

# FAST FACTS



You can prevent COPD by not smoking!

Follow your treatment plan to control symptoms

Annual flu vaccines are important if you have COPD

Help prevent hospitalization: call your doctor if symptoms worsen



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**DISEASE  
MANAGEMENT  
LINK** *to Better Health*



## **COPD Management**

*Providing support to help  
you better manage  
your health & well-being.*

By



# TIPS FOR LIVING WITH COPD

## What is COPD?

Chronic Obstructive Pulmonary Disease (COPD) consists of two disease states, emphysema and chronic obstructive bronchitis, which damage and inflame the lungs' airways and air sacs (alveoli). Most people diagnosed with COPD have both conditions, and are unable to effectively move air in and out of their lungs. This serious respiratory illness progresses slowly, and can lead to long-term disability and death. Symptoms include a chronic cough, which often produces a large amount of mucus, wheezing, chest tightness, and shortness of breath. Most people diagnosed with COPD either smoke cigarettes, or have a history of being a smoker.

## What Causes COPD?

Cigarette smoking is the main cause of COPD. Smoking leads to both emphysema and chronic obstructive bronchitis. With emphysema, the balloon-like air sacs (alveoli) are damaged, and cannot move air in and out of lungs effectively. Inflammation caused by chronic obstructive bronchitis leads to thickening

of the lining in the airways, which prevents adequate air movement and causes thick mucus formation.

## What Can you Do?

There is no treatment for COPD, and the damage to lung tissue cannot be reversed. Treatment goals are aimed at preventing progression and controlling symptoms. This is accomplished through lifestyle change, medication, pulmonary rehabilitation, oxygen therapy, and, in severe cases, surgery.



**QUITTING SMOKING** is the most important action you can take in preventing COPD progression!



## Welborn Health Plans Disease Management

For questions about COPD management, or other disease states, call Welborn Health Plans Disease Manager at 800-521-0265. Inclusion in mailing is based on claims data and does assume presence of diagnosis. This publication is not meant to replace the care or advice of your primary care provider.

If you wish to discontinue receipt of educational material, please call 800-521-0265.



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