

Patient Stories: Marilyn, COPD

Not proud to say that I smoked longer than I've done anything in my life. I had stopped and said, 'Going to be okay now.' But I wasn't. Had heard of COPD, knew of it but never equated it with me. Because, after all, I had stopped.

Well, I did the respiratory therapy, which encompasses cardio and the treadmill or bicycle depending on what you're on.

That you can walk, that you believe and you know your body can walk, that you can accept that you may get short winded but you have your emergency inhalers to use if you do.

And I think, because I'm a very mental person, that, for me, it's a matter of saying this is okay, body, you may have to stop and rest right now, then you can continue.

I've been taking them ever since they gave them to me. It's my day. It's a part of my-- I take them. I've never stopped taking them. So without them I would not be able to sit here and talk to you. I probably wouldn't be here.

To believe that you can. To believe that you can and you will get up out of that bed, that you can walk to the bathroom, that you can and will get better. If only better, if better is only for today, then maybe it's a better day today and tomorrow's not here yet.

But if you're doing all of the medical things that you should be doing, you can. That's what I would say to them. You can.