

# 5 Wellness Tips for Living with COPD

plus three signs to look out for

**LIVING WITH A CHRONIC ILLNESS LIKE COPD** (chronic obstructive pulmonary disease) can be life changing – but that doesn't mean you have to give up the activities you love. In fact, incorporating positive lifestyle habits into your routine may help you manage symptoms and reduce flare ups. If you're living with COPD, here are some practical tips to keep your symptoms in check.

## Tips for Living with COPD

Tip  
#1:

### CREATE GOOD HYGIENE HABITS

COPD can make your lungs more susceptible to respiratory infections. Washing your hands frequently is an effective way to avoid the spread of most bacteria-causing infections.<sup>1</sup>



Tip  
#2:

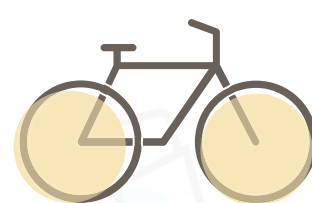


### AVOID SMOKING

For some patients, smoking is the cause of their COPD; therefore, it's essential that you avoid first and second-hand smoke to prevent the condition from worsening.<sup>2</sup>

Tip  
#3:

**EXERCISE REGULARLY**  
Because COPD affects the lungs, daily exercise may improve your body's natural airflow, thereby strengthening lung function for improved breathing.<sup>3</sup>



Tip  
#4:



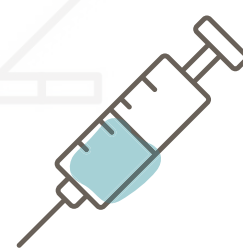
### EXAMINE YOUR DIET

A healthy diet of fruits, vegetables, and protein can help you breathe easier. Remember to consult with your clinician on the types of foods to incorporate into your diet.<sup>4</sup>

Tip  
#5:

### SCHEDULE ANNUAL VACCINES

Keeping your immune system in check is key to managing COPD symptoms. Get your annual flu shot and encourage family members to do the same.<sup>5</sup>



**ASIDE FROM INTRODUCING HEALTHY HABITS INTO YOUR DAILY ROUTINE,** understanding your COPD symptoms—and communicating any recurring flare ups to your health care team—may help you more effectively manage your symptoms. In many cases, those living with COPD may also be suffering from bronchiectasis, a chronic lung condition that often shares similarities with COPD. Below are some common indicators that your COPD symptoms may be developing into early signs of bronchiectasis:

## Signs and Symptoms of Bronchiectasis

1

### RECURRING LOWER RESPIRATORY INFECTIONS

Because bronchiectasis results in mucus accumulating in the lungs, you may be experiencing infections regularly. Ask your clinician about having a high-res CT scan to check for bronchiectasis.

2

### GREEN/YELLOW SPUTUM PRODUCTION

If you notice your sputum is a greenish or yellow color, this may indicate a respiratory infection. Consult with your clinician on next steps.

3

### MULTIPLE COURSES OF ANTIBIOTICS

If you've been treated with multiple courses of antibiotics for years, and you're still experiencing recurrent respiratory infections, ask your clinician about the possibility of bronchiectasis.

DID YOU KNOW?

Bronchiectasis affects an estimated  
**4.2 million**  
people  
in the United States<sup>6</sup>

**IF YOU ARE EXPERIENCING ANY (OR ALL) OF THESE SIGNS AND SYMPTOMS,** contact your doctor to discuss your treatment options! Remember, early detection is the best defense for managing COPD and bronchiectasis symptoms.

Visit [smartvest.com/getting-smartvest](https://www.smartvest.com/getting-smartvest) to download prescription forms to take to your doctor, or call **800.462.1045** for more information.

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AIRWAY CLEARANCE SYSTEM

REFERENCE:

<sup>1</sup>American Lung Association. "Protecting Your Lungs." Retrieved from <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/living-with-copd/protecting-your-lungs.html>

<sup>2</sup>American Lung Association. "Protecting Your Lungs." Retrieved from <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/living-with-copd/protecting-your-lungs.html>

<sup>3</sup>American Lung Association. "Physical Activity and COPD." Retrieved from <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/living-with-copd/physical-activity.html>

<sup>4</sup>American Lung Association. "Nutrition and COPD." Retrieved from <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/living-with-copd/nutrition.html>

<sup>5</sup>American Lung Association. "Protecting Your Lungs." Retrieved from <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/living-with-copd/protecting-your-lungs.html>

<sup>6</sup>Weycker, D., Hansen, G., Seifer, F. (2017). Prevalence and incidence of noncystic fibrosis bronchiectasis among US adults in 2013. *Chronic Respiratory Disease*, 14(4), 377-384.