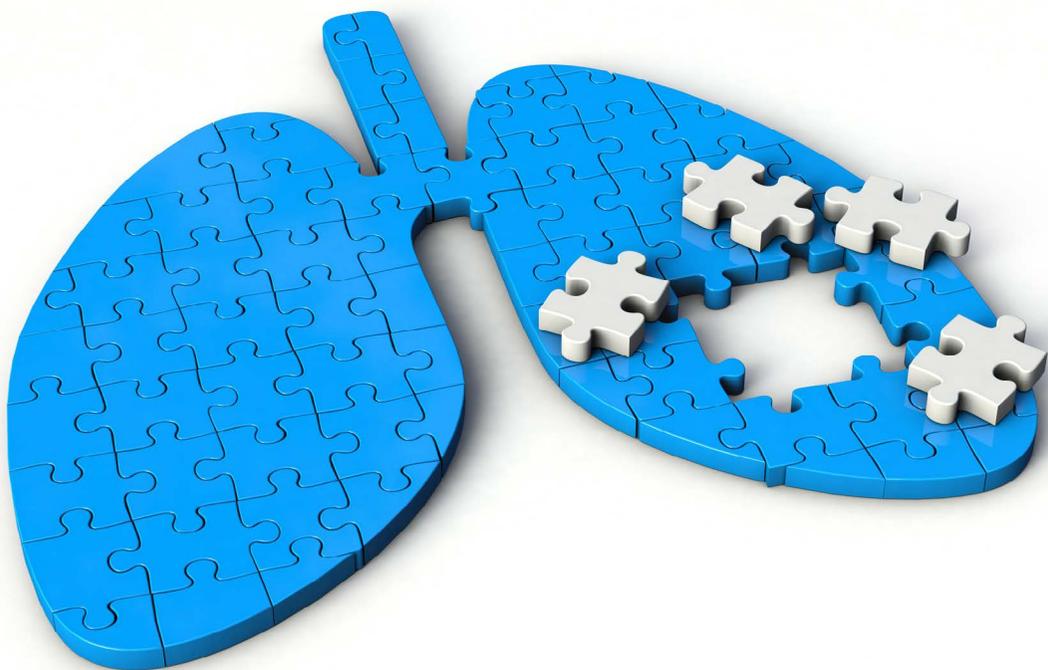


COPD Treatment and Management

Finding the Pieces that Work for You



COPD
FOUNDATION®

www.copdfoundation.org

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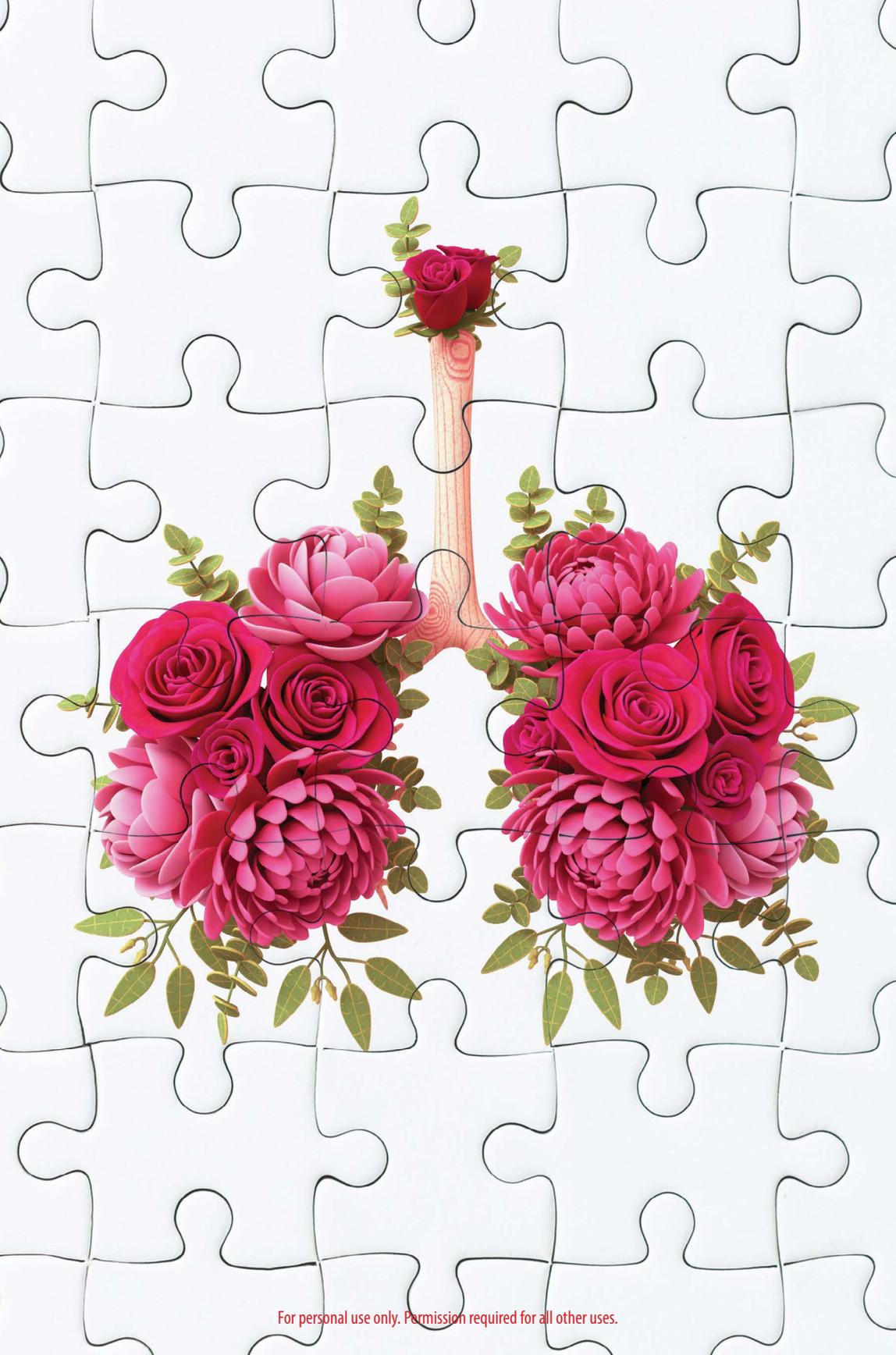


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WHAT IS COPD?

Chronic Obstructive Pulmonary Disease (COPD) is a lung condition that is treatable. With COPD, you may experience symptoms such as wheezing, cough with or without mucus, chest tightness, and low oxygen levels. Living with COPD can be challenging, but with the right treatment and management plan, you can live a healthier, happier life.

COPD is not currently curable, but the COPD Foundation is working on that!

MEDICATIONS FOR PEOPLE WITH COPD

Your health care provider may prescribe medications for your COPD. These can be in the form of inhalers, pills, or nebulizer treatments. There are many different treatment options. Some common types include:

Short-acting Bronchodilators: These medications are given through an inhaler or nebulizer and are breathed into the lungs. Short-acting bronchodilators work by relaxing muscles in your lungs and help you to breathe easier. These medications work very quickly to relieve shortness of breath.

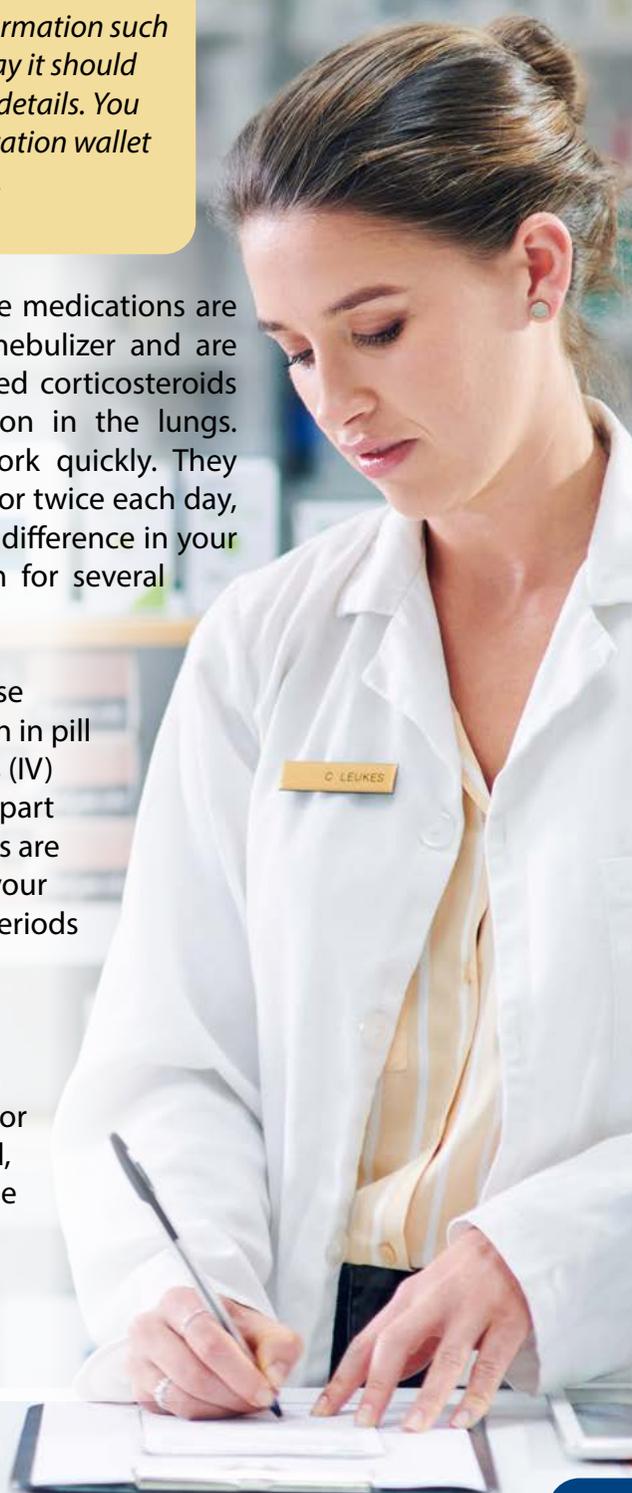
Long-acting Bronchodilators: These medications are given through an inhaler and are breathed into the lungs. They are similar to short-acting bronchodilators because they relax the muscle around the airways in your lungs, helping to relieve your shortness of breath. Long-acting bronchodilators do not work quickly. They should be used on a daily basis, once or twice each day as directed, to help prevent your COPD symptoms.

For the Caregiver: It is helpful to have a copy of your loved one's medication list in case of emergency. Include information such as the name, dosage, time of day it should be taken, and other important details. You can find an example of a medication wallet card on page 22 of this booklet.

Inhaled Corticosteroids: These medications are given through an inhaler or nebulizer and are breathed into the lungs. Inhaled corticosteroids work by reducing inflammation in the lungs. These medications do not work quickly. They must be taken every day, once or twice each day, as directed. You may not feel a difference in your symptoms until you use them for several days or weeks.

Systemic Corticosteroids: These medications are given by mouth in pill form or through an intravenous (IV) line in your arm, hand, or other part of your body. These medications are used to reduce the swelling in your lungs. They are used for short periods of time during COPD flare-ups (exacerbations).

Antibiotics: These medications are taken by mouth in pill form or through an IV in your arm, hand, or other part of your body. These medications are used to treat infections caused by bacteria. They do not work on viral illnesses.



Be sure to keep your COPD medications refilled so you don't run out of them. It is helpful to refill them at least a few days before you will need them.

Overcoming Medication Challenges

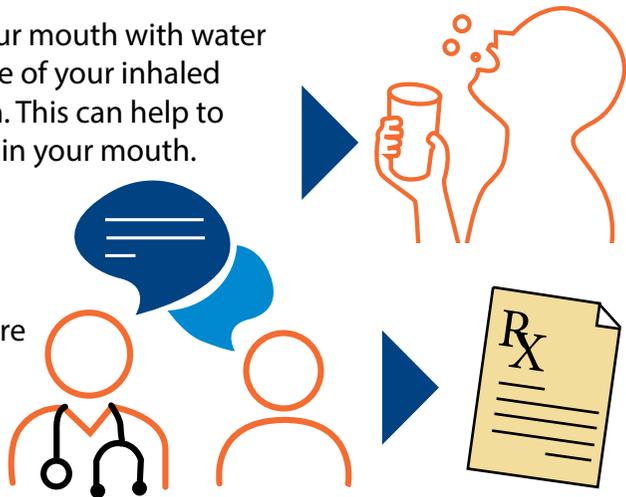
Sometimes, you may experience challenges with your COPD medicines. Let's talk about some of the most common:

Side Effects

If you experience side effects with your medications, talk to your health care provider. Some medications, such as bronchodilators, may cause you to feel jittery, nervous, or shaky. Your inhaled corticosteroids can cause thrush or fungal infections in your mouth or throat.

It is important to rinse your mouth with water and gargle after each dose of your inhaled corticosteroid medication. This can help to prevent fungal infections in your mouth.

If side effects continue, check with your health care provider for guidance.



Your health care provider may change your medication dosage, type, or delivery device to help lessen your side effects. They may also prescribe antifungal medication if you have a thrush infection from using inhaled corticosteroids.



Remembering to Take Your Medications Every Day

Using your daily medications on a regular basis without skipping doses is the best way to stay healthy. It can be hard to remember to take your medications, but there are strategies that can help you such as:

- Leave your medication on your bedside table
- Set reminders on your smartphone or calendar
- Download a free copy of the My COPD Action Plan at copdf.co/my-copd-action-plan

The My COPD Action Plan can help you track your medications and symptoms and tell you when to take action to avoid a flare-up. Fill out the plan with your health care provider and keep it handy. Follow your My COPD Action Plan every day, on good days and bad. Learn more about avoiding flare-ups in the COPD Foundation's Exacerbations Guide at copdf.co/guides.

For the Caregiver: *If your loved one is having trouble remembering to take their medication, make a plan together to help them remember. It can be helpful to check in with your loved one on a regular basis to ensure that they are taking their medication on time and correctly, and to identify any problems that may arise.*

FINDING ^{THE} RIGHT DOSAGE OF MEDICATION

While medications for COPD are used to improve your symptoms, not every medication works well for everyone. If you have been using your COPD medications for a few weeks and you are not feeling any better, tell your health care provider. Some people with COPD need to take different medications at different times of the year. For example, if you notice your symptoms are worse with hot, humid weather, your health care provider may change your medication or dose. It is normal for your COPD medication list to change at times.



MEDICATION DELIVERY DEVICES

All medications must be taken correctly for them to reduce your symptoms and improve your breathing. It is important to know the correct way to use your inhalers and nebulizers. Let's talk about the different types, and how to use them correctly.

Types of Inhalers

Metered Dose Inhalers (MDIs): These inhalers look similar to each other but are sometimes used differently. For example, many of these inhalers release a “puff” of medication as you push down on the canister. Other MDIs are breath actuated. This means that they don’t release a puff until you inhale. Many MDIs should be used with a spacer or holding chamber. Spacers help to hold the puff of medication while you breathe it in slowly. This helps to deliver the medication deep into your lungs. Ask your health care provider if you need to use a spacer with your inhaler.

Soft Mist Inhalers (SMIs): Soft mist inhalers release a puff of medication like MDIs but the medication travels more slowly out of the inhaler. When using an SMI, you should inhale slowly and deeply.

Dry Powdered Inhalers (DPIs): Dry powder inhalers do not release puffs of medication like MDIs. Instead, the medication inside the DPI is a fine powder. When using a DPI, you should breathe in strong and steady.

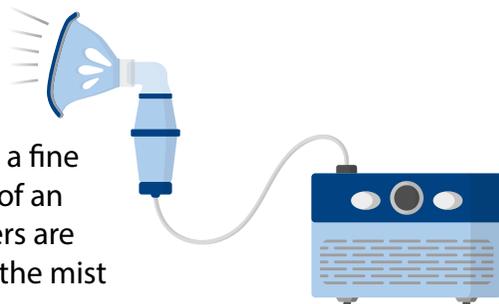


Types of Nebulizers

While many COPD medications are available in inhaler form, some are also available as nebulizer treatments. You need a prescription to purchase a nebulizer from home care companies and pharmacies.

There are many different types of nebulizers for home use. The most common types include:

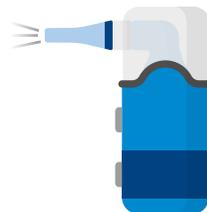
Jet: This type of nebulizer creates a fine mist of medication with the help of an air compressor. Some jet nebulizers are breath actuated. This means that the mist only comes out when you inhale.



Ultrasonic: This type of nebulizer creates a fine mist of medication using ultrasonic sound waves.



Vibrating Mesh: This type of nebulizer is portable. You can take these hand-held nebulizers with you when you are traveling. Some medications cannot be used with vibrating mesh nebulizers.



Refer to the manufacturer's instructions to ensure you are using your nebulizer correctly. You can learn more about the different types of inhalers and nebulizers and see how to use them correctly in the COPD Foundation's Educational Video Series at <https://copdf.co/videos>.

Some nebulizers can connect to a smartphone or other device. These "smart nebulizers" can monitor your treatment, remind you to take your treatments, and more.

Overcoming Delivery Device Challenges

Finding the right delivery device for your medication can take time. You may find that a particular device is awkward or too difficult to use (for example, people with arthritis may have trouble pressing down on MDIs to release the puff of medicine). Your health care provider may change your medication to a different type of inhaler or a nebulizer treatment that is easier to use.

Treatment and medication changes are normal parts of COPD treatment. Don't be alarmed if your health care provider suggests a change to your medications or delivery devices. Sometimes, you just need a change so that you can better manage your COPD symptoms. If you are having trouble with your medications—for any reason—talk to your health care provider. You are partners in your care.



OXYGEN THERAPY

Some people with COPD may have low oxygen levels and need to use supplemental (extra) oxygen. Some use oxygen therapy all the time while others only use it while sleeping or doing certain activities.

If you need oxygen therapy, your health care provider will work with you to determine which type of oxygen delivery device is best for you. To learn more about supplemental oxygen, including delivery devices, safety tips, and more, visit the COPD Foundation website at copdf.co/oxygen-therapy.

POSITIVE PRESSURE VENTILATION

If you are not breathing well enough to support your body's needs, or if you have other conditions such as obstructive sleep apnea, it may be necessary to use positive pressure ventilation. Let's learn about the different types.

Continuous Positive Airway Pressure (CPAP)

In this therapy, a machine delivers pressure to your lungs through a mask that fits snugly on your face or nose. CPAP helps to inflate your lungs and reduce your work of breathing. Typically, CPAP is used to treat obstructive sleep apnea, which is a common condition in people with COPD. CPAP can be used during the day or at night.



Bilevel Positive Airway Pressure (Bilevel)

This therapy, like CPAP, delivers pressure to your lungs through a snug-fitting mask. However, bilevel ventilation provides two different levels of pressure, while CPAP only provides one. Bilevel ventilation may be used during COPD flare-ups to help improve your breathing and reduce carbon dioxide levels in your blood. Bilevel ventilation and CPAP can be used with or without oxygen therapy.

Non-invasive Ventilation (NIV)

In non-invasive ventilation, a machine helps you to breathe by delivering air and oxygen to your lungs through a tight-fitting mask. NIV is often used temporarily when you are working too hard to breathe. It is different from CPAP and BiPAP because it takes over your work of breathing. It ensures that you are getting deep enough breaths to take in oxygen and breathe out carbon dioxide.

For the Caregiver: *If your loved one is having difficulty using their positive pressure ventilation mask, first try to help adjust the fit. If adjusting the mask doesn't help, your loved one can contact their health care provider. There may be other mask types that fit them more comfortably.*

MEDICAL AND SURGICAL PROCEDURES FOR TREATING COPD

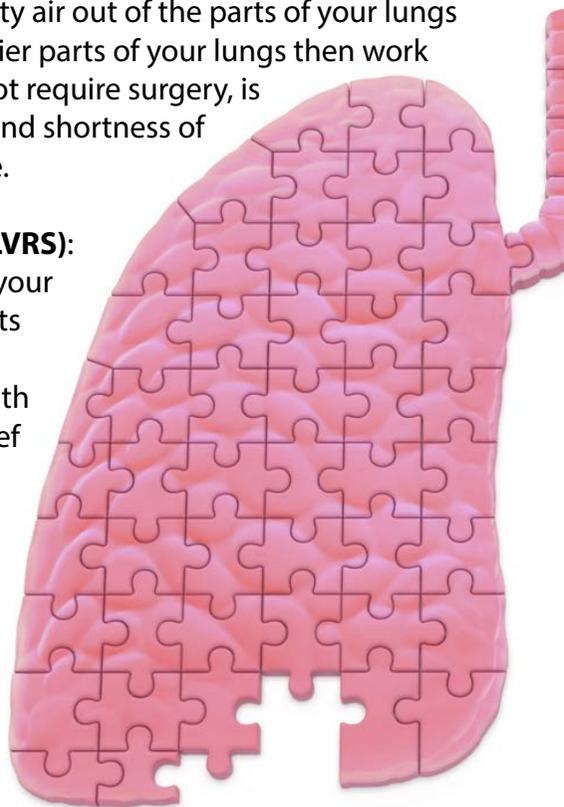
There are medical procedures that can help people with COPD such as:

Bronchoscopic Lung Volume Reduction (BLVR): In this procedure, a medical device called a bronchoscope is used to place one-way valves in your lungs. These valves help to empty air out of the parts of your lungs that are not working well. The healthier parts of your lungs then work better. This procedure, which does not require surgery, is for people with severe emphysema and shortness of breath that affects their quality of life.

Lung Volume Reduction Surgery (LVRS):

In this procedure, damaged parts of your lungs are removed. The healthier parts of your lungs then work better. This surgery is helpful for some people with emphysema who are not getting relief from traditional COPD treatment.

Lung Transplant Surgery: In this procedure, severely damaged lungs are replaced with healthy lungs from an organ donor. This surgery is used for some people with COPD who have severe damage to their lungs.



Your health care provider can tell you if any of these procedures would be right for you.

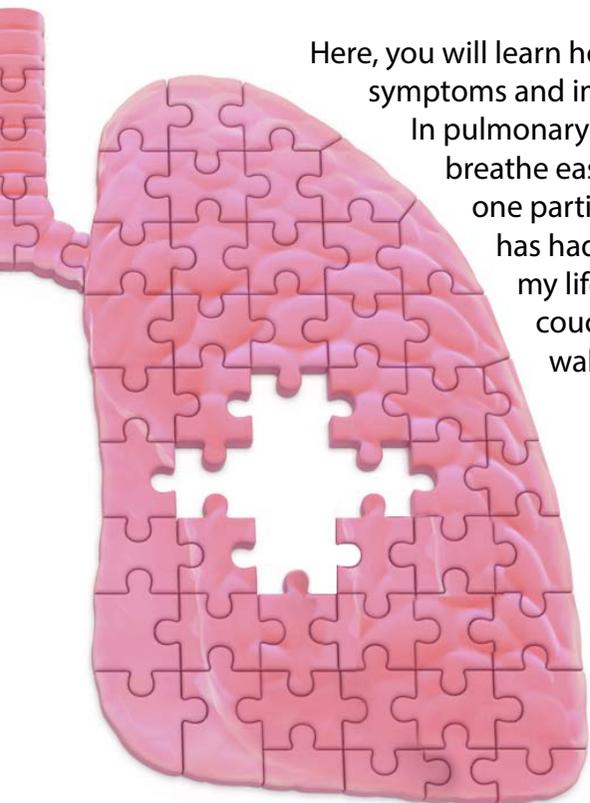
For the Caregiver: *If your loved one undergoes medical procedures or surgeries to treat their COPD, they may need extra help at home. Help your loved one prepare for these changes ahead of their procedure, so their recovery is easier.*

MANAGING YOUR COPD: PULMONARY REHABILITATION (PULMONARY REHAB)

Many people with COPD can benefit from a pulmonary rehab program. Pulmonary rehab is a health program that includes exercise, education, and social support to help improve your COPD symptoms.

Here, you will learn how to better manage your COPD symptoms and improve your overall stamina.

In pulmonary rehab, you will get stronger, breathe easier, and live a healthier life. As one participant stated, "Pulmonary rehab has had the most significant impact on my life. I have gone from sitting on my couch waiting to take my last breath to walking for 30 minutes."



You can learn more about pulmonary rehab programs on the Foundation's website at <http://copdf.co/PulmonaryRehab> or the CIRCLES website at <https://copdf.co/circles>.



MANAGING YOUR COPD: AIRWAY CLEARANCE

Many people with COPD have coughs with mucus. Sometimes, it is hard to get the mucus out of your lungs. Airway clearance exercises and devices can help break up the mucus in your lungs, so it is easier to cough out.

Some common airway clearance methods and devices include:

PEP Therapy: In this treatment, you exhale into a small, handheld device that vibrates as you exhale. These vibrations help break up the mucus in your lungs. While many people find these devices to be helpful, they may be too difficult to use during a flare-up. If you find that your PEP device is hard to breathe into, or if it makes you feel short of breath, stop using it and contact your health care provider.

Huff Coughing: This coughing technique can help you cough more effectively. To huff cough, you take deep breaths and cough out using your stomach muscles. A huff cough sounds like you are making “ha ha ha” sounds. Huff coughing can be more effective if you take some slow, deep breaths before attempting to cough.



For the Caregiver: If your loved one is having difficulty coughing out mucus, you can help by gently tapping on their chest and upper back with a cupped hand. This can help break up the mucus so that it can be coughed out more easily.

ENVIRONMENTAL FACTORS THAT AFFECT COPD

There are many factors that can affect how well your COPD symptoms are managed. Often, environmental changes can cause your COPD symptoms to worsen. These environmental factors include:

Smoking and Secondhand Smoke: All types of smoke can make your COPD symptoms worse. Do not allow others to smoke around you, and keep your windows closed if your neighbors are burning leaves, wood, or other yard waste. If you are a smoker, make a plan to quit. It can take several tries to be successful at quitting smoking. Learn more from the Foundation's Impact of Smoking flyer at <https://copdf.co/3qr4ZxB>.

Weather: Weather changes and extreme temperatures can affect your COPD. Avoid spending time outside during hot, humid days. Cold weather can also affect your breathing. Consider wearing a scarf or mask over your face while you are outside in the winter.

Air Pollution: Factors like ozone and air pollution can affect the air quality and make your COPD symptoms worse. The air quality for your area is often included in your local weather report. You can also find this information in weather apps for smartphones. If you are traveling by car, avoid rush hour traffic and busy highways. Keep your home and car windows closed during times of high pollution and use an air conditioner or air cleaner if you have one.

For the Caregiver: *It is important to help your loved one avoid smoke and irritants that can make their COPD worse. If you are a smoker, do not smoke around your loved one.*

CONDITIONS THAT CAN AFFECT YOUR COPD MANAGEMENT

Environmental changes aren't the only factors that can affect your COPD. Some health conditions can make your COPD more difficult to manage. Let's learn more about these conditions and how they may affect your COPD.

Medical Conditions and Comorbidities

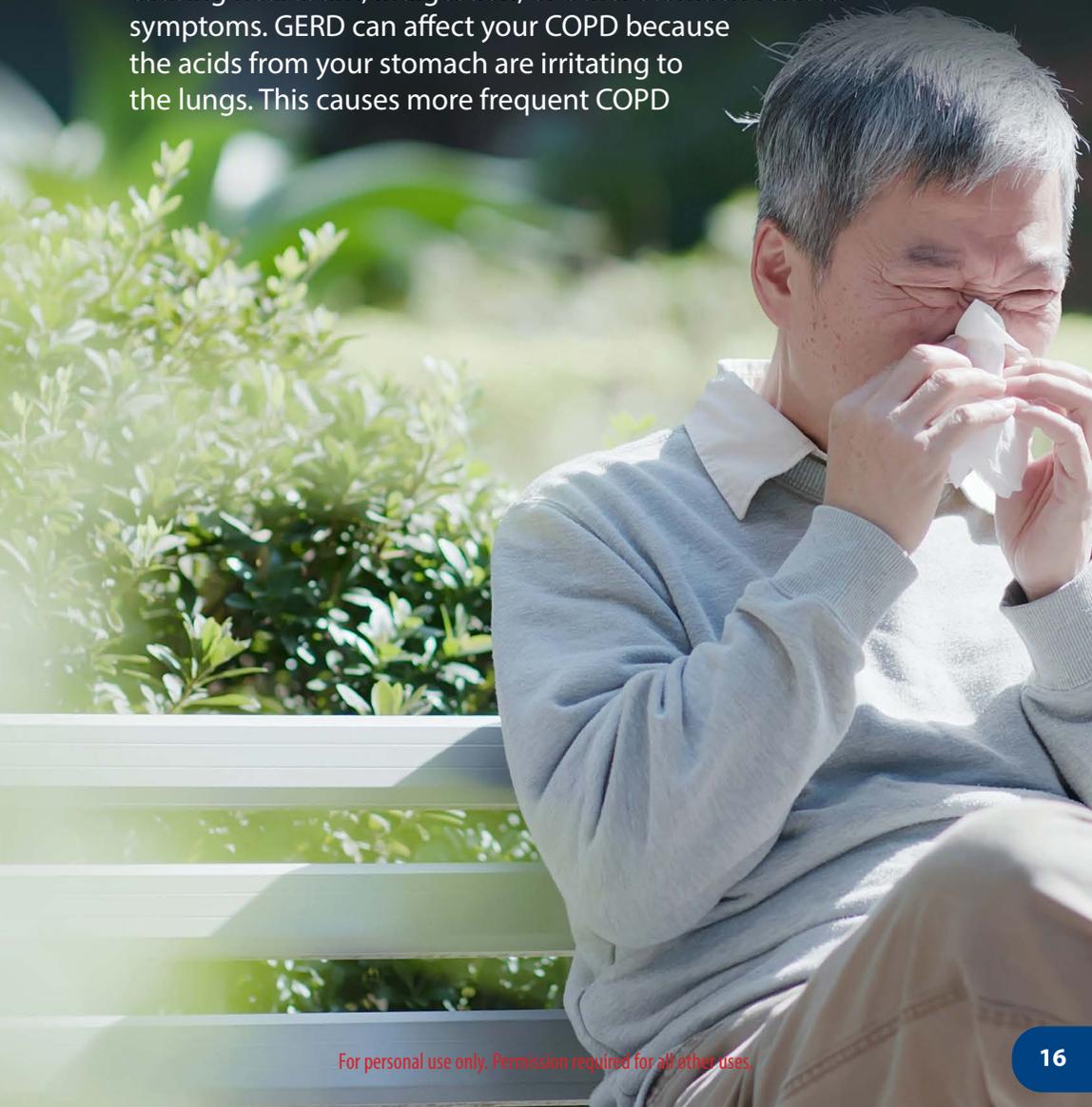
People with COPD often have other health conditions that can affect their breathing. These conditions are called comorbidities. Some common COPD comorbidities include:

Allergies: An allergic reaction happens when your body overreacts to substances in the environment. Your body responds by causing inflammation, itchy eyes, a runny nose, and other symptoms. If your seasonal allergies are not controlled, they can worsen your COPD symptoms.

For the Caregiver: *If your loved one snores, breathes loudly while sleeping, or sounds as if they stop breathing during sleep, a health care provider should evaluate them. Often, a partner or spouse will be the first to notice a potential sleep problem in their loved one.*

Obstructive Sleep Apnea (OSA): In this condition, your airways become blocked during sleep. You may wake up with headaches, feel drowsy during the day, or snore loudly. Your health care provider may suggest a sleep study test where your breathing is monitored during sleep. If the test shows that you have OSA, you may need to use a CPAP machine while you sleep. OSA can cause serious health effects if it is not treated.

Gastroesophageal Reflux Disease (GERD): In this condition, the acid in your stomach flows backwards into your esophagus, causing heartburn, indigestion, or other stomach-related symptoms. GERD can affect your COPD because the acids from your stomach are irritating to the lungs. This causes more frequent COPD



Medical Conditions and Comorbidities

Diabetes: In this condition, your body has abnormal levels of sugar in your blood. Excess sugar in your bloodstream can cause serious health effects and damage to your organs. Often, people with diabetes have no symptoms. Be sure to complete your yearly health checks and screenings to see if you are at risk for conditions like diabetes.

Obesity: People who are overweight or obese are at risk for several serious health conditions. Making a plan with your health care provider to reach a healthier weight can include making changes to your diet and or adding more activity into your daily routine.

Congestive Heart Failure (CHF): In this condition, your heart has trouble pumping enough blood and oxygen to your body. This can cause you to feel short of breath. The symptoms of CHF and COPD can sometimes be similar, so it is important to talk to your health care provider if you have new or worsening shortness of breath.

Osteoporosis: In this condition, your bones become weaker and less dense. Osteoporosis can happen due to age, genetics, body type, and taking large doses of oral corticosteroids for long periods of time. If you have osteoporosis, treatments are available to help improve your bone strength.

If your feelings are overwhelming or are affecting your daily activities, talk to your health care provider or a mental health specialist. They can give you the tools you need to cope with your condition.

Anxiety and Depression: Living with COPD can make you feel tired, stressed, angry, and overwhelmed. These feelings are normal. It may help to talk to a trusted friend, family member, or counselor. Try doing calming exercises and breathing techniques such as pursed lip breathing if you are feeling anxious or short of breath. Learn more on the Foundation's Coping With COPD webpage at <http://copdf.co/copingwithcopd>. You can also find ideas and support from other people living with COPD on the COPD Foundation's online community, COPD360social, at copdf.co/360social.



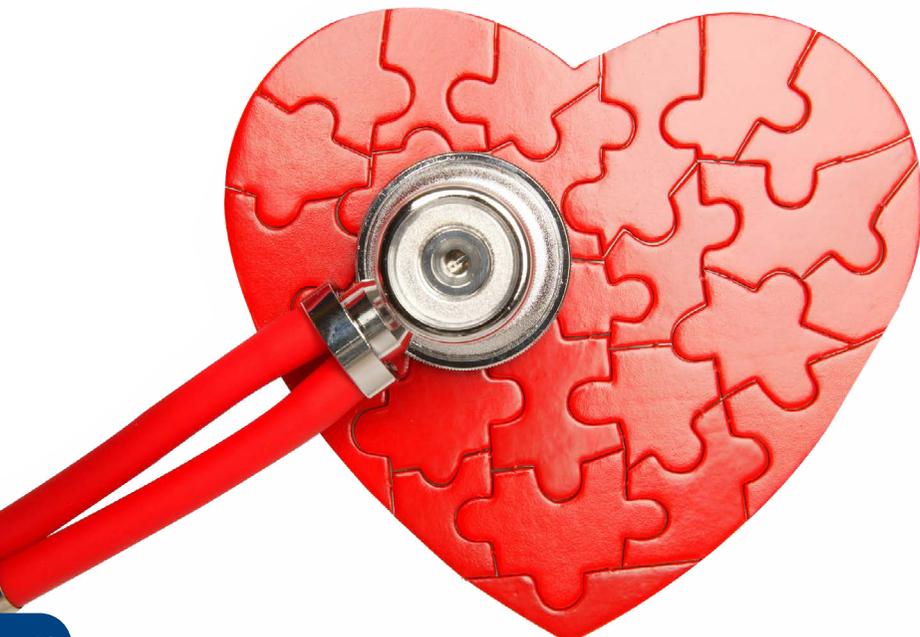
HEALTHY HABITS FOR COPD MANAGEMENT

In this booklet, we've talked about many factors and conditions that can cause COPD flare-ups. But finding the things that worsen your COPD is only one piece in the COPD management puzzle. It is also important to develop healthy habits that can help manage your COPD, such as:

Health Checkups: Visit your health care provider regularly—at least once per year—to ensure that your health is on track. Your clinic visits may include:

- Spirometry testing every few years
- Weight checks and talking about nutrition
- Creating or reviewing your My COPD Action Plan
- Adjusting your medication delivery devices or dosage
- Getting important vaccinations such as the flu shot, pneumonia shot, and COVID-19 vaccinations

During your health checkups, you can also discuss other issues that might be affecting your daily life such as your ability to work, intimacy concerns, changes to your social life, and incontinence. Each piece of COPD management is important, even if it feels like a small (or uncomfortable) issue at the time.



If you are experiencing symptoms you find bothersome or embarrassing, and you are uncomfortable talking about them in person, consider sending a message through your health care provider's online portal, if one is available.

Stay Active and Eat Well: It is important for people with COPD to eat healthy foods and stay active. You don't have to join a gym or lift heavy weights to be active and improve your breathing. Simple activities like walking a few steps each day can reduce your shortness of breath and increase your stamina.

The COPD Foundation offers a program to help you increase your stamina and learn to play the harmonica—with no prior musical experience needed! The Harmonicas for Health® program is a fun, engaging way to practice breathing techniques while making music and connecting with others living with COPD. Learn more about this program at www.harmonicasforhealth.com and join the growing number of harmonica players worldwide. Be sure to check with your health care team before starting new activities or exercise.

For the Caregiver:

Consider going with your loved one to their checkups and medical tests. It can be very helpful to have someone with them who can take notes, ask questions, and write down instructions. You can find a note section on page 21 of this booklet.

While managing your COPD can be challenging at times, you can take steps today to help improve your symptoms and live well with your condition. Eating nutritious food, staying active, and taking your medications correctly are all important pieces of the COPD management puzzle. With the right treatment plan, you can live a healthier life with COPD.



ADDITIONAL RESOURCES: WEBSITES AND SOCIAL GROUPS

Learn more about how to manage your COPD on the Foundation's website at: <http://www.copdfoundation.org>.

For free electronic copies of educational booklets, flyers, and other tools visit the Foundation's Downloads Library at <http://copdf.co/education-materials>.

Connect with others: COPD360social, our online community, is a place to share thoughts and ideas, ask questions, and communicate with peers as well as experts. To join this free community of more than 55,000 individuals visit: <http://www.copd360social.org>.

Join the COPD Patient-Powered Research Network (COPD PPRN): The COPD Patient-Powered Research Network is the COPD Foundation's online registry of individuals with COPD and those who report factors that put them at increased risk for COPD who have consented to be contacted about studies they might be eligible for and complete surveys about their health and experience living with COPD.

Become an advocate: tell your story, grow awareness of the needs of the COPD community, and help make sure your voice is heard. Visit the COPD Foundation website to find out more or email: statecaptains@copdfoundation.org.

NOTES

Medication Record For:

Name

Date



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Take Action Today. Breathe Better Tomorrow.

Vaccines

Vaccine: Date(s): _____
Pneumonia _____
RSV _____
Flu _____
COVID-19 _____
Manufacturer: _____
Pertussis _____
Shingles _____

COPD Medications

Other Medications

Medication Allergies

ADDITIONAL RESOURCES: WALLET CARD

Wallet cards can be helpful for organizing your medication information and sharing it with others. Fill out this wallet card, cut it out, and carry it with you.

For personal use only. Permission required for all other uses.

My Name: _____ Date: _____
 My Doctor's Name: _____ Phone: _____
 Emergency Contact: _____ Phone: _____

Please complete the section below. Bring all your medicines and inhalers along with a complete list to doctor's office visits. Think about your ability to perform these activities on a typical "green" day. Place one check mark in each column. In the last (blank) column write in an activity you would like to be able to do again. Check the box below it to show how difficult it is to do that activity now. Share this goal with your healthcare team and your family.

	CLEANING	MAKING MY BED	BRUSHING MY TEETH	BATHING/ SHOWERING	WALKING	CLIMBING STAIRS	WORKING	SLEEPING	EXERCISING	COOKING
I can do this										
I can do this w/minor limitations										
I struggle to do this										
I cannot do this										

Instructions: Work with your doctor to complete this section on special medications for use on your Yellow and Red days.

My Green Days

A Normal Day for Me

- My breathing is normal
- My cough and mucus are normal
- My sleeping is normal
- My eating and appetite are normal
- My activity level is normal

Take Action

- I will take all medications as prescribed
- I will keep routine doctor appointments
- I will use oxygen as prescribed
- I will exercise and eat regularly
- I will avoid all inhaled irritants & bad air days
- I will update my COPD Action Plan every 6 months

My Yellow Days

A Bad Day for Me

- I have a low grade fever that doesn't go away
- I have increased use of rescue medications without relief
- I have a change in color, thickness, odor or amount of mucus
- I am more tired than normal or have trouble sleeping
- I have new or more ankle swelling
- I am more breathless than normal
- I feel like I am catching a cold

Take Action

- I will limit my activity and use pursed-lips breathing
- I will take regular medications as prescribed
- I will report these changes to my doctor today
- I will start special medications* prearranged with my doctor which includes: _____

My Red Days

A Bad Day When I Need Help Right Away

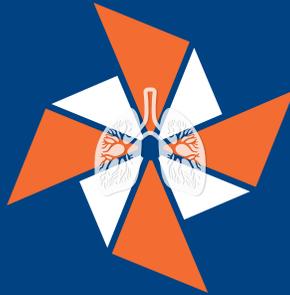
- I have disorientation, confusion or slurring of speech
- I have severe shortness of breath or chest pain
- I have a blue color around my lips or fingers
- I am coughing up blood

Take Action

- I will call 911 right away
- I will start these special medications*: _____

* If symptoms are not improved in one day after taking special medications, consult your doctor. The contents of My COPD Action Plan is for information purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment.

My COPD Action Plan can be used daily and should be updated every 6 months.
 Next update: _____



COPD

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Miami, FL | Washington, DC

www.copdfoundation.org

COPD360 Community Support Line:
1-866-316-COPD (2673)

Bronchiectasis and NTM Information Line:
1-833-411-LUNG (5864)

This guide has been reviewed by members of the
COPD Foundation Guides for Better Living Review Team