

COPD

COPD (chronic obstructive pulmonary disease) makes it harder to breathe over time. It can't be cured, but treatment and daily habits can help you breathe easier and slow it down.

Everyday basics

- Take your inhalers and medicines as prescribed.
- If you smoke, quitting is the single most helpful step — ask for help.
- Stay up to date on flu, COVID and pneumonia vaccines.
- Ask about pulmonary rehab and, if prescribed, use oxygen as directed.

Good questions to ask your care team

- Which inhalers do I use daily versus for flare-ups?
- Do I qualify for pulmonary rehab?
- What are the signs my COPD is getting worse?
- Should I be on oxygen, and how do I use it safely?

When to get help right away

Get urgent care for sudden severe shortness of breath, blue lips, confusion, or chest pain.



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Source: MedlinePlus, U.S. National Library of Medicine (NIH) — <https://medlineplus.gov/copd.html>

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