

MANAGING YOUR COPD

Your COPD diagnosis doesn't mean the end of doing the things that you love. Making simple changes can improve your quality of life with COPD on a daily basis.



Choose Nutritious Foods**

The right mix of nutrients in your diet can help you breathe easier. The process of changing food to energy in the body is called metabolism. During metabolism, oxygen and food are changed into energy and carbon dioxide. Carbon dioxide is a waste product that you exhale. Breathing requires more energy for people living with COPD. Your muscles may require 10 times more calories than someone without COPD.

The foods you eat provide your body with nutrients. Carbohydrates and more fat may help you breathe easier. When your body metabolizes carbohydrates, it produces more carbon dioxide for the amount of oxygen used. When your body metabolizes fat, it produces the least.



Medication Compliance

Your Medication care plan was designed to help you feel better. Make sure to take your Medication according to your Physician's instructions. This includes compliance to your oxygen therapy.



Stay Active

While it is important to use caution to not overexert yourself, exercising is actually recommended to individuals with COPD. Regular exercise can improve your breathing, make your symptoms less severe and improve your quality of life.

Even chair-bound individuals with severe breathlessness can do some adapted exercises such as upper arm exercises.

Your Rhythm POC can help you stay active on the go!



Exposure to Poor Air Quality and Smoking

In addition to quitting smoking, limit your exposure to environments where air quality is poor or there is a known air quality alert.



* This information is provided as guidance only. Only your physician can provide a specific treatment plan for you based on your individual health limitations.

** <https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/living-with-copd/nutrition>