Talking About COPD*



Talk It Over

Here are some things you may want to find out about COPD. Bring this list to your next doctor's visit.

- How does my COPD affect me?
- What can I do to help keep it from getting worse?
- What should I do if my symptoms get worse?
- Do I have other conditions?
- What can I do to help keep from getting other illnesses?
- Should I get a flu shot or a pneumonia (noo-moan-ya) shot?

Did you know

There are a lot of helpful resources for you.

American Lung Association 1-800-LUNGUSA www.lungusa.org

National Lung Health Education Program 1-972-910-8555 www.nlhep.org

National Heart, Lung, and Blood Institute 1-301-592-8573 www.nhlbi.nih.gov The National Emphysema Foundation 1-203-866-5000 www.emphysemafoundation.org

Centers for Disease Control and Prevention 1-800-311-3435 www.cdc.gov

Pulmonary Education and Research Foundation 1-800-539-8390 www.perf2ndwind.org

*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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