

Living with Chronic Obstructive Pulmonary Disease

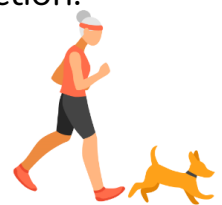
Chronic Obstructive Pulmonary Disease (COPD) is a progressive lung disease making breathing more and more difficult over time. The good news is that with the right lifestyle changes, you can manage COPD and enhance your quality of life.

Tips for living with Chronic Obstructive Pulmonary Disease



Quitting Smoking - smoking is the #1 cause of COPD. This can help slow the progression of COPD. It may be difficult, but there are support systems available to overcome your addiction.

Getting Exercise - staying active strengthens all muscles and can help improve your breathing. Avoid exercises that make you breathless.



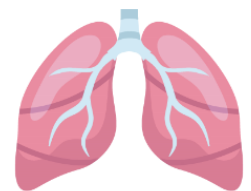
Eating Well - consuming a balanced diet can help maintain and improve your health. The right nutrients can help you breathe easier.

Taking medications correctly - medications cannot cure COPD, but can help manage symptoms. Always take as prescribed, even when you have no symptoms.



Reducing Stress - focus on lowering stress and anxiety. Stress and anxiety are a normal part of life, but can also make breathlessness worse when not well managed.

Protecting Your Lungs - minimize your exposure to irritants. Stay away from fumes, smoke, dust, and strong odors



Avoiding Getting Sick - limit contact with people who are sick. COPD increases chances of getting the flu and other respiratory infections making your symptoms worse.



An important part of living with COPD is finding the right support. Getting emotional help is just as important as managing your symptoms. Always seek medical attention when something doesn't feel right.



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