

COPD AND ME

1. What is COPD?

Chronic Obstructive Pulmonary Disease (COPD) is a common, treatable lung condition. A person with COPD will have persistent symptoms (for example cough and phlegm) and difficulty in breathing. As a chronic disease COPD will never go away but there are actions you can take to manage your COPD that will give you the best possible quality of life

COPD is an umbrella term for emphysema and bronchitis and is mainly due to exposure to harmful particles or gases that are inhaled, causing abnormalities to the airway and the gas exchange area within the lungs. Smoking is the greatest cause of these abnormalities. This means that the disease is largely preventable by never smoking and/or by avoiding long term exposure to harmful fumes, dust or gases in the environment or work place.

Following a diagnosis with COPD the focus of care, which will be guided by your healthcare team, will be to assist you in preventing exacerbations or flare ups. A Self-Management Plan developed between you and your healthcare team will guide you on the early steps to take if you feel you are getting a flare up. The information in this download will assist you in caring for yourself if you have COPD, or if you are caring for someone with COPD.

Need our help? Call the COPD ADVICELINE 1800 831 2146