

Chronic Obstructive Pulmonary Disease ('COPD')



You have COPD when you have one or more of the following lung diseases:



Chronic bronchitis.



Emphysema.



Chronic asthma.

What causes COPD?



The main cause of COPD is smoking.



This is because smoking is bad for the lungs.



It is important to find out quickly so that your lungs do not get any worse.



If you have a 'smoker's cough', check with your doctor that it is only that.

The symptoms of COPD



Finding it hard to breathe when you exercise.



A cough that does not go away and phlegm or sputum (gooey liquid from the throat).



Chest infections.

Treating COPD



You can't make your damaged lungs better.

But you can slow the disease down.



Stop smoking.



Exercise and keep healthy.



You will need to take medicine.

For example, using an inhaler to make breathing easier.



Have a flu jab each autumn.



Have a COPD check up every year.

You should see your doctor or nurse 1 time every year.



Stay away from:



Dusty places.



Smoky places.



Fumes, such as car exhausts.



COPD is a serious disease. It can kill you!

If you look after yourself you may live a longer and happier life.



For more information contact:

British Lung Foundation - www.blf.org.uk

03000 030 555 (Mon to Fri 10 am to 6 pm)

This leaflet was made by the Easyhealth team
at Generate Opportunities Ltd.



NHS choices

Easyhealth was given permission by NHS Choices to use their health information.



The '**Quality Checking Group**' at Generate checked that the information is easy to understand.

This is a group of advisors with learning disabilities.



The medical information was checked by:

Samantha Prigmore & Judith Rowles,
Respiratory Nurses.

St Georges Healthcare NHS Trust.



THE BRIGHTER BOROUGH
Wandsworth

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