

## Living With COPD



### Overview

If you've been diagnosed with chronic obstructive pulmonary disease, you may be facing some new challenges. But you can live a full life with COPD. You just have to take steps to manage your condition properly.

### Medical treatment

First, follow all of your doctor's advice. Go to all of your appointments, and take your medications as directed. Speak up if your care plan isn't working.

### Protect your lungs

Next, protect your lungs. Don't smoke, and avoid other things that can irritate your lungs. You'll need to keep an eye on the air quality in your area, and stay inside on bad days. You don't want to expose yourself to dust or pollutants that can make your symptoms flare up. Also, the flu can be deadly for people with poor lung function, so avoid crowds during flu season. Make sure you get a flu shot every year. There's also a vaccine for pneumonia. Ask your doctor if it's right for you.

### Maintain your physical health

Eat a healthy diet, and maintain a healthy weight. Ask your doctor about exercises that are safe for you. If you stay as active and fit as possible, your lungs will thank you.

### Maintain your emotional well-being

Take care of your emotional well-being, too. A diagnosis of COPD can cause fear and anxiety. It can trigger depression. So reach out to others, especially to friends and loved ones who understand your situation. Find a local support group. If you're still having trouble, talk to a professional therapist.

### Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage your COPD successfully.

