

COPD

EVERY DAY:

- Avoid Triggers (air pollution, fumes, sudden changes in weather, pollens, mold, smoke, scented products, etc).
- Increase activities and conditioning
- Don't smoke and stay away from second hand smoke
- Be sure to get influenza and pneumonia vaccine
- Take your medicine the way you should
- Use home oxygen as suggested

Green Zone

- No increase in breathlessness with normal activity
- No increased need for your rescue inhaler

Yellow Zone Call Dr or Home Health Nurse

- You have increased shortness of breath with normal activity
- You have to stop for breath when walking at own pace on level ground
- It is harder for you to breathe when lying down (You need to sleep sitting up in a chair)
- Your phlegm increases or changes in color
- You are too breathless to leave the house or walk to the bathroom
- You are running out of medicine you take for your breathing

RED ZONE * EMERGENCY*

Go to the Emergency Room or Call 911 if you have any of the following:

- Unrelieved shortness of breath while sitting still
- Have confusion or can't think clearly, agitation or rapid heart rate
- Increased tightness or chest pain

Breathe Easy



Living a healthy life with Chronic Obstructive Pulmonary Disease (COPD)

The most common obstructive lung diseases are chronic bronchitis, emphysema, asthma, bronchiectasis and cystic fibrosis (CF). Living with chronic lung disease means learning to control it and the best way to do this is to be an active partner in your treatment.

This booklet offers information that can guide you in the care of your lungs. We hope you share it with your loved ones. The more you all know about COPD the better you can take care of your lungs and live a longer, fuller life. This booklet does not replace your doctor's advice or treatment.

What Can I Do to Manage my COPD?

1. Use your medications as prescribed by your doctor. These may include:

- Bronchodilators
- Anti-inflammatory medications
- Antibiotics
- Cough medicines
- Oxygen

It is important for you to learn which drugs or treatments you take, what they are for and their side effects. Tell your doctor if you start to feel any side effects. Sometimes drugs interact and cause problems, so make sure you or your pharmacist keeps a current list of your medications.

Bring your medication list with you whenever you come to see your doctor. Include drugs ordered by other doctors and any over the counter drugs (such as eye drops, herbal or alternative supplements and vitamins.)

2. Smoking: if you smoke, find some way to quit.

This is the best thing you can do to help control your COPD and prevent it from getting worse. Emphysema and chronic bronchitis are often diseases of smokers. Many things that cause normal cells to change to cancer cells have been found in cigarette smoke.

Talk to your doctor or Lee County Health Department about stop smoking programs or support groups to help you quit. Quit Line Iowa is a great resource. You can also ask your doctor about inhalers, nasal sprays, medicines or nicotine patches. These products have helped a lot of people stop smoking.

When you crave a cigarette:

- Keep your mind active, read a good book, do a jigsaw

6. Know When to Seek Medical Help

It is important to know the first signs of an infection or respiratory problem that need immediate treatment. Here are some symptoms to discuss with your doctor. You can also use the STOPLIGHT on the back of this booklet as a guide.

- More shortness of breath, trouble breathing or wheezing than usual
- More coughing, more often and more severe
- Increase in mucus production
- Change in color of mucus, to yellow, gray, green or bloody
- Swelling ankles, legs or around the eyes
- Sudden weight gain, 3 or more pounds overnight
- Heart palpitations or faster pulse than usual
- Dizziness, sleepiness, headaches, vision problems, irritability, trouble thinking
- Loss of appetite
- Dehydration, symptoms include darker urine and dry skin
- Fever over 101°F or 38°C
- Early morning headaches not relieved by mild headache medicines, especially if you are on oxygen while sleeping

If you are interested in learning more about obstructive lung disease, go to www.fmchosp.com –FMCH services-Cardiopulmonary

somewhere that you see it every day.

- ◇ Keep your rescue inhaler with you and use it if you need it.
- ◇ Remember that shortness of breath is okay as long as you can talk and are in control of your breathing.
- ◇ Go at your own pace and make sure to warm up slowly and cool down at the end.

5. Preventing Infections

Infections can be serious when you have COPD. When mucus pools in the lungs too long, it gets thick and sticky and can become infected. It is important for you to know the warning signs of an infection:

- An increase in the amount of mucus
- An increase in the stickiness of the mucus
- A change in the color of the mucus
- An increase in shortness of breath

If you think you might have an infection, call your doctor right away. He or she may prescribe an antibiotic for it. If an antibiotic is prescribed, take all the medicine as directed so it can get rid of all the infection.

When you have COPD, it is VERY important that you receive a seasonal flu shot each year. You may also need a pneumonia vaccine. Ask your doctor for more information.

puzzle or write a letter.

- Find ways to keep your hands busy.
- Nibble on healthy snacks.
- Find ways to relax.

Here are some other tips to help you kick the habit:

- Change your routines and patterns so that you're less tempted to smoke.
- If you smoked after meals, leave the table as soon as you finish eating and brush your teeth or eat a mint.
- If you smoked in your car, clean it out and remove the ashtray and lighter.

Don't give up if it takes more than one try to quit smoking. KEEP TRYING. You can win this battle with your smoking habit.

3. Nutrition Therapy for COPD

Sometimes the symptoms of COPD, shortness of breath, coughing, chest discomfort, and fatigue can make it difficult for you to eat enough. You may want to try eating 5-6 small meals daily and include foods high in calories and protein.



Quick and Easy Snacks

Types of Food & Drinks	Examples
Drinks	Chocolate milk, white milk Instant breakfast drinks, milkshakes, juices
Main Meals & other foods	Bread, cereal, crackers, muffins Cheese, hard or semisoft; cream soups; hard boiled or deviled eggs Nuts, peanut butter (and other nut butters) Pita bread & hummus; pizza; sandwiches
Fruits & Vegetables	Applesauce Fresh or canned fruit Raw or cooked vegetables
Desserts & Snacks	Cakes and cookies made with whole grains, fruits, nuts, wheat germ or granola Custard, frozen yogurt, gelatin, ice cream, puddings, sherbet, Popsicles, sorbet, yogurt Dips made with cheese, beans or sour cream Granola, granola bars, nuts, popcorn, trail mix

Exercise

- Exercise can help you gain control over your COPD and your life.
- Be sure to talk to your doctor before beginning any exercise program
- There are different types of exercise that work different parts of your body
 - ◇ Flexibility or stretching help improve range of motion, posture and breathing.
 - ◇ Endurance or aerobic exercise helps improve the function of your heart and lungs
 - ◇ strengthening or resistance exercise helps build muscles, improve strength and maintain bone health.
- Tips for getting started:
 - ◇ Plan your workout for the time of day that you have the most energy.
 - ◇ Use a bronchodilator, if one has been prescribed, 20-30 minutes before exercise.
 - ◇ Clear your lungs of mucus if needed.
 - ◇ Use oxygen if it has been prescribed for use during your activity.
 - ◇ Check the weather before you start and adjust your workout accordingly.
 - ◇ Drink plenty of water before, during and after your exercise.
- Make your workout fun, safe, and a regular part of your day:
 - ◇ Work toward a goal of 30-60 minutes or exercise, most days of the week.
 - ◇ Join a gym or find a workout partner
 - ◇ Set a goal and increase your workout a little bit each week until you reach your goal
 - ◇ Keep a diary to track your progress – keep it



Don't write off sex because you have COPD. It is likely that you can function sexually better than you believe.

Start by talking to your partner; they may feel that sex would be too hard on your breathing. Taking the time to share how you feel can renew your relationship and sex life.

- There are things you can do to help you breathe easier during sex:
 - ◊ Be rested and choose times when breathing is easiest.
 - ◊ Always wait 2-3 hours after a meal.
 - ◊ Keep the room cool.
 - ◊ Plan to have sex after your bronchodilator has taken effect.
 - ◊ During sex, your heart rate and breathing increase. These are normal body changes during sex and are not harmful to you. Use pursed lip breathing to keep your breathing under control.
 - ◊ If you use oxygen daily, nasal prongs worn during sex will not interfere.
 - ◊ Don't rush. Give yourself plenty of time to engage in foreplay in a relaxed atmosphere.
 - ◊ If you start to get anxious, STOP. Relax, cuddle.
 - ◊ Make pleasure and affection your goal, whether you reach orgasm or not.
 - ◊ Avoid positions that make you support your body on your arms or put added pressure on your stomach. Since you breathe better with your head and chest elevated, you might try these positions.
 - Side-lying, either face to face or male behind female
 - Female on top-male can recline against the headboard or sit in a chair.
 - Female sitting with male kneeling or standing.

Keep up your daily breathing and exercise program. A strong body can handle sex better and will help you feel better about yourself and sex.

Some medicines may cause a change in sexual function.

If this happens, tell your doctor. He or she may be able to adjust your medicine.

Ways to Add Protein

Types	How to Use
Hard or Semi-soft cheese	<p>Melt on: Sandwiches; bread; muffins; tortillas; hamburgers; hot dogs; meats and fish; vegetables; eggs; desserts; stewed fruit; pies.</p> <p>Grate and add to: Soups; sauces; casseroles; vegetable dishes; mashed potatoes; rice; noodles; meatloaf.</p> <p>Cottage cheese/ricotta cheese Mix with or use to stuff fruits and vegetables. Add to: casseroles; spaghetti; noodles; egg dishes, such as omelets, scrambled eggs and soufflés.</p>
Milk	<p>Used milk instead of water in drinks and in cooking. Use in hot cereal, soups, cocoa and pudding.</p>
Non-fat instant dry milk	<p>Add to milk and milk drinks such as eggnog or milkshakes. Use in: casseroles; meatloaf; breads; muffins; sauces; cream soups; mashed potatoes; macaroni and cheese; pudding; custard; other milk-based desserts.</p>

Ways to Add Protein

Meal replacements, supplements and protein powder	Use instant breakfast powder in milk drinks and desserts. Mix with ice cream, milk and fruit flavoring for a high protein milkshake.
Ice cream, yogurt and frozen yogurt	Add to: carbonated drinks; milk drinks such as milkshakes; cereal; fruit; gelatin; and pies. Mix with soft or cooked fruits. Make a sandwich of ice cream or frozen yogurt between cake slices, cookies or graham crackers. Mix with breakfast drinks, and fruit, such as bananas.
Eggs	Add chopped hard-boiled eggs to salads, salad dressings, vegetables, casseroles, and creamed meats. Make rich custard with eggs, milk and sugar. Add extra hard-boiled yolks to deviled egg filling and sandwich spread. Beat eggs into mashed potatoes, pureed vegetables and sauces. (Make sure to keep cooking these dishes after adding the eggs because raw eggs may contain harmful bacteria.) Add extra eggs or egg whites to: custard; puddings; quiches; scrambled eggs; omelets; pancake or French toast batter.

tightening/relaxing

- When you relax your body and mind, you reduce muscle tension and relieve anxiety.
 - ◇ First find a quiet, peaceful place. Dim the lights lie down and put a pillow under your head and knees or sit up in a straight-backed armchair. Listen to some soft music.
 - ◇ Head & neck: pull your chin down towards your chest as tightly as you can. Then push the back of your head into a pillow. Turn your head from side to side in a relaxed way. Let it stop when it comes to a comfortable position.
 - ◇ Face: tighten (“scrunch”) up all of your face muscles. Hold, then let go.
 - ◇ Eyes: focus your eyes on something. Watch it and slowly let your eyelids grow heavy. Open your eyes, and then let them close slowly until they feel comfortable.
 - ◇ Shoulders: shrug your shoulders and tighten your shoulder muscles. Hold, then let go.
 - ◇ Arms: (do one hand and one arm at a time) Bend your elbow and make a fist out of your hand. Tighten your fist, then let go. Straighten your arm and fingers. Tighten as much as you can, then let go.
 - ◇ Legs: (do one leg at a time) Hold your leg straight and point your toes. Tighten your leg muscles, then let go. Point your toes toward your nose and push your heel and the back of your leg into the bed or floor. Tighten, then let go.

Sexual Health



4. Find Balance in Your Day

Manage your good mental and physical health by eating healthy, getting plenty of rest, practicing relaxation techniques and exercising.

Emotional Health

Your emotions can cause muscles used for breathing to tighten, making airways narrow and breathing difficult. Tense muscles also use more oxygen than relaxed muscles. It is important to manage your emotions. Find someone to talk to. Don't try to keep your emotions to yourself. Frustration, anger, anxiety, fear, shock and disbelief are all natural reactions to living with chronic lung disease. Walking and relaxation or breathing exercises can help a lot. If you have difficulty dealing with your emotions or become depressed, talk with your doctor.

- Sadness or depression can occur when anger is turned inward toward one's self. Some signs of depression include:
 - ◊ Changes in eating habits
 - ◊ Changes in sleep patterns
 - ◊ Withdrawal from family and friends
 - ◊ Loss of interest in daily activities

There are a number of ways to treat depression. It is important that you find the treatment that works for you. Talk to your doctor about the best plan for you.

- Talking with a friend, family member or counselor about your feelings
- Joining a support group for people with chronic illnesses
- Taking an antidepressant medicine (if your doctor prescribes one)
- Finding ways to relax and relieve stress—deep breathing, visualizing or mental imagery, or muscle

Ways to Add Protein

Nuts, seeds and wheat germ	Add to: casseroles; breads; muffins; pancakes; cookies; waffles. Sprinkle on: fruit; cereal; ice cream; yogurt; vegetables; salads; toast. Use in place of breadcrumbs in recipes. Blend with parsley, spinach or herbs and cream to make a sauce for noodles, pasta or vegetable dishes. Roll bananas in chopped nuts. Peanut butter and other nut butters Spread on: sandwiches; toast; muffins; crackers; waffles; pancakes; fruit slices. Use as a dip for raw vegetables Blend with milk and other drinks. Swirl through soft ice cream and yogurt.
Meat, poultry and fish	Add chopped, cooked meat and fish to: vegetables; salads; casseroles; soups; sauces; biscuit dough; omelets; soufflés; quiches; sandwich fillings; chicken and turkey stuffing. Wrap in pie crust or biscuit dough as turnovers. Add to stuffed baked potatoes. Beans, legumes and tofu Add to casseroles, pasta, soup, salad and grain dishes. Mash cooked beans with cheese and milk.



Ways to Add Calories

Types	How to Use
Milk	<ul style="list-style-type: none">• Use whole milk instead of low-fat. Put on hot or cold cereal.• Pour on chicken and fish while baking.• Mix in hamburgers, meatloaf and croquettes.• Make hot chocolate with milk.
Cheese	<ul style="list-style-type: none">• Melt on top casseroles, potatoes, and vegetables.• Add to omelets or sandwiches.
Granola	<ul style="list-style-type: none">• Use in cookie, muffin, and bread batters.• Sprinkle on: vegetables; yogurt; ice cream; pudding; custard; fruit.• Layer with fruits and bake.• Mix with dried fruits and nuts for a snack.• Use in pudding recipes instead of bread or rice.
Dried Fruits (raisins, prunes, apricots, dates, figs)	<ul style="list-style-type: none">• Plump them in warm water and eat for breakfast, dessert or a snack.• Add to: muffins; cookies; breads; cakes; rice and grain dishes; cereals; puddings; stuffing; cooked vegetables, such as carrots, sweet potatoes, yams, and acorn or butternut squash.• Bake in pies and turnover.• Combine with nuts or granola for snacks.

Ways to Add Calories

Eggs	<ul style="list-style-type: none">• Add chopped hard-boiled eggs to salads, salad dressings, vegetables, casseroles and creamed meats.• Make rich custard with eggs, milk and sugar.• Add extra hard-boiled yolks to deviled egg filling and sandwich spread.• Beat eggs into mashed potatoes, pureed vegetables and sauces. (Make sure to keep cooking these dishes after adding the eggs because raw eggs may contain harmful bacteria.)• Add extra eggs or egg whites to: custards; puddings; quiches; scrambled eggs; omelets; pancake or French toast batter.
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