

Numbers to Remember for COPD

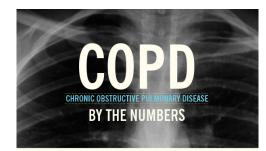
by NEWLIFEOUTLOOK TEAM

Helpful Numbers for COPD

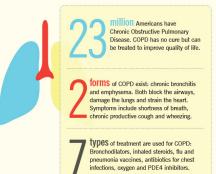
COPD will change quite a bit in your life. There a number of lifestyle change you'll need to make, including quitting smoking, drinking more water to help remove mucus in your airways, eating frequently but in smaller amounts, and using breathing techniques for COPD to make breathing easier.

The more you can do to help improve your shortness of breath and energy levels, the better your quality of life will be. Consider the below tips for better managing your COPD.

From: Cleveland Clinic



THE BASICS



PREVENTIVE STEPS



Clinic