

UNDERSTANDING COPD



More than
50%

of adults with low pulmonary function were not aware they had COPD.¹

What is COPD?

Chronic Obstructive Pulmonary Disease, or COPD, is a group of diseases that cause airflow blockage and breathing-related problems, including emphysema, chronic bronchitis, and in some cases asthma.

In the United States, smoking is the primary cause of COPD, though exposure to pollutants, chemical fumes and dust can play a role.

SYMPTOMS CHECKER

- › **Emphysema** – wheezing, shortness of breath and tightness in chest
- › **Chronic bronchitis** – productive cough, shortness of breath and frequent respiratory infections
- › **Anxiety** – often related to not being able to breathe easily and lower oxygen level

RISK FACTORS

- › Smoking (leading cause of COPD)
- › Exposure to Air Pollutants (at home and work)
- › Genetic Factors
- › Respiratory Infections

Early diagnosis can drastically improve overall quality of life. Tracking your symptoms at home can help identify problems before they get worse.

HOW IS COPD TREATED?



Smoking Cessation
(No. 1 treatment for COPD)



Exercise



Energy Conservation



Breathing Techniques



Oral and Inhaled Medication



Lung Surgery
(in some cases)

Our COPD Program can help you better manage your symptoms at home and reduce your chance of going back to the hospital. To learn more, talk to your doctor or contact one of our home health representatives.



Call a care center near you.
www.amedisys.com/locations

amedisys.com