

FOR A HEALTHIER YOU

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) AND THE HAZARDS OF WOODSMOKE

COPD, or chronic obstructive pulmonary disease, is a progressive disease that makes it hard to breathe.

Progressive means the disease gets worse over time. COPD can cause coughing that produces large amounts of mucus (a slimy substance), wheezing, shortness of breath, chest tightness, and other symptoms. Cigarette smoking is the leading cause of COPD.

Smoke from wood burning stoves or fireplaces affects your health. It can exacerbate symptoms in persons with COPD and asthma, even at low levels. Smoke can also drift onto a neighbor's property and affect their health.

WHAT YOU CAN DO:

- ❑ Avoid using wood burning fireplaces. Switch to a vented gas fireplace.



- ❑ Avoid using wood burning stoves. If you must use a wood burning stove, make sure it is EPA-emission certified. Stoves made after 1990 are generally EPA certified.
- ❑ Use only firewood that has been dry for several months and avoid chemically treated wood.
- ❑ Never burn household waste.
- ❑ Have your wood stove, fireplace and chimney inspected and cleaned annually.
- ❑ Use an electric starter instead of charcoal lighter fluid if you barbeque outside.

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SPIROMETRY: A COMMON AND EASY BREATHING TEST

Spirometry (spi-ROM-uh-tree) is a simple test that shows how well your lungs are working. It is used to confirm the diagnosis of COPD, assess the effect of medicines on breathing, and monitor any changes in lung function over time.

The test is done with a spirometer, a small machine that measures how well the lungs work, records the test results, and shows them on a graph. It measures the amount of air a person can blow out of their lungs and amount of time it takes to do so. When you take this test, you will first be asked to breathe in fully and seal your lips around a mouthpiece that is attached to the machine. Next you will be asked to blow out as fast and as hard as you can, until your lungs feel empty. This can take several seconds.

Don't eat a heavy meal or smoke at least 4 hours before the test. Consider asking your doctor about this test at your next visit. The test results may help you breathe easier.



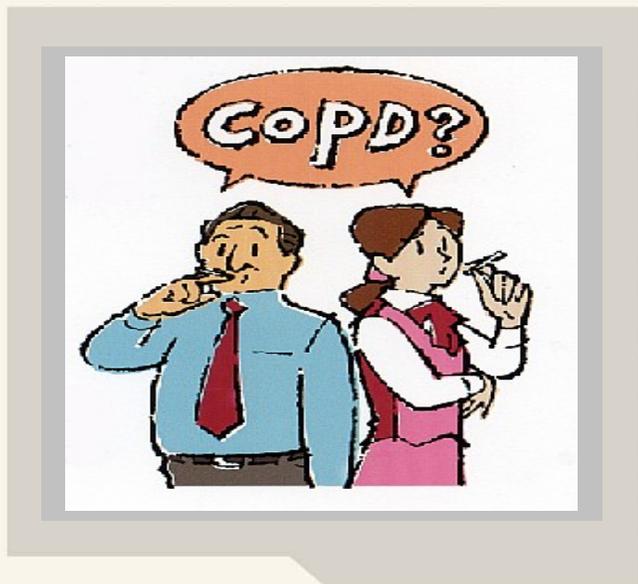
Spirometry Testing



Spirometer

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THIRD HAND SMOKE WHAT IS IT AND WHAT CAN YOU DO ABOUT IT?

Third-hand smoke is a new name for an old problem: smoke fumes that stay on hair, skin, clothes, furniture, carpet and toys, long after the smoker has put out the cigarette. Third-hand smoke contains the same bad chemicals – such as lead and arsenic – as second-hand smoke.

The smell can last for months, after a cigarette is put out; ask anyone who's returned from a party with the scent of stale cigarettes in their hair and clothing. The unpleasant odor left behind after a cigarette is put out is more than unpleasant.

It's a health threat. These fumes can make their way deep into your lungs and could be worse for you than smoking. The elderly and the very young are at “greatest risk” from these types of fumes. These fumes can make their way deep into your lungs and could be worse for you than smoking.

Third-hand smoke fumes build up on surfaces over time and these surfaces are difficult to clean. Third-hand smoke can't be eliminated by airing out rooms, opening windows, using fans or air conditioners, or confining smoking to only certain areas of a home. Third-hand smoke remains long after smoking has stopped. What can you do to protect yourself from third-hand smoke?

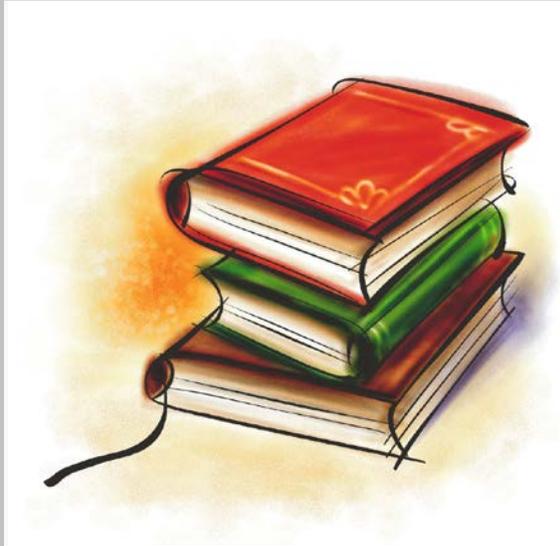
If you smoke, stop! Your doctor will help you. Fill your home with green plants to freshen the air. If you live with a smoker support that person's desire to quit.

I will leave you with this one thought...
“breathing air in a room today where people smoked yesterday can harm your health.”

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DON'T LET COPD KNOCK THE WIND OUT OF YOU



COPD RESOURCES

When you have been diagnosed with COPD, it is important that you are aware of all the resources available to you. Find out more information about organizations and support groups that are dedicated to COPD. Discover books and magazines that will provide a wealth of information about COPD. Talk with your doctor about COPD resources.

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