



Living and breathing with

COPD

Chronic Obstructive Pulmonary Disease





Your life with COPD



Chronic obstructive pulmonary disease (COPD) is a very common lung disease.¹ If you have been diagnosed with COPD, this brochure will help you gain a better understanding of:

- COPD
 - Background
 - Symptoms and stages
 - Diagnosis
- Medications
- Living a healthy life
- The importance of talking with your doctor

Understanding your life with COPD

When you're diagnosed with COPD, you may feel shocked, confused, fearful, or guilty. You are not alone. More than 200 million people are living with COPD around the world.²

While there's no cure for COPD, there are treatments that may help you feel better and allow you to do more with your life.¹ The most successful COPD patients motivate themselves to take action – there is much you can do for yourself.

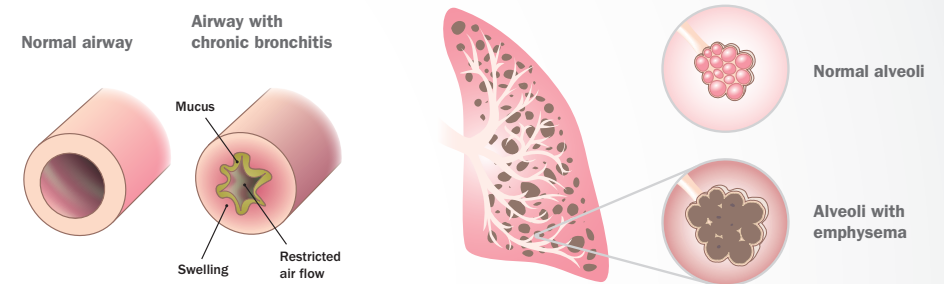
While COPD is a progressive disease, it is manageable and treatable. Advancements are being made in treatment options that open up your airways and can help you breathe better.¹

COPD patients willing to adjust their lives find they can re-engage in activities and still have a productive life. Keep reading! Learning about COPD will help you feel better and more in control.

The basics of COPD

COPD is a lung disease that makes it difficult to breathe. It usually affects people aged over 40 years. The most common way of getting COPD is cigarette smoking, though dust, smoke, burning fuels, and chemicals can also cause COPD. Two conditions make up COPD: chronic bronchitis and emphysema.^{1,3}

Below is a diagram of airways and alveoli inside the lungs of a COPD patient. Air gets into your lungs through your airways. The alveoli are air sacs at the end of airways and are where oxygen enters the bloodstream. When you have COPD, the airways are damaged and don't expand as much as they used to, remaining closed.¹



Everyone's lungs weaken over time, but it happens faster in people who have COPD. So it's important to do all you can early on. Inhaler medications such as bronchodilators can help you open up your airways to the lungs so that you can breathe better.^{1,4}

The symptoms and stages of COPD

The most common COPD symptoms are breathlessness, cough, and mucus. Other symptoms may include wheezing, sleep problems, and chest tightness.

Your doctor may determine the severity of your disease by testing your lungs and getting your forced expiratory volume (FEV₁) score. FEV₁ is the amount of air you can breathe out in one second. Spirometry is the test that measures FEV₁. Ask your doctor for your FEV₁ score so you can keep track of your lung function over time.¹

Bronchodilators can improve your lung function and COPD symptoms, and raise your FEV₁ score.¹



The role of medication



The figure below describes COPD stages, symptoms, and treatments.¹

Mild COPD^{1,5}

Symptoms: Cough, sometimes more mucus, may feel out of breath during exertion
Treatments: Smoking cessation, influenza vaccine, rescue medication (when needed)

Moderate COPD^{1,5}

Symptoms: Often short of breath, more cough and mucus, longer recovery from colds or infections
Treatments: Add one or more long-acting bronchodilators, add pulmonary rehabilitation, which includes exercise training, counseling, education, etc

Severe COPD^{1,5}

Symptoms: More short of breath (day and night), more cough with a lot of mucus, unable to exercise as much, tire easily
Treatments: Add inhaled steroids if repeated exacerbations (episodes where symptoms get much worse)

Very Severe COPD^{1,5}

Symptoms: May not be able to work or do chores, worse quality of life, and frequent exacerbations, which can be life threatening
Treatments: Add long-term oxygen if chronic respiratory failure, consider surgical treatments like lung transplant

Adapted from GOLD Guidelines 2010 with permission from GOLD.

You and your lungs

Your lungs are a vital part of your body, just like your heart. They keep your body moving and working. COPD makes the opening of the airways to your lungs narrower, so it's important to keep them open as much as possible. There are medical advancements that can help get air in and out of your lungs.¹

Different medication

COPD treatments may vary over time, depending on the severity of the disease and symptoms. There are two main types of COPD treatments: rescue or reliever and maintenance medications.¹

Rescue or reliever medications^{1,6}:

- Short-acting medicines that you inhale to give you quick relief of breathing symptoms for a respiratory crisis
- Should not be used regularly, only when needed
- Last for 4-8 hours

Maintenance medications^{1,7}:

- Long-acting medicines that you inhale regularly every day, whether or not you have breathing symptoms
- Usually inhaled once or twice a day
- Last for 12-24 hours

The most commonly used maintenance medications are inhaled bronchodilators and inhaled steroids. However, there are other treatments that can be used as maintenance medications.¹



Bronchodilators

Bronchodilators are the main medicines used to help COPD patients with their symptoms. The most common bronchodilators are called beta₂-agonists, anticholinergics, and methylxanthines; they are used by themselves or in combination with other medications.¹

Bronchodilators help to open airways and improve your lung function and COPD symptoms. They also raise your FEV₁ score, which is obtained from a test performed by your doctor to tell how well your lungs are working.¹

Bronchodilators may help improve^{1,8}:

- Breathing
- Overall quality of life
- Nighttime awakenings
- Ability to exercise
- The number of respiratory crises

Regular treatment with a long-acting inhaled bronchodilator is more effective and convenient than treatment with a short-acting inhaled bronchodilator.¹

As COPD progresses, you may feel more breathless. Your doctor may decide to combine medications, add a different bronchodilator, or another type of medication as a way to open your airways more.¹

Other medications

If COPD worsens, your doctor may combine different types of medications. Treatment with inhaled steroids is for patients with more severe stages of COPD and/or frequent exacerbations. Regular treatment with inhaled steroids may¹:

- Reduce frequency of exacerbations
- Improve health status

In addition to bronchodilators and inhaled steroids, combination products and other oral treatments are available.¹

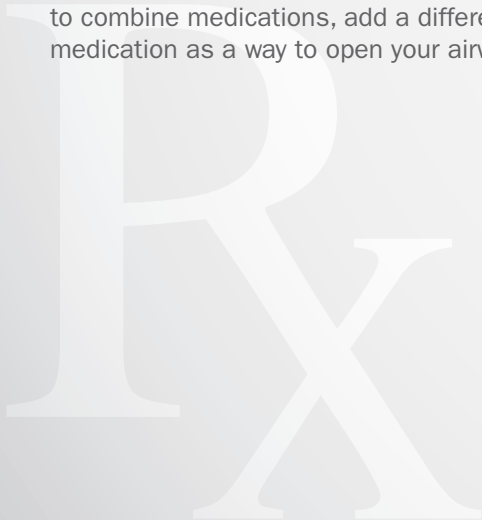
Getting the most out of your medication

Practice using your inhaler device in front of your doctor, nurse, or respiratory therapist, so you know you're using it correctly. Follow the instructions on how to use your inhaler device and ask your doctor for advice on how to check and make sure you took your dose.

Continuing to take your medicine as prescribed by your doctor is one of the best things you can do for your lungs when you have COPD. If you do not take it as indicated, you're deciding to give COPD the upper hand.^{1,9}

Even if you can't feel your maintenance medicine working, it is important to always take it as directed by your doctor because it helps your lungs work better. If you have any questions or concerns about your medication, don't hesitate to speak with your doctor about them.^{1,9}

Medicine will help your lungs, but it's only part of your treatment. Do as much as you can to help yourself stay healthy and live a better life.¹





Getting on top of COPD



Energizing your life

There are many things you can still do with COPD. You can open up your airways with effective treatments that allow you to be more active and stay independent. You can discuss your condition openly with your doctor so you can be treated correctly, and you can reach out to others to get more support.^{1,8}

A positive attitude goes a long way in helping you get on top of COPD and keeps you motivated to take steps that will help you improve your life. Finding the right way to balance the emotional and physical impact of COPD will help you manage the disease and your expectations in life.

Breathing better

Continuing to smoke with COPD is like kicking your lungs while they're down. Quitting smoking is the best way to improve the way your lungs work.¹

Pushing yourself will pay off. Small goals can add up and make a big difference in your life. Start with easy ones. Setting goals and succeeding will give you more energy and make you want to accomplish more.¹⁰

There are a number of things you can do to help your lungs and help yourself feel better. Here are some examples¹:

- Go to physical therapy if recommended by your doctor
- Walk around the house
- Practice breathing exercises
- Stay mobile and participate in activities like going for a walk
- See how far you can walk in 6 minutes and go farther next time

Balancing the physical

In addition to taking inhaled medications, there are other steps you can take to live a better life with COPD^{1,11}:

- Quit smoking
- Stay active
- Practice breathing techniques
- Eat healthy
- Get flu vaccines to avoid getting sick

Being physically active has many benefits and can^{1,10,12}:

- Reduce breathlessness
- Reduce hospital stays
- Lower blood pressure
- Reduce anxiety and depression
- Lower rates of infection
- Improve circulation and heart health
- Increase your energy for daily tasks, such as being able to walk up stairs more easily
- Improve sleep, allowing you to wake up feeling refreshed
- Help you lose weight



Making the most of your healthcare conversations



You can also slow down the damage of COPD by^{1,11}:

- Talking to your doctor about:
 - Support for quitting smoking
 - Preventing exacerbations
 - What's best for your lungs
- Making sure to get routine vaccinations for influenza and pneumonia
- Staying active
- Eating healthy meals

Balancing the emotional

If you're feeling down, there are many people you can talk with, such as other COPD patients, friends, patient support groups, family members, and your doctor. They can help you feel less overwhelmed with COPD.¹³

Your doctor has given you medicine and advice to help you. That's a start. There are more ways to feel better. Much of that depends on you.

Talking with your doctor

Making the most of your discussions with your doctor is a key part in gaining a better understanding of COPD and living better. Your doctor can tell you about different ways to help you successfully quit smoking. Whether it's medicine, gum, lozenges, patches, or support groups, there are many options available.^{1,11}

It's very important to be proactive and truthful with your doctor. Do not wait to be asked. Think about your questions and concerns ahead of your visit. If you have symptoms that bother you or questions, speak up! Be sure to let your doctor know how much your medication is helping you.¹³

Ask your doctor about ways to manage COPD that can improve:

- Your breathing
- Overall quality of life
- Nighttime awakenings
- Ability to exercise
- The number of respiratory crises

Keep track of your COPD over time. If your symptoms worsen, share it with your doctor. When doctors know more about what's bothering you, they'll be able to better help you. Hiding facts from them means they can't help you as much as they could.

Ask your doctor about seminars or other activities that you can be a part of and that will improve your life or knowledge of COPD.

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