



TAYLOR TIDBITS

COPD (CHRONIC OBSTRUCTIVE PULMONARY DISEASE) AWARENESS

COPD generally involves a combination of chronic bronchitis (having too much mucus in your airways) and emphysema (damage to your lungs which causes air to get trapped). As COPD develops, the trachea, bronchi and bronchioles thicken, closing off or narrowing passageways, filling them with mucus, and causing a loss in their flexibility, resulting in air trapping. In the later stage of COPD, there may be too little oxygen in the blood. COPD also makes the heart pump harder.

Smoking is the leading cause of COPD; examples of other causes include long-term exposure to industrial pollutants, scarred or damaged lung tissue. Symptoms of COPD includes: difficulty breathing, shortness of breath, wheezing, coughing, excess mucus, weakness and exhaustion and weight loss.

If you have been diagnosed with COPD there are ways to prevent additional stress on your lungs. These include: quit smoking, try to avoid secondhand smoke, air pollution, dust, aerosol sprays, chemicals and perfumes, extremes in air temperature and humidity.

Dealing with shortness of breath caused by COPD can make a person feel anxious. There are some techniques you can learn to relax and breathe more easily. One technique is Pursed-lip breathing. Pursed-lip breathing began with you breathing in slowly through your nose, keeping your mouth closed. Hold your breath for about 3 second. Purse your lips as if you were going to whistle, breath out slowly through your pursed lips for about 6 seconds, you should make a soft whistling sound while breathing out.

Eating better can also help you feel better. Eat 5-6 small meal a day to help prevent shortness of breath, drink plenty of fluids to help keep mucus thin and easier to cough up, limit salt intake because too much salt can make your body retain fluid, making breathing more difficult.

There are also support groups that you and your family can talk with who are suffering from COPD. Although you are suffering with COPD, you can still live a full and prosperous life.

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