

Managing Your COPD



MYTHS BUSTED

If you smoke and have no symptoms, you probably don't have COPD.

Many patients with COPD have no symptoms for years, but at some point as their lung function declines, they start to have symptoms.



Only smokers get COPD.



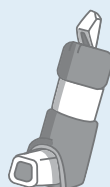
Smoking is THE greatest risk factor for COPD in the US; however, some people who do not smoke can develop COPD due to a genetic predisposition. Worldwide, exposure to burning fuels is a major cause of COPD.

Once you have COPD, stopping smoking doesn't matter.

If you stop smoking, your decline in lung function can slow down.



COPD is untreatable.



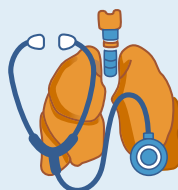
There is no cure for COPD, but the outcomes can be managed. Talk with your doctor about your disease management plan.

COPD is only a disease of the elderly.

COPD is more common as patients get older due to how long they may have smoked, but can be diagnosed at any adult age.

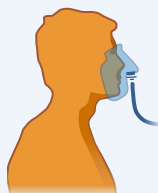


Once diagnosed with COPD, there is nothing you can do to manage symptoms and live better.



There are many things that people with COPD can do to manage their disease, such as stop smoking, mild exercise and pulmonary rehab. Work with your doctor to determine what's best for you.

Patients on oxygen can become addicted to it.



Patients who qualify for oxygen need it. If they use it, it can help them feel better, exercise more and possibly live longer. If someone uses oxygen and then stops, they won't be addicted. Their oxygen levels will go back to what it was without oxygen.

To learn more, go to chestfoundation.org/copd