

Know about

## COPD

### What is COPD ?

"COPD is a common disease that makes the patient hard to breathe." It is caused by exposure to smoke (like cigarettes, chullah, occupation etc.) for many years. This results in permanent damage to the lungs.

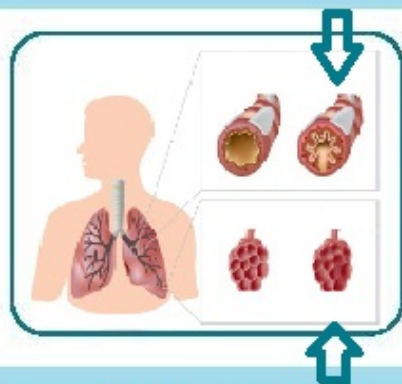
In India, around 3 crore males and females suffer from COPD.

### What happens to your lungs in COPD?

COPD is often a mix of two diseases.

#### Chronic bronchitis

In Chronic bronchitis, airways that carry air to the lungs get swollen. Lots of thick mucus forms in the airway. This can narrow the airways, making it hard for you to breathe.



#### Emphysema

In Emphysema, air sacs at the end of airways in the lungs (where exchange of oxygen and carbon dioxide takes place) are permanently damaged and lose their stretch. Air gets trapped in air sacs, so less air gets in and out of the lungs, which makes you feel short of breath



## What are the **SYMPTOMS** of COPD?



- Long lasting cough
- excessive mucus production



- shortness of breath that gets worsened on physical activity

**Spirometer** is a lung function measurement tool to confirm and monitor COPD



## What are the **risk factors** for COPD?

If your age is **above 40** and you are having prolonged exposure to any of these **risk factors** :



Cigarette / Bidi smoking is the leading cause of COPD.

Ex-smoker can also have COPD.



Long term exposure to other lung irritants such as air pollution at work place, chemical fumes or dust may cause COPD.

Exposure to biomass / chullah smoke.



# Managing COPD

## What is recommended **treatment** of COPD?

**Inhaled medicines** are the recommended treatment worldwide to manage COPD

- They are easy to use, safe and effective to help manage the symptoms.
- Though there are various types of inhalers, your doctor will prescribe the right one, which must be taken regularly.
- Avoid respiratory infections and get vaccinated for flu.



An **inhaler** is a device that helps the drug to **directly** reach the lungs through mouth.

## It is important to **STOP SMOKING**.

- Stop smoking completely
- Your lungs will slowly work better and your health will improve
- If you find it hard to quit smoking, ask your doctor to help you.



# Exercise help you improve your lung health

## Purse lip breathing



Inhale slowly through your nose for 2 seconds.

Purse your lips as if you were going to whistle. Now, exhale slowly through mouth for 4 seconds.



## Diaphragmatic Breathing



Put one hand on your abdomen. Now, inhale slowly through your nose.

Then, push in your abdominal muscles and breathe out using the purse lip technique.

Start walking slowly without getting short of breath. Check with your doctor before starting an exercise program.



## Eating healthy is very important for COPD patients



Protein rich food

Control salt intake



Avoid  
Junk Food  
Essay  
(400 Words)

Avoid food that irritates your stomach

Try to eat light meals instead of heavy ones

