

Coping With COPD

for family and friends

If someone in your family or a friend has COPD, here's how you can help.

Make your home smoke-free

- If you live with someone with COPD and you smoke, quit smoking.
- Keep cigarette smoke, fireplace smoke, and things like fumes from household cleaners, perfumes, and air fresheners out of your home or car.

Learn about COPD

- Talk with the doctor about COPD. Ask how you can help.
- Read books or Internet Web sites for more information.

Help the person with COPD follow doctor's orders

- Make sure medicines are taken as directed by the doctor.
- Gently remind them to follow prescribed exercise programs and eat right.

- If they use oxygen, learn how to use the equipment and keep it working right.
- Help keep doctor appointments. Bring a list of questions you may have.

Support open communication

- Suggest that the person be open about the way they feel. If they seem sad or anxious, have them talk with their doctor.
- Be patient and understanding.

Take time for yourself

- Ask other members of the family or friends to give you a break if you need it.

For a support group in your area, contact the American Lung Association at www.lungusa.org or 1-800-586-4872.

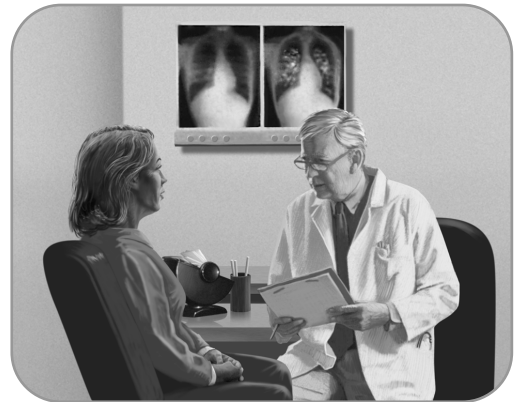
COPD and Anxiety

Being unable to catch your breath can be scary. Worry and everyday stress can make breathing problems seem worse. People with COPD may have these feelings (anxiety) when their breathing is not well managed.

Getting help is the first step

Talk to your doctor about your anxiety and:

- How it affects your breathing and your life
- How it affects your sleep
- If there are any medicines that may help
- Any other treatments that may help



Breathing techniques may help your anxiety

Learning how to breathe when you have anxiety may help you relax.

- Slow, deep breathing with pursed lips may help your breathing. It may help you stay more active without getting out of breath.
- Breathing techniques and exercise combined may help you manage your COPD and anxiety.

Anxiety can make breathing harder. Talk to your doctor about how to manage your anxiety and COPD.

COPD and Depression

COPD can keep you from doing things that you enjoy. You may begin to feel sad or down. If these feelings do not go away, talk to your doctor.

Do you have symptoms of depression?

Depression affects people in many ways. It can even make your COPD seem worse. Talk to your doctor if you have 5 or more of these symptoms that last for 2 or more weeks:

- Feel sad or down.
- Do not care about things you liked before.
- Eat more or eat less.
- Feel tired or slowed down.
- Feel anxious or restless.
- Cannot think or make up your mind.
- Feel like you are bad or not worth much.
- Sleep too much or too little.
- Think about dying or killing yourself.

Getting help with depression may help you feel better

- Your doctor may prescribe medicines to help with your depression.
- If you take a depression medicine, make sure all your doctors know about it.
- Talk to your doctor before stopping or changing any of your medicines.