

What is COPD?

COPD stands for Chronic Obstructive Pulmonary Disease. COPD is a common lung disease that blocks the airways, making breathing difficult.

Many people have COPD and don't know it. Some think their symptoms are just a natural part of aging. However, COPD is a life-threatening disease that will get worse if not treated.

COPD can be treated. Although there is no cure, doctors can help you feel better and slow damage to your lungs. The earlier a diagnosis is made, the more effective the treatment will be.

COPD can be prevented! If you are a smoker, quitting smoking is the best way to prevent COPD or stop its progression. It is never too late to quit smoking!



If you have questions, call us at:
800-892-4044

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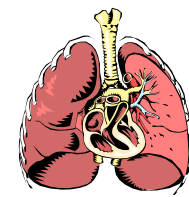
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DASCO Home Medical Equipment

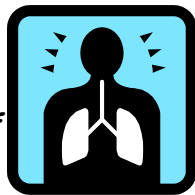
Chronic Obstructive Pulmonary Disease



*Helping People Breathe,
Sleep and Feel Better*

800-892-4044

▶ You Might Have COPD if...



...you have a history of exposure to risk factors for the disease.

- Smoking cigarettes or other forms of tobacco or even passive smoking
- Dusts and chemicals exposure on the job.
- Smoke from wood or other biomass fuel used for cooking and heating indoors.

...you are older than 40 years and you have symptoms of COPD.

- A cough that won't go away.
- Coughing up phlegm or mucus.
- Being out of breath when you do normal physical activity.

Get help for COPD! A simple breathing test called spirometry can help diagnose COPD. It is painless, quick, and easy to do.

If you have COPD, there are treatments that can help you feel better. Talk to your doctor about COPD.



How You Can Help Yourself If You Have COPD

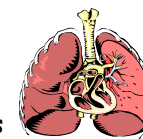
If you are diagnosed with COPD, there are many things you can do to help to help you feel better and help keep the disease from getting worse:



1. Stop smoking. Ask for help to quit.
2. Take each medicine the way the doctor says to take it. Go to the doctor at least two times a year for checkups.
3. Go to the hospital or doctor right away if your breathing gets bad.
4. Keep the air clean at home. Open doors and windows when cooking and when the air inside is smoky or has strong smells.
5. Keep your body strong. Walk, exercise regularly, and eat healthy foods.
6. If your COPD is severe, get the most out of your breath. Make life as easy as possible at home.



Treatment options



We offer a variety of products to help make your life easier. Call DASCO for all your home medical needs.



Spirometer



Finger Pulse Oximeter



Wheelchairs



Nebulizers & Medication



Hospital Beds



Home Oxygen



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