

Having COPD (chronic obstructive pulmonary disease) can cause symptoms that can affect your quality of life. These symptoms may include shortness of breath, which can then lead to a decrease in activity. Having COPD can also cause changes to your weight.

There are things that you can do to reduce the symptoms and improve your quality of life:

SMOKING

Smoking is the main cause of COPD, the harmful chemicals in smoke can damage the lining of the lungs and airways. Stopping smoking can help prevent your COPD getting worse. Contact One You Leeds on 0800 1694219 for more information

ACTIVITY

Activity can help when you have a lung condition by enabling you to manage your symptoms better and remain independent.

Further information can be found at BLF.org.uk

Make an appointment with the Practice Nurse to discuss suitability for Pulmonary Rehabilitation.

WEIGHT

It is important to maintain a healthy weight when you have COPD.

If you are overweight it can make breathing harder.

If you are underweight your breathing muscles will be weaker and your body will have less strength to fight off infections.

IMMUNISATIONS

Some vaccinations can prevent some of the infections that cause COPD exacerbations.

Recommended are an annual influenza vaccination, and a pneumococcal vaccination.

If you need to check you have had these please speak to the Practice Nurse

INHALED MEDICATION

Inhalers are usually given if your COPD is affecting your breathing.

This is a device that delivers medication directly to your lungs as you breathe in. There are several different types of NEW improved inhalers available to help with COPD symptoms.

Make an appointment to see your Practice Nurse to discuss.

For tips on diet and weight visit BLF.org.uk



Chronic Obstructive Pulmonary Disease

Sometimes called C.O.P. D

Useful information:

Breathe easy support groups are available ;

- Middleton Parochial Hall 03000 030 555
- Hunslet Methodist Church 03000 030 555
- Exercise classes locally find on BLF.org.uk

A guide for patients
of Leigh View Medical Practice
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