

WHAT IS COPD?

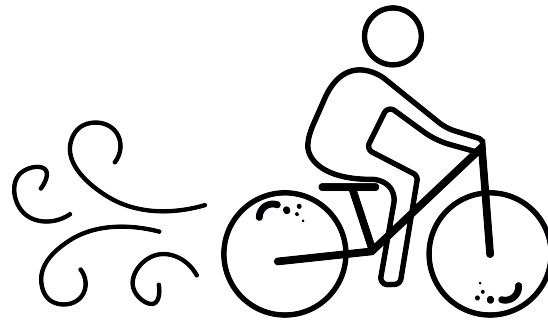
Chronic Obstructive Pulmonary Disease (COPD) is the general medical term for chronic bronchitis and emphysema.

The good news is, COPD is not only treatable - it's also preventable!

THE RISKS

The following factors can increase your chances of developing COPD:

- Smoking or second-hand smoke exposure
- Indoor and outdoor air pollution
- Having a family history of COPD/genetics



WHAT ARE THE SYMPTOMS?

Common symptoms of COPD include:

- Airflow limitation in the lungs that gets worse over time
- Shortness of breath and/or difficulty breathing
- Long-lasting cough
- Sputum (coughing up saliva mixed with mucus)
- Chronic chest infections
- Fatigue

PROTECT YOURSELF & OTHERS

- Don't smoke (if you do: Quit!)
- Talk to your doctor about COPD if you show any symptoms or have risk factors

IF YOU HAVE COPD

- Take medications as directed by your doctor
- Ask your healthcare professional about oxygen therapy
- Eat well and exercise often
- Prevent other illnesses/infections by keeping up with immunisations for other respiratory diseases and getting your flu shot
- Talk to your doctor about pulmonary rehabilitation

DID YOU KNOW?

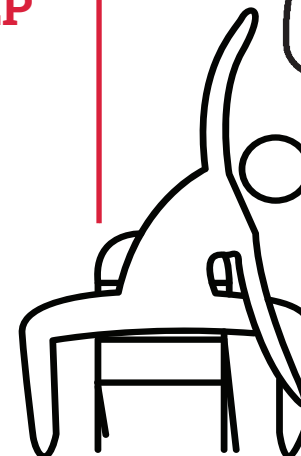
An estimated 1 in 9 New Brunswickers 35 and older has been diagnosed with COPD. Among those 65 years and older, 1 in 5 has the disease.*

*Source: Government of New Brunswick

HOW NB LUNG CAN HELP

- Patient counselling, education, and virtual COPD support groups
- YogaBreathe, an gentle chair-based exercise program
- Support for lung transplant patients

For more COPD information and support, please visit us at nblung.ca, email info@nblung.ca, or call (506) 455-8961.



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