

# COPD resource guide

Learning about COPD can help you understand and manage your condition. You can use these Web sites and resources to help you increase your knowledge, connect with others, and get support for COPD.

## Learn about COPD

### American Lung Association®

You will find information and tools for managing COPD, social support, and other resources on this Web site.

800-LUNGUSA (800-586-4872)

[www.lung.org](http://www.lung.org)

### American Thoracic Society

Learn more about lung disease and lung health.

212-315-8600

[patients.thoracic.org](http://patients.thoracic.org)

### Global Initiative for Chronic Obstructive Lung Disease™ (GOLD)

GOLD works with health care professionals and public health officials around the world to raise awareness of COPD and to improve prevention and treatment of COPD.

[www.goldcopd.org](http://www.goldcopd.org)

### National Heart, Lung, and Blood Institute

NHLBI Health Information Center. Find helpful information about COPD—what it is, how it is diagnosed, risk factors, treatments, lifestyle changes, and resources.

301-592-8573

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

## Join an online community and find a COPD support group.

### Lung Connection Community

Hosted by the American Lung Association®. [connection.lung.org](http://connection.lung.org)

### American Lung Association® support group locator

800-LUNGUSA (800-586-4872)



Use these resources to help you learn about COPD.  
Talk to your healthcare provider about any questions you have.

