



Delano Regional Medical Center

JOIN US FOR THIS FREE EDUCATIONAL SUPPORT GROUP MEETING

CHRONIC OBSTRUCTIVE PULMONARY DISEASE



2015 COPD Support Group Meeting

What is COPD?

Chronic Obstructive Pulmonary Disease (COPD) is an umbrella term used to describe progressive lung diseases including emphysema, chronic bronchitis, refractory (non-reversible) asthma, and some forms of bronchiectasis. This disease is characterized by increasing breathlessness.

COPD can develop for years without noticeable shortness of breath. You begin to see the symptoms in the more developed stages of the disease.

What are the symptoms?

- Increased breathlessness
- Frequent coughing (with and without sputum)
- Tightness in the chest

DATE: Tuesday, September 15th

TIME: 5:30PM to 6:30PM

LOCATION: Scarlet Oak Room

**For additional information, please contact
the Education Department: 661 721-5212 or
661 721-5683**

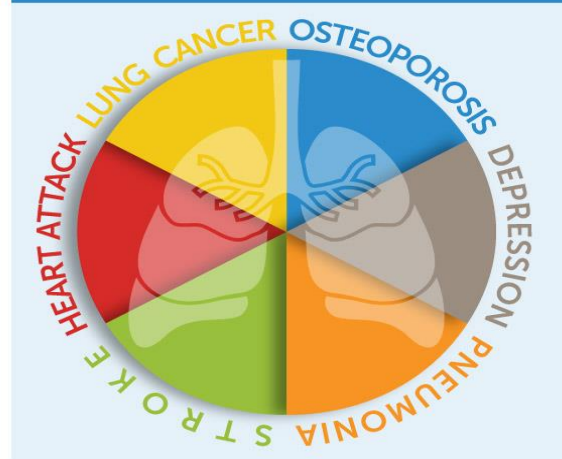
AN EVERYDAY HEALTH INFOGRAM

HOW TO AVOID A COPD EXACERBATION



According to the most recent data, an estimated **721,000 hospital visits** a year are caused by COPD. Of these, about 65 percent occur among people 65 or older.¹

UNTREATED COPD INCREASES RISK OF:



5 WAYS TO MINIMIZE YOUR RISK OF A COPD EXACERBATION



GET AN ANNUAL FLU SHOT. The flu can lead to serious illness, such as pneumonia, in people with COPD.



STAY ACTIVE. Try to exercise four or five times a week, for at least 20 to 30 minutes at a time, or as recommended by your doctor.



WASH YOUR HANDS OFTEN. Keeping your hands clean and away from your face is one of the simplest, most effective ways to avoid getting sick.



STAY AWAY FROM SMOKE. It's important to stop smoking, but secondhand smoke can also irritate your lungs. Ask others not to smoke anywhere near you.



CONNECT WITH OTHERS. Your emotional health affects your physical health. Get support from your family and friends, and from others who have COPD.

1. National Center for Health Statistics, National Hospital Discharge Survey, 2005