

Treating COPD

There are a number of treatments that may help your breathing. Talk with your healthcare provider about which treatment is right for you. **If you are still smoking, the most important thing you can do is quit.**

Daily maintenance medication

- Most are inhaled medications that you take every day to help manage your COPD
- It is important to use your daily maintenance medication every day, even if you are feeling fine, unless directed to stop by your provider
- Some of these medications may help prevent flare-ups



Short-acting rescue medicine

- Most are inhaled medicines you use when your breathing suddenly gets worse
- Your provider will tell you when and how to use a short-acting rescue medicine
- It is very important that you always carry your rescue inhaler with you for sudden symptoms of COPD

Exercise and diet

- Exercising may help increase your strength to do everyday activities
- Your provider or respiratory healthcare professional can show you the right exercises and how to do them safely
- Ask your provider or dietitian to review your diet and help plan meals that are right for you

Pulmonary rehabilitation

- Provides education and support and helps with exercises and breathing techniques to help you manage your COPD
- Talk with your provider to see if you would benefit from this kind of program

Oxygen

- Patients with more severe COPD may benefit from oxygen therapy
- If your oxygen level is low, you may need extra oxygen to help you breathe better

Talk with your healthcare provider about a treatment plan that is right for you.