COPD and Your Cup: 10 Drinks You Shouldn’t Have

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Beverage Beware

Chronic Obstructive Pulmonary Disease (COPD) is a lung condition that makes it hard to breathe. People with COPD need to be careful about what they drink. Some drinks can make breathing worse. Here are ten drinks to avoid if you have COPD.

10 Drinks to Avoid with COPD

1. Alcohol

Alcohol can make you dehydrated, which is not good for your lungs. It can also cause sleep problems, leading to tiredness during the day. This can make it harder to breathe.

2. Soda

Soda has a lot of sugar and carbonation. The bubbles can make you feel bloated, which can make it harder to take deep breaths. Try to drink less soda and choose healthier options instead.

3. Caffeinated Drinks

Drinks like coffee, tea and energy drinks have caffeine. Caffeine can cause your heart to race and make you feel anxious. This can lead to trouble breathing. If you enjoy caffeine, try to limit how much you have.

4. Dairy Products

Dairy drinks like milk and cream can create more mucus in your throat and lungs. Extra mucus can make it difficult to breathe. If you notice that dairy affects your breathing, it might be best to cut back.

5. Fruit Juices with Added Sugar

Many fruit juices contain added sugar, which can be harmful. Too much sugar can lead to weight gain, making it harder to breathe. It's better to choose whole fruits instead of sugary juices.

6. Sugary Drinks

Sugary drinks, like sweetened iced tea or lemonade, can cause weight gain and inflammation in your body. This can worsen COPD symptoms. Opt for unsweetened beverages to help keep your lungs healthy.

7. Very Cold Drinks

Very cold drinks can cause your airways to tighten, making it hard to breathe. If you have COPD, try to drink beverages at room temperature or slightly warm.

8. Carbonated Water

While sparkling water is often seen as a healthy option, the carbonation can still cause bloating and discomfort for some people with COPD. If you find it difficult to breathe after drinking carbonated water, consider avoiding it.

9. Energy Drinks

Energy drinks are loaded with caffeine and sugar. They can cause a rapid heartbeat and increased anxiety, both of which can make breathing harder. It's best to stay away from these drinks.

10. Alcoholic Mixers

Many mixers used in cocktails are high in sugar and additives. These can cause dehydration and may worsen your COPD symptoms. If you choose to drink alcohol, try to use natural mixers or drink in moderation.

Treatments for COPD

Managing COPD requires a combination of treatments and lifestyle changes. Here are some common treatments that can help:

- **Inhalers:** These deliver medicine directly to your lungs to help open your airways.
- **Nebulizers:** These machines turn liquid medicine into a mist you can breathe in.
- **Oxygen therapy:** Some people may need extra oxygen to help them breathe better.
- **Pulmonary rehabilitation:** This is a program that teaches you exercises and techniques to improve lung function.
- **Healthy diet:** Eating a balanced diet with plenty of fruits, vegetables and lean proteins can help support your lungs.

It's important to talk to your doctor about the best treatment options for you. By avoiding certain drinks and following a treatment plan, you can manage your COPD and breathe easier.