPD, people with COPD should monitor weight changes and make lifestyle changes to improve their quality of life.

- Eat small frequent meals
- Soft food with high calories and high-protein food, such as egg, lean meat, tofu, milk and cheese
- Moderate sodium intake-excess; sodium intake can cause edema
- Drink decaffeinated fluid to avoid dehydration
- Some COPD patients may need fluid restriction to alleviate water retention in body
- Rest before meals to avoid fatigue during eating
- Do an adequate amount of physical activities daily to decrease the rate of deconditioning



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