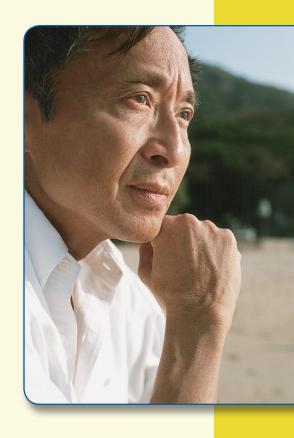
What About Times When I Can't Avoid Risks?



When Flare-ups Happen...

No matter how much you try, there may be times when you will be near things that make your symptoms worse. If this happens,

- Try to get away from what bothers your breathing. For example, if you are caught in traffic, turn onto a side street as soon as you can
- Take your rescue medicine
- Do this exercise to help you breathe better:
 - 1. Sit in a chair with your head supported
 - 2. Breathe in slowly through your nose. Breathe in until your lungs fill up
 - 3. Don't hold your breath. Purse (pucker) your lips and breathe out slowly
 - 4. Take longer to breathe out than to breathe in
 - 5. Repeat



Did you know

Taking an active part in your treatment may help reduce flare-ups and control your COPD* symptoms.

*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (bronk-eye-tis), emphysema (em-fuh-zee-muh), or both.

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