

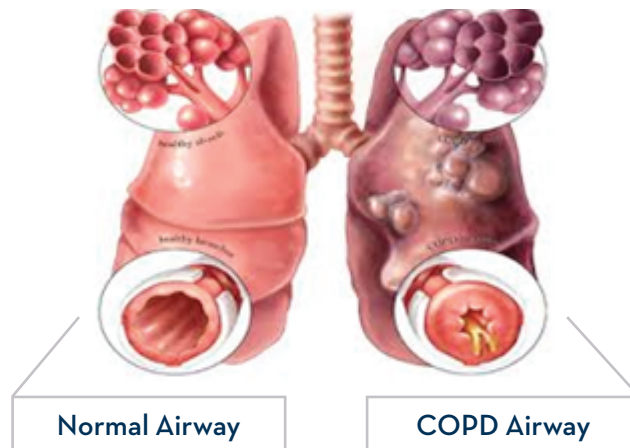
Understanding COPD and its Treatments

SELECTING THE BEST DEVICE FOR INHALED MEDICATIONS

COPD stands for chronic obstructive pulmonary (lung) disease and includes emphysema and chronic bronchitis.

COPD CAUSES:

- Your airways to become thickened, inflamed, stiff and blocked with mucus.
- Air to get trapped in your lungs, so that fresh air cannot enter, making it hard for you to breathe.



QUESTIONS TO CONSIDER:

- Is it difficult for you to hold your breath for up to 10 seconds?
- Do you still feel short of breath after using your rescue inhaler?
- Do you have pain or stiffness in your hands that it makes it hard to use your inhalers?
- Do you sometimes feel confused about when to use your different inhalers and breathing medications?

INSTRUCTIONS ON INHALER USE

Because of the damage to the lungs from COPD, many of the usual inhaler therapies may not work as well.

- Inhalers such as Spiriva®, Advair®, Symbicort®, Dulera® or Combivent® require you to take a strong, deep breath and hold your breath for a few seconds in order for the medication to enter your lungs.
- If you have advanced lung disease, you will get better absorption of your medications and feel better if you change from inhalers to medications given through a nebulizer.
- You may also benefit from taking a steroid (such as prednisone) by mouth, instead of through an inhaler. Adding a low dose opioid medication, such as morphine, is also very safe and effective in relieving shortness of breath.

If you have any questions about your medications, please ask your hospice nurse or physician.