

# Living with COPD

Do you struggle with symptoms of COPD (chronic obstructive pulmonary disease)? Your symptoms may include:

- Feeling short of breath
- Coughing
- Coughing up mucus
- Changes in the amount and color of your mucus

You may notice that your symptoms may change day to day. In addition to taking your medicine as prescribed, you can take other steps to help manage your COPD.

**The items below may help you manage your COPD.  
Check off the things you will try.**

Remember, even a few changes may help improve your symptoms.

## Indoors

Smoke	Dust, dust mites, and pet hair
<ul style="list-style-type: none"><li><input type="checkbox"/> Ask smokers to smoke outside of your home</li><li><input type="checkbox"/> Avoid fireplace smoke</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Get rid of clutter. Clutter collects dust</li><li><input type="checkbox"/> Wash sheets and pillowcases every week to reduce dust mites</li><li><input type="checkbox"/> Clean floors and carpets regularly</li><li><input type="checkbox"/> Keep pets off your furniture</li></ul>
Mold	Chemicals
<ul style="list-style-type: none"><li><input type="checkbox"/> Get your air conditioner inspected regularly for mold and mildew</li><li><input type="checkbox"/> Get humidifiers and air ducts cleaned regularly</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Stay away from paints, varnishes, and cleaning products when possible</li></ul>

Air purifier system
<ul style="list-style-type: none"><li><input type="checkbox"/> Consider getting an air purifier system installed in your home</li><li><input type="checkbox"/> If you have air filters, change them regularly</li></ul>

## Outdoors

Air quality	Cold weather
<ul style="list-style-type: none"><li><input type="checkbox"/> Shut windows and stay inside if there is smog or a lot of dust outside</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Stay indoors as much as possible when the weather is cold</li></ul>

## Lifestyle

<b>Quitting smoking</b> <ul style="list-style-type: none"><li>□ Ask your provider for suggestions on quitting</li></ul>	<b>Healthy eating</b> <ul style="list-style-type: none"><li>□ Eat a balanced diet, including more fruits and vegetables. It may help improve how your muscles and lungs work over time</li></ul>
<b>Handwashing</b> <ul style="list-style-type: none"><li>□ Wash your hands often. It may prevent illnesses that could make COPD symptoms worse</li></ul>	<b>Simplify how you cook, clean, and do chores</b> <ul style="list-style-type: none"><li>□ Sit down while you do daily tasks such as cooking. Store things you use often in an easy-to-reach place</li></ul>
<b>Staying active</b> <ul style="list-style-type: none"><li>□ Ask your provider what activities would be best for you. Being active may help with breathing problems</li></ul>	

## Healthcare

<b>Inhaler</b> <ul style="list-style-type: none"><li>□ Use your inhaler exactly as your provider prescribes. Show your provider how you are using your inhaler to be sure you are using it correctly</li></ul>	<b>Pulmonary Rehabilitation</b> <ul style="list-style-type: none"><li>□ Ask your provider if pulmonary rehabilitation may be right for you. It may include breathing strategies, exercises, and other ways to help manage your COPD</li></ul>
<b>Vaccination</b> <ul style="list-style-type: none"><li>□ Talk with your provider about whether and when you should get flu (influenza) and pneumonia vaccines</li></ul>	<b>Oxygen</b> <ul style="list-style-type: none"><li>□ If your oxygen level is low, ask your provider if you may need extra oxygen to help you breathe better</li></ul>

**Talk to your healthcare provider  
about steps you can take to help manage your COPD.**



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