

How is COPD Treated?

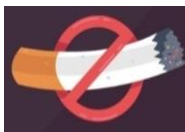
- Inhaler (steroid)
- Lung therapies
(Oxygen therapy)
- Surgery
(Lung volume reduction surgery/Lung Transplant)



How to Manage COPD?

• Avoid Possible Triggers

- Avoid secondhand smoke
- Quit smoking



• Protect Your Health

- Wash your hands regularly
- Avoid crowded places during the flu and cold season
- Practise good oral hygiene
- Get vaccinated against flu and pneumonia. Encourage family members to do so too



• Engage In Moderate Exercise

- ↑ Energy level
- ↑ Body's use of oxygen
- ↓ Shortness of breath
- ↓ Anxiety, stress & depression



Community Health

Chronic Obstructive Pulmonary Disease (COPD)

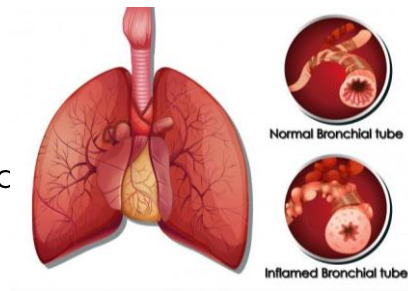


What is Chronic Obstructive Pulmonary Disease (COPD)?

COPD is a disease that affects the lungs.

The two main forms of COPD:

1. Chronic bronchitis
 - Tubes that bring air into the lungs are permanently damaged
2. Emphysema
 - Air sacs of the lungs are damaged



Signs and Symptoms

There is no cure for COPD but symptoms can be controlled and lung damage can be further prevented.



- Dry Cough (Weeks)
- Cough with phlegm



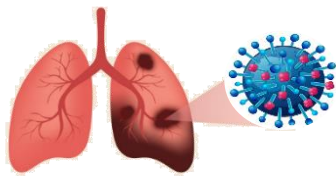
- Blueness of the lips or fingernail beds



- Tightness of chest



- Shortness of breath



- Frequent respiratory infection



- Lack of energy

Risk Factors of COPD



1. Age (40years old and above)



2. Smoking & secondhand smoke

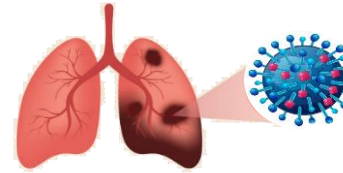


3. Genetics

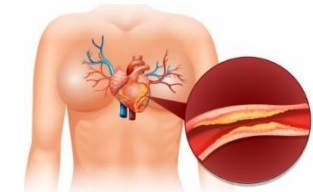


4. Regular contact with air pollution

Complications associated with COPD



- Respiratory infection (Pneumonia)
- Lung cancer



- Heart problem
- Pulmonary hypertension



- Osteoporosis



- Sleeping problem (Sleep Apnea)

How is COPD Diagnosed?

- Family and medical history
- Review any signs and symptoms
- Discuss any exposure (For example: secondhand smoke)
- Laboratory test
- Chest Xray
- Lung function test
- CT scan

