

Living Better Together: Boost Your Lung Health



BREATHE BETTER

There are many ways to control your COPD. The Project STRENGTH packet helped you make a plan, know your symptoms, and have a support team in place.

IN THIS PACKET

In Boost Your Lung Health, you can find information on:

- Supplemental Oxygen
- Managing Your Medicines
- Nutrition
- Quitting Tobacco

Share this information with your caregiver to support you.

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For more information contact us at info@resphealth.org or 888-880-5864.

Supplemental Oxygen at Home

Supplemental oxygen is often given to people who have low levels of oxygen in their blood. It helps increase the oxygen flow to your body. Supplemental oxygen can help people have more energy, feel less breathless, and think more clearly. Your doctor will tell you if you need oxygen. There are a few types available:

Oxygen Concentrators

Concentrators produce oxygen by taking the oxygen already in the air. A portable version is available to take with you outside of your home.

Compressed Oxygen Cylinders

These light-weight cylinders allow for more supplemental oxygen than a concentrator alone. They are typically small enough to carry in small side packs.

Liquid Oxygen Systems

Liquid oxygen systems offer higher oxygen flow and lasts longer, but aren't often available because of cost.



Managing Your Medicines

Using medicines can help you manage your COPD by:

- Preventing and controlling symptoms.
- Making it easier to exercise.
- Improving breathing.

Types of COPD Medicines

Controller medicines are taken every day to help manage and prevent COPD symptoms. These medicines can make breathing easier by preventing swelling and mucus build-up in the airways. Reliever medicines are taken during a COPD flare-up to help relax muscles in the airways to make breathing easier. Each medicine has a different job in managing your COPD.

My Controller Medicine

Name: _____

What it looks like: _____

When to use it: _____

How much to use: _____

My Reliever Medicine

Name: _____

What it looks like: _____


When to use it: _____


How much to use: _____


Other Medicines





What you eat matters. Good nutrition also helps you breathe better, helps your body fight infections, and it helps you exercise easier.

 **Drink plenty of fluids: about six 8 oz. glasses of water a day.**
Fluids help keep mucus thin and make it easier to cough up.


 **Eat high-fiber foods like veggies, fruits, beans, and whole-grains like bran cereals and brown rice.**
Fiber helps you digest your food, controls blood sugar levels, and may lower cholesterol.

 **Reduce salt.**
Too much salt causes the body to hold too much water, which can make it difficult to breathe.

 **Eat foods with calcium and vitamin D, including foods made from dairy.**
Foods with calcium and vitamin D help keep the bones healthy.

 **Add anti-inflammatory foods to your day: turmeric, berries, broccoli, leafy greens, fish, nuts, citrus fruits, and bell peppers.**
These foods can help reduce swelling in the lungs and rest of the body.

 **Avoid over-eating or foods that cause gas or bloating.**
Carbonated drinks and fried or spicy foods can cause bloating and make breathing hard.

 **Use your nasal cannula while eating.**
If you use oxygen, keep it on while eating. Eating and digestion require energy, so keep using your oxygen.

Quitting Tobacco

Smoking is a leading cause of COPD. Reduce your COPD symptoms by getting rid of smoke in your home. Quitting smoking helps you breathe better and live longer.



If you use oxygen, it is especially important not to smoke when your oxygen canister is near. Smoking can cause explosions and fires.

Find Support

Quitting smoking is hard, and it can take a few attempts before quitting for good. Don't get discouraged. Help is available:



Counseling programs, like RHA's Courage to Quit Program, a 3-6 week in-person or virtual program.



State Quitlines, where you can receive one-on-one phone counseling.



Online and text programs.

Take Action Now

Talk to your doctor or healthcare team about quitting smoking, including medicine to help you quit. Quit smoking medicine can double or triple your odds of success! For more information visit [couragetoquit.org](https://www.couragetoquit.org).