

Get the Most out of Every Breath with COPD



When you have **C**hronic **O**bststructive **P**ulmonary **D**isease (COPD), there are many things you can do to improve your quality of life.

1. Make your home life as easy and stress free as possible.

- Avoid getting overly tired.
- Learn how to pace yourself.
- Do not rush!
- Try not to get in a big hurry, it will make you tired and can cause you to get short of breath.
- Try to get rid of any surprises in your daily routine. This will help you feel less stressed.
- Get a good balance between work and rest.

2. Some people with COPD may find they breath better at certain times of the day.

- Plan to do the things that take more energy during those “better breathing times.”
- Do things that tend to bring on shortness of breath close to the time that you take your quick relief bronchodilator medicine like Albuterol, Atrovent or Combivent.

3. Learn different ways of doing things.

- Do as many things as possible sitting down, rather than standing up.
- Take lots of breaks and work at your own pace.
- Stop and rest if you think you are getting too tired.
- Let yourself be less than perfect. It is okay!

4. Ways to save energy to avoid getting so short of breath:

- Do things slowly.
- Pace yourself.
- Sit down as much as you can.
- Put the things you use the most at waist level. This is so you can reach them easily without too much effort.
- Avoid bending, stooping and lifting as much as possible.
- Move things to where you spend the biggest part of your day.
- Use a cart with wheels to move things around.
- Plan for a rest period after each meal.
- Wear loose fitting clothes.
- Choose clothes and shoes that are easy to put on and take-off.
- Learn easier ways of doing things.
- Have grab bars put in your bathroom.
- Get a handicapped parking sticker.

