

Timely Diagnosis Can Promote Appropriate Management

It's estimated that more than 26 million Americans have chronic obstructive pulmonary disease (COPD), but only half have been diagnosed. If you have shortness of breath or any of the symptoms listed below, talk to your health care professional and ask if a lung function test is appropriate.

Some Signs and Symptoms of COPD

- ✓ 1. Shortness of breath.
- ✓ 2. Cough.
- ✓ 3. Wheezing and chest tightness.
- ✓ 4. Fatigue.
- ✓ 5. Weight loss and loss of appetite.

Do you have any of these signs and symptoms above? Visit this online screening tool to help determine if you are at risk for COPD: <http://www.copdscreener.com/>

Learn more about COPD. Visit:
www.HealthyWomen.org/COPD



Tips That Can Help You Manage COPD

Quitting smoking is the only intervention that can slow the progression of COPD, but there are things you can do to help manage your disease:

1. Accept your condition and learn as much as you can about it.
2. Make smoking cessation a priority. Enlist the help of your health care professional and be patient with yourself; it may take several tries, but keep at it.
3. Ask your doctor if you should participate in an exercise program.
4. Avoid lung irritants like mold, fumes and smoke.
5. Ask your health care professional if you need flu and pneumonia vaccines.

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