



## Numbers to Remember for COPD

by NEWLIFEOUTLOOK TEAM

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### 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

# COPD

CHRONIC OBSTRUCTIVE PULMONARY DISEASE

## BY THE NUMBERS

### THE BASICS



**23** million Americans have Chronic Obstructive Pulmonary Disease. COPD has no cure but can be treated to improve quality of life.

**2** forms of COPD exist: chronic bronchitis and emphysema. Both block the airways, damage the lungs and strain the heart. Symptoms include shortness of breath, chronic productive cough and wheezing.

**7** types of treatment are used for COPD: Bronchodilators, inhaled steroids, flu and pneumonia vaccines, antibiotics for chest infections, oxygen and PDE4 inhibitors.

### PREVENTIVE STEPS



**7** attempts are needed on average to quit smoking and arrest COPD. Nicotine replacement and/or medications plus counseling work best.

**20** to 30 minutes of exercise are ideal, 3 to 4 times a week. Include stretching and cardio plus strengthening, and rest up for it. Exercise won't hurt the lungs!

**6** weeks before flu season, get a flu shot. Every 5 years, get pneumonia vaccine. Take antibiotics early for infections. Take steps to avoid devastating illness.

### LIFESTYLE TIPS



**6** to 8 glasses daily of caffeine-free liquid can thin the airway mucus. Eat fiber, limit salt and don't overeat. Bloating hinders breathing.

**5** to 6 small meals are best. Take small bites, eat slowly, drink after the meal and wear a cannula if needed.

**2** to 1 ratio helps with breathing. Take twice as long to exhale as to inhale. Breathe through pursed lips to conserve oxygen.

**1** rest period per day can conserve energy. Plenty of sleep is a must. Avoid long work days and extreme exertion (heavy lifting, raking, shoveling.)

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