

# Living with COPD

COPD can affect every part of your life. While there is no cure, there are things you can do to help manage your COPD. Take an active role in your treatment, and talk to your healthcare provider about COPD.

## Quit smoking

- If you smoke, quitting is the most important thing you can do
- Ask your provider about ways to help you quit smoking

## Talk with your provider

- Tell your provider at every visit about your symptoms or any flare-ups
- Report any changes in your activity level
- Bring your medicines to every provider visit
- Tell your provider if you are feeling down or anxious about your COPD
- Work with your provider to create goals of care

## Do your part

- Learn about COPD
- Learn about your medicines
- Take your medicines as directed
- Keep provider appointments
- Ask for support from your family and friends, or join a support group
- Follow an exercise program as recommended by your provider
- Eat healthy foods
- Talk to your provider about whether you need the flu or pneumonia vaccine
- Stay away from things that irritate your lungs

**Take an active role in managing your COPD.**



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