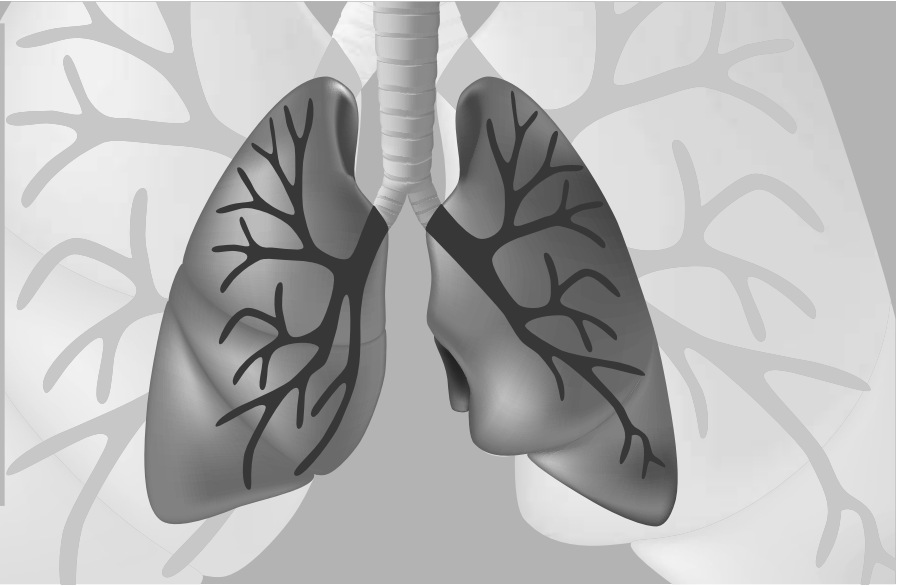


MANAGING MY CHRONIC OBSTRUCTIVE PULMONARY DISEASE



Your doctor may have talked to you about how you can get your COPD symptoms “under control.” What does it mean when COPD symptoms are controlled? Symptoms of COPD are different for every person. Depending on the type of lung disease and its progression, symptoms can be more or less severe. For instance, someone with emphysema will have damage to the air sacs in the lungs while someone with chronic bronchitis experiences ongoing cough with mucus build up caused by inflammation of the breathing tubes. People may experience shortness of breath, increase in mucus, frequent coughing, tightness in the chest and wheezing.

What does it mean when COPD symptoms are controlled?

Symptoms are under control when they are stable day-to-day, and you are able to perform your daily activities as you usually do. When your symptoms are under control, it likely means you are doing things to help minimize your COPD triggers. Some helpful behaviors may include taking your medicines consistently, seeing your doctor regularly, avoiding air pollutants such as second-hand smoke or other irritants, using your inhalers properly and exercising every day.

You can find more information about the different COPD triggers and symptoms at the American Lung Association by visiting www.lung.org or calling toll free 1-800-LUNGUSA (1-800-586-4872).

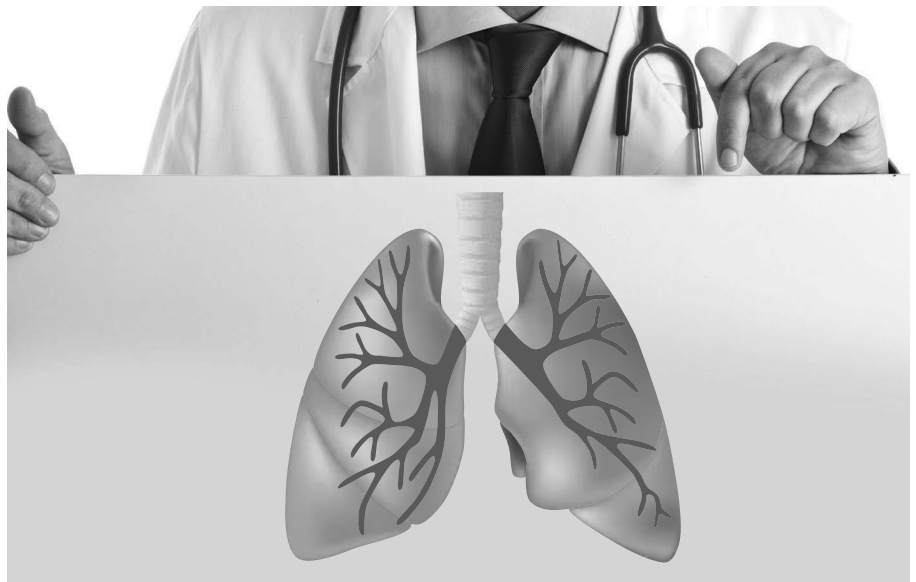
TAKE ACTION!

Flare-ups can happen for many reasons and sometimes those reasons are out of your control, such as getting a cold. You should see your doctor as soon as possible if your symptoms worsen, you have more or thicker mucus or it changes color. With the help of your doctor, you can work on getting your COPD symptoms under control more quickly.

Sometimes the symptoms are serious and require immediate medical attention. In that case, you should seek treatment at the nearest emergency room or call 911. Such symptoms may include:

- Coughing up blood
- Severe shortness of breath or tightness in the chest
- Chest pain
- Blue lips or fingers and/or swollen feet and ankles
- Changes in mental alertness

THINGS YOU CAN DO



Create a COPD action plan.

With the help of your doctor, you can create a COPD action plan that helps you track your symptoms and know when it's time to take action. The action you take will depend on the severity and type of symptoms. The action you take may be a home remedy, a call or visit to your doctor, or seeking emergency care. On the next page, you will find a sample action plan to help you get started. You and your doctor can come up with an individualized action plan that addresses your unique health needs.

COPD ACTION PLAN

Doctor's Name:		Emergency Contact Name:			
Doctor's Phone:		Emergency Contact Phone:			
On a normal day, I can do the following things:	Take a moment to think about how well you are able to perform these activities on a good day, when your symptoms are controlled. Place a check mark in the appropriate box to indicate your level of ability.				
	Can Do Easily	Can Do with Some Limitation	Can Do with Help	Difficult to Do	Cannot Do at All
	Getting out of bed				
	Bathing				
	Brushing Teeth				
	Getting Dressed				
	Preparing Meals				
	Walking				
	Climbing Stairs				
	Working				
	Cleaning				
	Exercising				

With the help of your doctor, you can come up with an action plan for things you can do on **YELLOW** (a difficult day for me) or **RED** (a day when I need help right away) days.

Green Day (today is a normal day for me)	A normal day for me is when	Action Plan
	<input type="checkbox"/> My Breathing is normal <input type="checkbox"/> My Cough & Mucus is normal <input type="checkbox"/> My sleeping is normal <input type="checkbox"/> My activity level is normal <input type="checkbox"/> My eating & appetite are normal	<input type="checkbox"/> I will take all my medications as prescribed <input type="checkbox"/> I will use my oxygen as prescribed <input type="checkbox"/> I will avoid all inhaled irritants <input type="checkbox"/> I will keep all routine doctor appointments <input type="checkbox"/> I will eat & exercise regularly
Yellow Day (today is a difficult day for me)	A difficult day for me is when	Action Plan
	<input type="checkbox"/> I am more breathless than usual <input type="checkbox"/> I cough more frequently & have more mucus build-up <input type="checkbox"/> I feel more tired than usual <input type="checkbox"/> I have trouble sleeping <input type="checkbox"/> I use my rescue inhaler more frequently with little relief <input type="checkbox"/> I feel like I am catching a cold <input type="checkbox"/> I have a low-grade fever that won't go away with a fever reducer	<input type="checkbox"/> I will report changes in my health to my doctor today <input type="checkbox"/> I will limit my activity <input type="checkbox"/> I will use pursed lips breathing <input type="checkbox"/> I will start the medications my doctor prescribed for "yellow" days: _____ <input type="checkbox"/> Other instructions: _____ _____ _____
Red Day (today I need immediate help)	A day when I need help right away is when	Action Plan
	<input type="checkbox"/> I have severe shortness of breath <input type="checkbox"/> I have chest pain <input type="checkbox"/> I feel confused, disoriented, or my speech is slurred <input type="checkbox"/> The area around my lips & fingers is blue <input type="checkbox"/> I am coughing up blood	<input type="checkbox"/> I will call 911 right away <input type="checkbox"/> I will start these special instructions discussed with my doctor: _____ _____ _____