



My COPD Goals

You are the most important person in managing your COPD. Talk with your healthcare provider to help you choose one or more goals you are ready to work on now.

Goal 1



Smoking

- I will think of the reasons why I want to quit smoking.
- I will ask my provider about how I can quit smoking and then take the steps to quit.
- If I start smoking again, I will try to quit again.
- I will _____.

Goal 2



Medicine

- I will take my medicine(s) as directed by my provider.
- I will ask questions when I do not understand my provider's instructions.
- I will learn how to use my inhaler, if prescribed, and have my provider check how I use it at every visit.
- I will _____.

Goal 3



Provider Visits

- I will keep my provider appointments, even when my breathing is stable.
- I will ask my provider to test my lung function.
- I will ask my provider about getting flu and pneumonia shots.
- I will ask my provider questions when I do not understand something.
- I will _____.

Goal 4



Exercise and Healthy Lifestyle

- I will learn breathing exercises.
- I will walk or exercise for _____ minutes, _____ days every week, as directed by my provider.
- I will learn how to save energy by pacing myself.
- I will take breaks after activity and get enough sleep.
- I will eat a balanced diet and drink enough fluids.
- I will wash my hands and try to avoid people with colds or flu.
- I will _____.

Goal 5



Air Pollutants

- I will keep my home free of smoke, fumes, and other irritants.
- I will stay away from smoky places.
- I will stay inside as much as possible when the air quality outside is poor.
- I will _____.

Goal 6



Help From Others

- I will talk with family and friends about how it feels to have COPD.
- I will join a COPD support group.
- I will let my provider know if I feel moody, blue, or stressed.
- I will _____.

EMERGENCY—I will get emergency help right away if:

- ① it's hard to breathe, talk, or walk;
- ② my lips or fingernails look blue;
- ③ my heartbeat is fast or irregular; or
- ④ my symptoms suddenly get worse and don't get better after taking my short-acting rescue medicine.

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