

# Plan Ahead to Help Manage Your COPD

Taking your COPD medicines every day and managing flare-ups are two of the important things you can do for COPD management. But you can do more to care for yourself and your COPD.



## Meet Carl

Carl has had COPD for 6 years. For him, living well with COPD is being able to keep up with his grandchildren.

## What does living well with COPD look like for you?

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To help him stay well year-round, Carl's healthcare provider recommended some of the following ideas.

**Check off the ideas you want to discuss with your provider.**

### Living Well



#### Staying Active

Being active may help with breathing problems. You may be surprised to know that physical activity is suggested for people with COPD.



#### Healthy Eating

People with COPD may not need to follow a special diet. But a well-balanced diet may help improve muscle function.

### Planning Ahead



#### COPD Check-ups

Your provider should follow you closely to help you keep your COPD on track. Work with your provider to determine how often you should schedule appointments. Also, contact your provider when you have new or worsening symptoms.



#### Vaccinations

Getting both the pneumonia and flu vaccinations may lower your risk of serious illness from some of these infections.



#### Quit Smoking

It's never too late to quit smoking. Benefits of quitting may include better lung function and a decrease in coughing and shortness of breath.



#### Pulmonary Rehab

Some patients may benefit from pulmonary rehab. These classes may teach you how to do activities with less breathlessness. They may help you get into better shape.



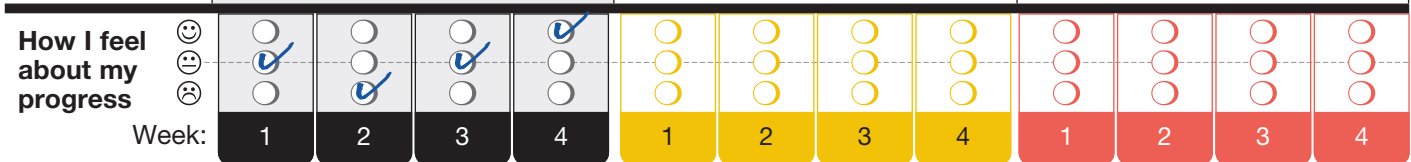
Talk with your healthcare provider to decide which areas you should focus on to help you work toward living well with COPD. Remember, you don't have to tackle everything at once.

These hypothetical patient quotes are for educational use only. Photograph is of a model and not an actual patient.

## Living Well





Being active and following a healthy diet may contribute to living well with COPD. **Choose one goal to start with.** Like Carl, remember that it's OK to start small and focus on something meaningful to you.

Talk with your provider about setting goals, and then use this chart to track your weekly progress. If you face obstacles, don't be discouraged. Think about changes you can make to help you better reach your goal. Talk with your provider about any concerns you may have.

	Carl's Staying Active Goal	 My Staying Active Goal	 My Healthy Eating Goal									
<b>My favorites</b>	<i>Playing ball with my grandson</i>	My favorite activities are _____ _____	My favorite healthy foods are _____									
<b>My goal</b>	I will <i>play ball with my grandson</i> for • <u>10</u> minutes • <u>2</u> times per week • the next <u>4</u> weeks	I will _____ for • _____ minutes • _____ times per week • the next _____ weeks	I will eat _____ • _____ times per day • the next _____ weeks									
<b>An obstacle that may get in my way is</b>	<i>It's been hot outside lately</i>											
<b>One way to work around the obstacle is</b>	<i>Go outside earlier in the morning before the temperature rises</i>											
<b>How I feel about my progress</b>												
Week:	1	2	3	4	1	2	3	4	1	2	3	4

## Planning Ahead

In addition to setting a goal, work with your provider to create an individual plan to help you stay well with COPD. Your needs may be different from Carl's. It's OK if your plan does not look like his. There is extra space for you to add to this list.

	Carl's Plan	My Plan
 <b>COPD Check-ups</b>	<i>Twice a year + when my symptoms change</i>	
 <b>Vaccinations</b>	<i>September</i>	
 <b>Quit Smoking</b>	<i>Created a plan to quit with my provider last month</i>	
 <b>Pulmonary Rehab</b>	<i>Weekly for up to 10 weeks</i>	

**Other areas to focus on:** \_\_\_\_\_

**Make sure to talk with your healthcare provider about your plan to manage your COPD year-round.**