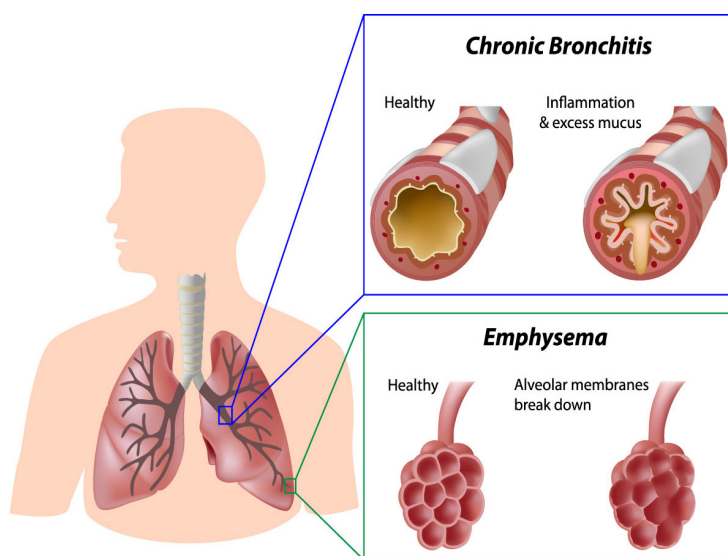


Topic of the month:

COPD Awareness

WHAT IS COPD?

COPD means Chronic Obstructive Pulmonary Disease. COPD is the name for two breathing diseases (chronic bronchitis and emphysema) that cause airways to become “obstructed” or blocked.



Chronic Obstructive Pulmonary Disease (COPD)

HOW DO I KNOW IF I HAVE COPD?

If you are over 40 and smoke or used to smoke, you may have COPD. Some non-smokers may also get COPD.

TAKE THIS 30-SECOND LUNG HEALTH QUIZ TO SCREEN SYMPTOMS OF COPD

- Do you cough regularly?
- Do you cough up phlegm regularly?
- Do even simple chores make you short of breath?
- Do you wheeze when you exert yourself (exercise, go up the stairs)?
- Do you get many colds and does it usually last longer than your friends' colds?

If you answered “Yes” to one or more of these questions, you may have symptoms of COPD. See your doctor to find out what is causing your symptoms.

Note: This test is for information purposes only. It should not replace a complete medical examination by a doctor. If you think you may have COPD or are worried about your health, please see your doctor.

I HAVE BEEN DIAGNOSED WITH COPD, HOW CAN I MANAGE MY SYMPTOMS?

COPD can't be cured, but it can be treated.



Consider quitting or avoiding smoking.



Take your COPD medications.



Stay active. Consult your physician for exercises that would be safe for you.



Stay protected and get the Influenza and Pneumonia vaccines.

References:

1. Living well with a Chronic Obstructive Pulmonary Disease - COPD. [online] Available at: <https://www.livingwellwithcopd.com/> [Accessed 8 Mar. 2019].