

# Chronic Obstructive Pulmonary Disease (COPD)

## What to do for my condition

Chronic Obstructive Pulmonary Disease (COPD) is a lung disease where the airways in the lung become inflamed and blocked by mucus. This makes it hard to move the air out of your lungs.

There is no cure for COPD but there are things you can do: manage your symptoms, take your medicines, and learn how to care for yourself. Keeping active and exercising are important to your health.



### Watch for 'flare-ups'

- I will start my 'flare-up' plan when I notice 2 or more of the following symptoms:
  - increase in shortness of breath
  - increase in my cough or sputum (mucous)
  - my sputum changes colour
- If I am not better within 2 days after taking my flare up medicine, I will call my doctor.

### Quit Smoking

- If I smoke, I know the best thing I can do for my health is to stop.
- If I want help to quit, I can call 1-877-455-2233 or go to the website [www.quitnow.ca](http://www.quitnow.ca).
- I know I can get nicotine replacement therapy for free for 3 months from my pharmacist.



### Be Active

- I know what to do to keep active and that exercising is important to my long-term health.
- I have received guidance on how to return to exercise/sexual activity.

### Take my medicines

- I know how my medicines affect my breathing.
- I know how and when to take my medicines.
- I plan to fill my prescriptions. I know my pharmacist can review how to take my medicine.
- Before I stop taking any medicine, I know to check with my doctor or pharmacist.



My Reliever (Emergency) Puffer	
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My Maintenance Puffer	
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### Follow up with my Care Team

- I will:
  - Call my family doctor to make an appointment in one (1) week.
  - Talk to my doctor about my 'flare-up' plan and vaccinations I might need.
  - Ask to go to a COPD education program to learn more about COPD.
- I know it is okay to ask for support if I feel anxious or sad for long periods.



## **Services and Supports**

### **Fraser Health Respiratory Rehab Programs**

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These programs might need a doctor to refer you and for you to have specific tests.

**Jim Pattison Outpatient Care and Surgery Centre** 604-953-9704

**Langley Memorial Hospital**  
604-534-4121 Ext. 745273

**New Westminster iConnect** 604-523-8800

**Ridge Meadows Hospital** 604-463- 1820

### **Community Respiratory Services**

Respiratory self-management and education in the home

Tel: 604-514-6106

Fax: 604-514-6079

### **Fraser Health Supported Programs**

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#### **Get up and Go Exercise Classes**

(for those aged 65 and older)

Local community centres

Call 604-587-7866 for a location near you

Cost is set by each community centre

### **Web and Community Resources**

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**HealthLinkBC** 8-1-1  
healthlinkbc.ca

Speak to a nurse, dietitian, or pharmacist.

Available 24 hours a day

Available in 130 languages – Just say your language in English and wait for the interpreter to come on the phone.

**BC Lung Association** 1-800-665-5864  
bc.lung.ca

‘Better Breathers’ support groups

More information on lung diseases

**BreathWorks Helpline** 1-866-717-2673  
lung.ca

Talk to a specially trained COPD educator

### **Institute for Heart and Lung Health**

Heartandlung.ca

Resources for patients (including prevention and self-care tools)

Heart + Lung Public Education Resources

### **COPD International**

www.copd-international.com

Information, forums, and chat rooms

### **Chronic Disease Self-Management Program**

1-866-902-3767

selfmanagementbc.ca

Diabetes or Chronic Disease education

Supported by University of Victoria

I am an expert in my own unique experience with COPD.  
I am the most important person in managing my COPD.