COPD
(Chronic Obstructive Pulmonary Disease)

What is COPD?
- COPD affects the tubes in your lungs
- When you are unwell the tubes become smaller

COPD Symptoms
- It is harder for you to breathe
- You start coughing more
- You produce more sputum
- This may be Green
- You may get a chest infection
What can Cause COPD

- Smoking
- Some people in your family may have COPD

Tests for COPD

**Spirometry**
- Your doctor can get you to blow into a tube
- This tells him if you are unwell

**X-ray**
- A machine takes a Picture of your lungs
- The picture shows if you have an infection

**Blood tests**
- Your doctor or nurse takes some of your blood with a syringe
- This will tell them if you are unwell
Looking After Your Chest

Inhalers
- They can make you breathe easier

Antibiotics
- If you have a chest infection your doctor will give you medicine

Oxygen
- If you are really breathless your doctor can give you oxygen
- This can make you feel better

Pulmonary rehabilitation
- This can make you feel better
- This is: Exercise classes
  - Diet Advice
  - Support to stop smoking
Getting help

Stop smoking
- You can get advice from your doctor or a nurse

Exercise
- Exercising helps you to feel better
- Talk to the physiotherapist about what exercises you can do

Eating well
- If you are overweight it will make you more breathless
- Talk to the dietician about what food is good for you

Flu injections
- You can get a Flu injection every winter from your doctor
- This can help you feel better

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