

FOR A HEALTHIER YOU CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

MEDICATIONS AND TREATMENTS FOR CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

Many medications are available to control your symptoms and prevent problems with COPD.

Bronchodilators - relax the lung muscles allowing you to breathe better. The following medicines are also called “quick relievers.”

Albuterol ♦ Atrovent, ♦Combivent
Spiriva ♦ Theophylline ♦ Xopenex

Corticosteroids - improve lung function and oxygen requirement. They may also reduce irritation, swelling, and mucous production. The following medicines are called “controllers.”

Flovent, ♦ Solumedrol ♦ Azmacort

Aerosol Therapy - fine spray or mist is called a nebulizer treatment; these medications relieve spasms in the lungs, reduce the swelling, and make it easier to cough up mucous.

Oxygen therapy - provides you with extra oxygen, a gas that your body needs to work properly. Usually, long-term oxygen therapy begins during Stage 4 (very severe) COPD for patients.

In Conclusion

Although, there is no cure for COPD, regular treatment will help you breathe easier, improve your health, and allow you to live a better quality of life.



GETTING YOUR FLU AND PNEUMONIA SHOTS/VACCINES

Influenza shot/vaccine:

Getting a flu shot/vaccine is the best way to prevent influenza. People with COPD are at increased risk for influenza-related complications so be sure to protect yourself by getting your flu shot/vaccine every year.

Pneumonia shot/vaccine:

Pneumonia can be a serious, often life-threatening illness. People with COPD are at greater risk for pneumonia and getting the shot/vaccine can help protect you. Generally only one dose is necessary; however, if you are 65 and older and got your first shot/ vaccine before age 65 and if 5 years have passed since the dose was given, a second dose is recommended.

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HOW TO USE A METERED DOSE INHALER

Inhalers need to be used correctly to work. Ask your doctor, nurse, respiratory therapist, or pharmacist to check the way you use inhalers.

Follow these steps:

1. Shake the inhaler well and insert into the spacer device.
2. Breathe out as much as possible.
3. Place the mouthpiece of the spacer into your mouth.
4. Press down on the medication canister (releasing one puff of medicine).
5. Breathe in **slowly** and **deeply**. Fill your lungs with as much air as possible.
6. Hold your breath and count to 10.
7. Breathe out.
8. Then take another deep breath in from the spacer device. Hold it for 10 seconds. It takes 2 to 3 deep breaths to get all of the medication from a single puff into the lungs.
9. Wait 1 minute before taking the next puff.
10. When you are done, be sure to replace the protective cap on the mouthpiece of the inhaler.
11. Rinse your mouth after using an inhaled corticosteroid (Beclivent®, Vanceril®, Amzacort®, Flovent®, or Aerobid®).
12. Wash spacer and inhaler boot (plastic holder) weekly with a mild soap and water (e.g., Joy).



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MAKE A PLAN TO QUIT SMOKING

Quit smoking. It is the best way to manage COPD. A combination works best.

Set a quit date. No smoking after:

___/___/20___

Get support. Change things around you. Get rid of all cigarettes and ashtrays in your home and car. Do not let people smoke in your home.

Talk to your doctor about medicines that can help you to quit.

After you quit, don't smoke not even a puff! Don't use tobacco!

PARTNERSHIP'S COMPLEX CASE MANAGEMENT PROGRAM

- ✚ Can help you **navigate** the healthcare and insurance system
 - ✚ Provides intensive and educational telephone support for individuals with **chronic illness** such as COPD
 - ✚ Has a home visiting nurse practitioner available as needed to assess the situation in the home if you are home bound
 - ✚ Is **voluntary** and based on an individual care plan with your providers
 - ✚ Accepts referrals from individuals, family members and health care providers
- To refer yourself to this program:
- ✚ Speak with your doctor or call the Care Coordination Team at Partnership HealthPlan at (800) 809-1350 and ask to speak to staff in the Complex Case Management program.

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DON'T LET COPD KNOCK THE WIND OUT OF YOU.



THE IMPORTANCE OF HANDWASHING

Hand washing is a simple thing and it's the best way to prevent infections and illness. Keeping hands clean prevents illness at home and at work.

Wash hands with soap and warm water, rubbing hands together for 15 seconds.

Rinse hands completely with warm water.

Dry hands completely with a clean dry paper towel. Turn faucet off using a paper towel.

When there is no facility to wash your hands, use an antibacterial hand cleaner.

Rewash hands with soap & water as soon as possible.

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