



*Yelm Family
Medicine
Patient
Newsletter*

COMMITTED TO YOUR HEALTH

Chronic Obstructive Pulmonary Disease (COPD) Awareness Month

IN THIS ISSUE

4 REASONS TO LEARN MORE ABOUT COPD

November is National COPD Awareness Month. Sponsored by the US COPD Coalition, the observance is a time for organizations and communities across the country to increase the overall awareness of COPD. *COPD Learn More Breathe Better®*, the title of the National Heart, Lung, and Blood Institute's national awareness and education campaign, has again been adopted as the theme for this year's National COPD Awareness Month.

DID YOU KNOW?

Chronic obstructive pulmonary disease is the **3rd** leading cause of death in the United States. The disease kills more than 120,000 Americans each year—that's 1 death every **4** minutes—and causes serious, long-term disability. The number of people with COPD is increasing. More than 12 million people are diagnosed with COPD and an additional 12 million likely have the disease and don't even know it. Here are **4** things YOU can do to live a longer, more active life.

We will be closed on Thursday November 23rd in observance of Thanksgiving and will reopen on Friday November 24th.



1. Be aware of the risk factors
2. Recognize the symptoms
3. Ask your doctor or health care provider about a simple breathing test
4. Follow treatment advice

4 KEY RISK FACTORS FOR COPD

If you ...

- have shortness of breath, chronic cough, or have trouble performing simple daily tasks like climbing stairs, grocery shopping, or laundry;
- are over age 40 and currently smoke or used to smoke;
- have worked or lived around chemicals or fumes;
- have certain genetic conditions

...you could be at risk for COPD.

4 THINGS YOU CAN DO IF YOU ARE AT RISK FOR COPD:

- Talk with your healthcare provider about shortness of breath, chronic cough, or decline in activity level.
- Get a simple breathing test, also known as spirometry.
- Quit smoking. Need help? Talk to your doctor or health care provider.
- Avoid pollutants or fumes that can irritate your lungs.

4 THINGS YOU CAN DO TO HELP MANAGE COPD:

- Take medication as directed by your doctor or health care provider.
- Enroll in a pulmonary rehabilitation program.
- Avoid pollutants or fumes that can irritate your lungs.
- Get flu and pneumonia shots as directed by your doctor or health care provider.

According to the American Lung Association, 24 million Americans currently suffer from COPD. The surprising fact is that only half of those numbers are actually

diagnosed. Which is why throughout the month, we will be presenting a number of topics to inform you about the importance of COPD. Here are some the stories you can look forward to:

- The Progression of COPD
- Life Expectancy of COPD
- Is COPD Hereditary?
- Flu Immunization and COPD

During National COPD

Awareness Month, we encourage you stay informed about this disease and share what you've learned with at least one person. Share your story below or comment on our social media channels.

If you or a loved one has been diagnosed with a lung disease and want to learn more about treatment options, please contact us or call (888) 510-9356 today.

