

# Your Self Care Guide



# 7 Steps to Breathing Easy



## Table of Contents

<i>Title</i>	<i>Page(s)</i>
Cover.....	1
Table of Contents .....	2
Seven Easy Steps to Breathing.....	3
Step 1 - Make the Most of Each Day .....	5
Step 2 - What is COPD? .....	7
Step 3 - Make the Most of Each Breath .....	9
From Stress to Calm.....	13
Step 3A - How to Stop Smoking .....	14
Step 3B - Dodge & Distract Plan .....	18
Step 3C - Make the Most of Each Move .....	19
Step 4 - Know what the Doctor Ordered .....	21
Step 4A - Handling Oxygen .....	25
Oxygen In Use.....	27
Step 6 - What's in Your Kitchen/M meal Planner .....	28
Step 7 - Troubleshooting Magnet Board.....	30
Puff Countdown Log .....	31

## Tools You May Need



*Ear Wraps*



*Pill Organizer*



*Molli*



*Oxygen Tube Connector*



Success with COPD comes down to **Seven Steps** listed below. Follow each step in order.

## Step 1: Make the Most of Each Day

To manage COPD, you need the right mindset. Unless you do, nothing else matters. Use Step One to focus on who you care about.



## Step 2: What is COPD?

In Step Two you learn what's going on inside your body and what the letters C.O.P.D. mean.

## Step 3: Make the Most of Each Breath

If you've got the mindset, you're ready. Read Step Three to see how old habits got you into this "tough spot" and what new habits will make it easier to breathe.

- Clear your Lungs
- Clear the House
- Clear the Couch

Paste up the "**Real Crab**" piece. Know "Pursed Lip" breathing so well you do it without thinking when you need a little extra breath.

Make it easy for yourself. Use an opener for those hard to open medicine bottles, cans, foil seals, and other things.



## Step 4: Know What the Doctor Ordered

You have pills, inhalers and oxygen. Step Four tells what you need to know about each one.

- Keep the **Puff Countdown Log** and a pencil close to your inhaler.  
Take the **Log** to all your clinic visits.
- Read the **Handling Oxygen** page.  
Find the **Oxygen in Use** sign in the Kit.  
Hang it where visitors can't miss it.



## Step 5: No More Sore Ears

- Get **E-Z Wrap™** rolls to put on the nasal tubing to keep your ears from getting sore.  
Open them and slide one around each side of the tubing where it goes over your ear.



## Step 6: Make the Most of each Meal

Put up the **Food Poster** and the **Meal Planner** where you can use them to make decisions about what to eat.



## Step 7: TroubleShooting

Place the **TroubleShooting Sheet** on your refrigerator or where you can see it quickly in an emergency. When it feels like it's getting harder to breathe, check the TroubleShooting Sheet to see what to do.





**H**arry wakes up every morning at 4:30. He clears his sputum and then slowly lays out his son's clothes and makes the coffee. Then he helps his son, Lyle, get ready for the medi-van that takes him to the handicapped workshop. Lyle cleans the filter on the oxygen tank, straightens any kinks in the hose, and makes sure Harry fills the pill box.

*Harry's COPD is under control.*



**B**eth puts an oxygen tank on her shoulder on Thursday mornings and walks to the senior center to play bridge. On Tuesday afternoon, Beth's brother Alan visits. For an hour those afternoons, Beth volunteers on a crisis hot line. If she runs out of breath on a call, Alan takes over.

*Beth's COPD is under control.*

**J**oe lives in a retirement community. Jerry next door would like to walk together to a park bench a block away to laugh at the dogs in an open pet run area. Joe says that's childish, and Jerry is a jerk. Joe has one photo on a shelf of a woman he almost married in 1962, but no pictures of his nieces and nephews. "They don't call me, so I don't call them," he says. "If I had a gun," growls Joe, "I'd put it to my head."

*Joe is not trying to control his COPD.*



There's at least a little of Joe in everyone who has COPD. The trick is to make the most of the life we have, each day, one at a time: thinking of people around us, people who need us, every living thing--even our pets and our plants.

Setting your mind on who you care about is the **First Step** to control COPD. Focus on people who need you and want to be with you. If you don't, *nothing else you do matters.*

## To Do:

- 1** Read something that makes you feel good.
- 2** Answer the Quiz on the next page.

# A Short Quiz: That's Life!

Here are a dozen questions to check how well you're connecting to life --or whether you're growing roots to your favorite chair.

Mark an X in the color columns for how long ago you did each thing:  
This week, a month ago, more than a month, or more than six months.

**Family members:** *When was the last time you spoke to...*

1. A family member who lives nearby?
2. A family member who lives far away?

**Friends:** *When was the last time you saw...*

3. A friend you made within the last ten years?
4. A friend you've known for more than ten years?

**Neighbors:** 5. *When was the last time a neighbor came over?*

**Potential Friends:** *When was the last time you spoke to someone you don't know well, but who...*

6. Shares an interest in something you like to do?
7. Belongs to a group you belong to?
8. Also has COPD?

**People in Need:** *When was the last time you did something for*

9. A Volunteer Organization?
10. Your Church or Temple?

**Plants:** 11. *When was the last time you watered a plant?*

**Pets:** 12. *When was the last time you touched or talked to a pet?*

This week	This month	More than 1 month	More than 6 months

## SCORE

An X on the **GREEN** side: **You're doing pretty well**

An X in the **YELLOW** column: **Is the couch your life?**

An X in the **ORANGE** column: **Get on the phone!**

If you have several Xs in the **ORANGE** column consider:

- Talking with a counselor or a support group about how to reconnect.
- Talking with your doctor
- Looking at the list of resources at the back of the "Puff Log" page 31.

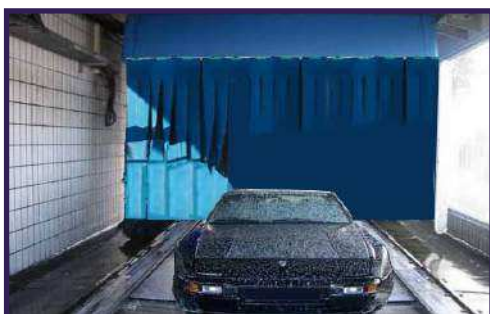




**C**hronic **O**bstuctive **P**ulmonary **D**isease is at least two breathing problems:

- 1 Bronchitis, damage to your **airways**.
- 2 Emphysema, damage to your **lungs**.

Some people get COPD from asthma, allergies or pollution. But **nine out of ten** people with COPD got it from smoking.



## 1 Airway Damage

Breathe in, and air goes down your windpipe to your airways. Air is not clean. Air going into the airway is like a car going into a car wash. Just as a car wash has brushes along the walls to clean your car, the sides of your airways have tiny “brushes” to clean the air. In both the car wash and your airways, brushes catch the dirt and sweep it out.

But if you smoke, the “tar” clogs the brushes. They can’t move. Brushes that can’t move, can’t clean. Air going through your lungs stays dirty, just like a car would stay dirty if brushes in the car wash did not move.

Dirt that can’t get out your airways--that’s “**BRONCHITIS.**” “Smoker’s cough” is your body trying to throw the dirt out.

## 2 Lung Damage

Air goes through the airways into the lungs. But air can’t stay in the lungs, just like a car doesn’t stay in the car wash. A car has to get out and drive around the city. Oxygen has to leave the lungs and flow around the body.

To leave a place you need an exit. The end of a car wash has an exit. The exit is covered with small strips of plastic to drive through. If the plastic strips melted together into one hard, solid mass, it would be harder to get out.

A healthy lung also has “exits.” These lung exits have small, stretchy coverings that oxygen must pass through. But smoking “melts” the small covers into one hard mass.

That’s “**EMPHYSEMA.**”

### 3 A Different Kind of Disease

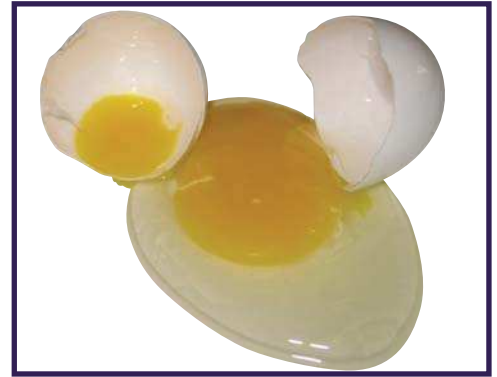
COPD is not a disease like measles, mumps or chicken pox, where you get over it in a few weeks.

COPD is **damage** to your airways and your lungs.

COPD is not a disease like cancer, where we don't really know what causes it.

COPD is for certain: If you use tobacco, you damage your lungs.

Some people get COPD who never used tobacco, but **everyone who smokes eventually gets COPD.**



**C**hronic--because the Latin word for "time" is *chron*. COPD stays with you all the **time**.

**O**bststructive--because the Latin word for "block" is *obstruct*. COPD **blocks** your breathing.

**P**ulmonary--because the Latin word for "lung" is *pulmon*. COPD is all about your **lungs**.

**D**isease--because it's a health problem to take seriously.

## Why Am I So Tired?

Oxygen is a gas that gives you energy.

You get oxygen when you breathe **IN**.

If you don't get enough oxygen when you breathe in, you feel weak.



That explains part of why you're tired. *But there's more...*

COPD leaves you with too much of another kind of gas, a gas that makes you sleepy.

You know that some foods "give you gas."

Actually, *all* foods give you a little bit of gas.

You never noticed it before, because breathing **OUT** gets rid of that little bit of gas.



This other gas, carbon dioxide, leaves the body through the same doors where oxygen comes in.



So if those doors are hard to get through, carbon dioxide can't get *out* any better than oxygen can get *in*. A build-up of carbon dioxide makes you sleepy.

So now you have the whole story:

*Not enough oxygen; too much carbon dioxide.*

The rest of this Kit shows you what to do about it.



Old habits don't fit any more. Some old habits are what got you into this predicament! So it's time to change old habits before things get worse: clear your lungs, clear the house, clear the couch. If it seems like too much, do a little at a time. Ask a friend or family member to read this list and help.

## Clear Your Lungs

1

**OLD HABIT:** Smoking

**NEW HABIT:** Smoke free.

If you still smoke, plan to stop. See "How to Stop Smoking" in the kit.

If you smoke, you keep shutting down the airways --making the **LEAST** of each breath.

2

**OLD HABIT:** Use one big **COUGH** to clear airways.

**NEW HABIT:** Use several "mini coughs"

Clear your air passages first thing in the morning, before each meal and any time it is hard for you to breathe.

- Breathe in slowly through your nose, pushing your stomach muscles out. Put your hands on your stomach to feel it get bigger.
- Cough out 2 times, short and quick, "huff" coughs, while pulling your stomach in. This loosens the mucous.
- Take a deep breath in.
- Do one harder "huff" cough to get out the mucous you loosened up.

3

**OLD HABIT:** Avoid looking at your **SPUTUM**

**NEW HABIT:** Look at your sputum often

Look at your sputum at least twice a day, especially first thing in the morning. Learn what's normal for you. Then you can tell if:

- You have less sputum
- It's thicker or stickier
- If it's yellowish, greenish or brownish

*These are signs of infection. Call your doctor.*



# Clear the House

- 1** OLD HABIT: Shower and leave water everywhere.  
**NEW HABIT:** Get the water out fast.

Wipe up the floor, open the windows or use a fan.

*If water stays in the air, **MOLD** grows.*

*Mold in the air makes breathing harder.*



- 2** OLD HABIT: Clutter everywhere  
**NEW HABIT:** Get rid of things that collect **DUST**.

Have someone help you search the house, room by room. Throw out small rugs, extra books, old newspapers, curtains--anything you don't really need.



*Dust chokes breathing. But if there are rugs or pillows you just can't throw away, wash them once a week or put them in the freezer overnight.*

*If your pillow isn't new, run it through the washer and dryer.*

Get a **Pillow Encasing**. Stuff the pillow in the **encasing** and zip it closed.



Cover anything you're going to sleep on with a clean sheet or **Mattress Encasing**.

*Wash your sheets, blankets, bedspreads and mattress pads once a week.*

- 3** OLD HABIT: Have furry **PETS** around.  
**NEW HABIT:** Don't let furry pets on the pillows and sheets where you sleep.

**If you have a furry pet, bathe it often.**

*If you touch a pet with your hands, wash them.*



4

OLD HABIT: Leave food out

**NEW HABIT:** Put food away

Pick up right after each meal. Wipe off the counter. Take out the garbage every day.

*If you see **ROACHES**, don't spray. Go buy roach paste at a hardware store or call a pest control company. If you rent, call the landlord--or the city. You don't have to put up with bugs.*



5

OLD HABIT: Buy any cleaning products and not worry about **STRONG SMELLS**.**NEW HABIT:** Use "non-scented" soaps and lotions.

Buy a pump bottle of anything you want to spray. Use white vinegar instead of heavy cleaners. Watch out for paint.

6

OLD HABIT: Head out whenever.

**NEW HABIT:** Check the **WEATHER REPORT**.

*If there's a **High pollen count**, **ozone alert** or **bad air quality warning** or if it's just **very hot**: Keep your windows closed.*

*If it's **very cold** or **windy**, be alert! Cold weather can bring attacks. Cover your mouth and nose if you must go out.*



7

OLD HABIT: "I never catch anything".

**NEW HABIT:** Be careful around **SICK** people.

Get flu and pneumonia shots. Wash your hands every chance you get.



8

OLD HABIT: No plan for what to do when strong emotions (fear, laughing, crying or tension) make it hard to breathe.

**NEW HABIT:** Make a Plan.

Use the **Stress to Calm** on page 13 to relax. Keep **Quick Relief** medicine close.





## *When you can't stay away... you still need to protect yourself.*

- BUY SOME CARPENTERS' MASKS
- DO "PURSED LIP" BREATHING when you can't get to your medicine.
  - Close your mouth.
  - Breathe in through your nose for 2 counts.
  - Make your lips round, like blowing out a candle.
  - Blow out for 4 counts.
  - Repeat until it's easier to breathe.



*This is the same exercise as the one on the "Real Crab" poster.*

## *Clear the Couch*

OLD HABIT: Sit on the couch all day.

NEW HABIT: **EXERCISE** everyday.

*Every person with COPD should be able to exercise.  
Exercise on your own terms and time.*

### ■ START EXERCISE RIGHT

See the **Make the Most of Each Move** sheet in the Kit.

*Check the **Puff Countdown Log**. See what the doctor said was the exercise to do and if you should take some **Quick Relief** medicine first.*

Do a "clearing cough".

### ■ GO AHEAD AND EXERCISE!

*If you start to cough, wheeze, or feel your chest get tight, stop.*

### ■ STOP EXERCISE RIGHT

Slow down before you stop.

Stretch your arms, legs and back.

*All the best players "cool down and stretch," even if they don't have COPD. It's just good practice.*

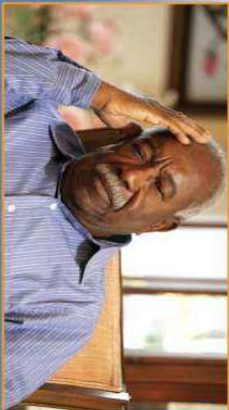




## Five Steps From Stress to Calm

**Stress** is getting to you when:

- Headaches come often
- You are easily distracted
- Others say you're "touchy"
- Sleep won't come at night
- Breathing is hard
- It all seems so hopeless



### 1 Breathe

- Close your eyes
- Breathe in while you count to 5 and raise your shoulders up and back
- Breathe out while you count to 10 and slowly lower your shoulders
- Repeat 5 times



### 2 Stretch

- Lace your fingers, palm in
- Reach to the ceiling, palms down
- Turn your palms up, reach higher
- Lean to the left
- Lean to the right
- Lift legs
- Turn feet in circles
- Roll head to the left
- Roll head to the right



FOLD HERE

### 3 Sleep

*Don't lie awake. Try:*

- A warm shower
- Warm socks
- Making the room dark
- Imagining...
- What makes you laugh
- A dream come true



### 4 Act

Whatever your stress...

**Task too big?**

Break it down. Get help.

**Nervous?**

Cut out coffee and sugar.

**Made a mistake?**

Admit it and move on.

**Overwhelmed?**

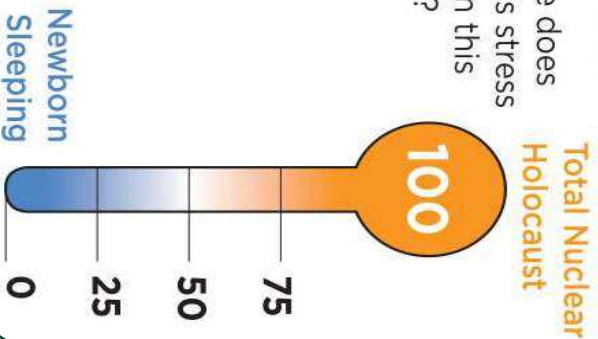
Make a To-Do list.

**No time? Say NO—**

suggest someone else.

### 5 Rate

Where does today's stress rate on this meter?



When stress hits, you have

3 things for your **body**

**B**reathe

**S**tretch

**S**leep

2 things for your **mind**

**A**ct

**R**ate

Five Steps from

Stress to Calm: **BSSAR**.

To do anything else would be *bizarre*.



# How to Stop Smoking

## The Four-Day Flush Using Simple Foods

Smoking puts **Nicotine** in your body. Nicotine is a drug. You are addicted to a drug.

To get the nicotine out, follow the **4-Day Flush** plan. You'll be 90% nicotine-free at the end.

Don't wait till the pack is done or "life settles down." There's never a perfect time to stop smoking.



## The Four-Day Flush Plan

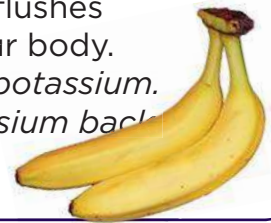
### Drink Cranberry Juice

At least 1 cup a day  
*Make sure it's sugar-free.  
Cranberry juice grabs  
the nicotine and flushes  
it out of your body.*



### Eat A Banana

Cranberry juice also flushes  
potassium out of your body.  
*But the heart needs potassium.  
A banana puts potassium back*



### Don't Eat Starch

Starch turns into **sugar**.  
*Instead, eat 100%  
whole grain bread,  
cereal and pasta.*



### Don't Eat Sugar

Sugar turns into **fat**.  
*Instead, eat treats  
like sugar-free gelatin  
and frozen yogurt.*



### Don't Eat Fat

Fat hangs on to the nicotine.  
*Instead, eat lean meat  
and fish, with veggies.*





# DAY 1

- Go Shopping
- Follow the Flush Plan
- Exercise

## In 20 Minutes:

Your blood pressure goes down.

## In 12 Hours:

Carbon monoxide levels in your body drop; you have more oxygen in your lungs.

## Shopping List



Flushes out nicotine

- *Cranberry Juice*

Protein with no fat for Nicotine to hang on to

- *Fish, Chicken, turkey, egg whites*
- *Four bananas for Potassium*

Less salt

- *Fresh or frozen vegetables enough for 8 salads (no cans)*

Less sugar & fat than salad dressing

- *Lemons & limes, vinegar*

Less starch to make sugar

- *100% whole grain bread & cereal*

Not bad, but fat for Nicotine to hang on to

- *Margarine in tubs/Vegetable cooking oil*

Things to chew on rather than smoke

- *Sugarless cough drops, candy, gum, gelatin, popsicles, yogurt,*

- *Drinking straws*

- *Mouthwash*

- *Toothpicks*

# DAY 2

- Follow the Flush Plan
- Exercise
- Work through Withdrawal

## In 48 Hours:

Your chance of having a heart attack drops.

## Work Through Withdrawal

What You Feel	Why You Feel It	What You Can Do
Angry, Anxious	You're giving something up!	Relax. Do things that make you happy!
Coughing, Dry Mouth	Dirt in your lungs is coming up.	Use mouthwash. Suck cough drops. Sip some water. Chew gum.
Hungry, Weight Gain	Food tastes better and burns off slower.	Eat slowly. Take small bites and chew more.
Sluggish	Nicotine gave you energy.	Eat lean meat and exercise for more energy.
Confused	You need more oxygen.	Take deep breaths often.

## DAY 3

- Follow the Flush Plan
- Exercise
- Work through Withdrawal
- Outwit the Cravings

### In 72 Hours:

Your airways and arteries relax and open up. It's easier for the heart to pump. It's easier to breathe. You have more energy.

## Outwit the Cravings

A sudden urge to smoke only lasts *three minutes* or less. Figure out what triggers your craving. Then either:

- Dodge the trigger or
- Distract yourself until the urge goes away.

Print 2 of the ***Dodge or Distract Plan*** to get you started.

## DAY 4

- Follow the Flush Plan
- Exercise
- Work through Withdrawal
- Outwit the Cravings

### In 4 Days:

90% of the nicotine is gone.  
Anxiety peaks, then fades. You're clean.

## Get It All Together

Today's the day for all 4 tasks all day long.

- Work through the feelings with the **Withdrawal Chart**.
- Figure out your triggers and how to dodge them on **Dodge or Distract Plan**.

If your first idea doesn't work, no problem. First ideas often don't. Try something else!

Remember **if you break down and smoke**, you have to start the 4-Day Flush over again.

## Exercise

### Why?

Exercise increases circulation so the nicotine gets flushed quicker. It relaxes and distracts from smoking.

### To Start:

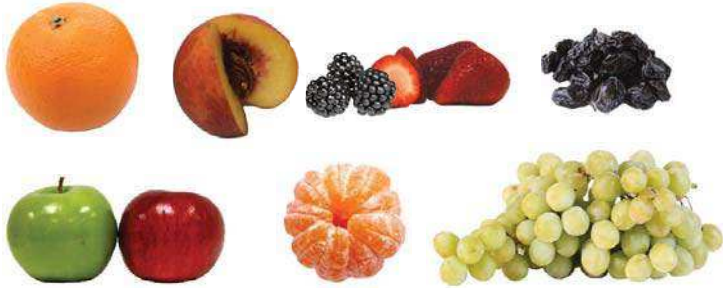
- Breathe deep and stretch.
- Walk for a few minutes, as long as you can.



# The Four-Day Flush is over. *What Now?*

## Start to Eat Fruit

Do it only if you're feeling strong enough to not smoke. If you're unsure stick with the Meal Plan a few more days.



## Make a *Ciggy Bank*

Save the money you would have spent on smokes. Use it for a special new purchase.



Instead, think:

## Keep up the Dodge & Distract Plan

Add familiar places or events that make you want to smoke and what to do instead.

## Stay Alert

You are a smoke-a-holic. No matter how long you've been smoke-free, don't think you can safely take a puff.

One puff and you want another.  
One cigarette becomes two, two becomes a pack and then you're hooked again.

**The urge only lasts three minutes or less. I can resist that long!**

## The Long-Term High keeps getting better:

### In 2-3 Weeks

- Your breath smells normal again.
- Blood is flowing easier.
- Lungs hold more air.
- Sex is better.

### Within 9 Months

- All coughing and wheezing are gone.
- Your nose isn't stuffed up.

## Long-Term

### In 1 Year:

Your risk of a heart attack is cut in half.

### In 5 Years:

Your risk of a stroke goes down so far it's as if you never smoked.



## Dodge or Distract Plan

[illegible]

*Exercise? It may seem funny, but you need energy--and exercising is the best way to get it. Talk to your doctor about the energy builders here to make sure they're right for you. If they are, repeat each one five times. You'll notice how much stronger you feel in just a few weeks.*

## 1 Loosen Up

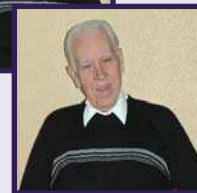
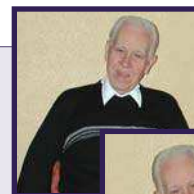
- Sit up straight.
- Put your arms at your sides. Shake them down.
- Let your shoulders drop.

## 2 A Stronger Neck

- Look as far as you can over your left shoulder.
- Turn. Look as far as you can over your right shoulder.



- Slowly let your head fall to the left.
- Lift. Slowly let your head fall to the right.
- Press your shoulders back. Tilt your chin to your chest.



## 3 Stronger Shoulders



- Roll your arms and shoulders back, chest out, palms front.



- Lift the shoulders up and drop them down.
- Roll to the front--palms back. Let your chest sink in.

## 4 Stronger Arms

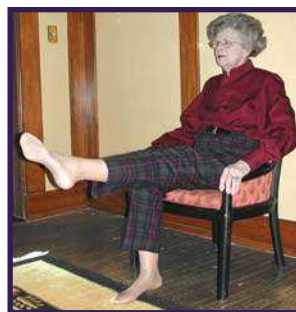
- Shake your arms down to relax the shoulders.
- Hold your arms out, palms down.
- Circle 5 times to the front. Circle to the back.
- Turn palms up. Circle front and back again.



## 5 Stronger Legs



- Put your feet flat, knees together.
- Lift your toes, then touch back down.



- Lift one leg straight.
- Circle to the right with your foot, then to the left.
- Put your leg down. Repeat with the other.

# Walk the Walk

Most people with COPD make a “nest” for themselves on the sofa or in a favorite chair.

They need to hear the story of the eagles: Mother eagles weave bits of sharp metal, sticks and bones into the nest. When it’s time for little eagles to fly, Mother Eagle shakes the nest to bump them out of their comfort zone.

No one is meant to stay in a nest, day after day.  
*Shake yourself and get out!*



**1 The Walking Plan.** The only way to see progress is to time yourself on a watch OR count your steps and see the numbers go up each week.

The Plan for each day has four parts.

For a certain number of minutes, you

1. Walk slowly.
2. Walk faster.
3. At the halfway point, you turn back, but keep going at the faster speed.
4. Slow down. *You’re back where you started.*

**Do the same number of minutes every day for a week.**

When you finish the six weeks, start over but take more steps per minute.



	WALK SLOW for	⋮	WALK FAST for	TURN	⋮	WALK SLOW for	TOTAL
WEEK 1	1 minute	⋮	1 minute	TURN	⋮	1 minute	4
WEEK 2	1 minute	⋮	2 minutes	TURN	⋮	1 minute	6
WEEK 3	2 minutes	⋮	2 minutes	TURN	⋮	2 minutes	8
WEEK 4	2 minutes	⋮	3 minutes	TURN	⋮	2 minutes	10
WEEK 5	3 minutes	⋮	3 minutes	TURN	⋮	3 minutes	12
WEEK 6	3 minutes	⋮	4 minutes	TURN	⋮	3 minutes	14



**2** When you get back home, go straight to a calendar. Write how many minutes or steps you walked.

**3** If you have swollen feet, use lotion so the skin doesn’t crack. Don’t let lotion go *between your toes*. Check the label. Buy lotion that doesn’t have **alcohol** in the first five ingredients.





# Step 4 Know What the Doctor Ordered

## What does each COPD medicine do?

- 1 Get the **Puff Countdown Log** and a pen or pencil. Open the Log to Page 4. Check the flow rate on the concentrator or oxygen tank. Write the flow rate in the first box on the first line.

*If you don't know how to find the meter on the concentrator or tank, or if you've fiddled with it, call the oxygen company and ask what flow rate the doctor prescribed.*

*The number you write in the box should be the flow rate that the doctor prescribed on your last visit. If you write it in the Log, it will be a quick reminder for both you and the doctor on your next office visit.*

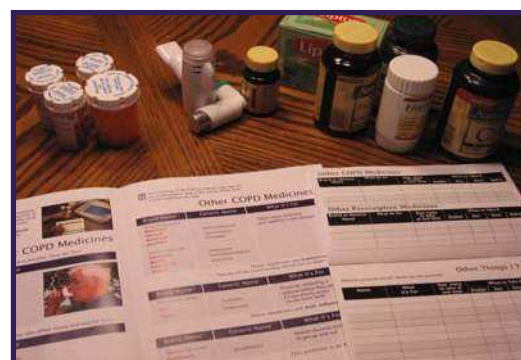


- 2 Bring the **Puff Countdown Log** and a pen or pencil to a table. Gather everything you take for health: All your pill bottles, inhalers, nebulizers, and syrups--even vitamins, powders and herbal teas.



- 3 Sort the items into groups:
  - **COPD Medicines**
  - **Other Prescription Medicines**
  - **Other Things I Take**- anything the doctor might not know about.
  - **Mystery Medicines**--anything you take but you're not sure what it's for.

- 4 You're getting ready to make a record of your medicines to show your doctor. The doctor can make better decisions if the medicines are clearly listed in one place. Turn the page and place this paper on the table, next to the **Puff Countdown Log**.



**5** Find the name on each prescription COPD medicine. Match the name on the bottle, inhaler or nebulizer to a name on this paper. *Your bottle will probably show two names: a **generic** name and a **brand** name.*

**6** Open the **Puff Countdown Logbook** to page 5. At the bottom of the page, start writing in the names of the medicines you are taking.



## Basic COPD Medicines

These medicines are **Bronchodilators**. They make the airways open wider.

**“Quick relief”** Inhale these when it’s hard to breathe. They act fast!

Brand Name*	Generic Name
<b>Ventolin</b> <b>Proventil</b>	albuterol
<b>Brethaire</b> <b>Brethine</b> <b>Bricanyl</b>	terbutaline
<b>Alupent</b> <b>Metaprel</b>	metaproterenol
<b>Maxair</b>	pirbuterol



**“Maintenance”** Take these every day. They take effect slowly and last for hours.

Brand Name*	Generic Name
<i>Inhale these sprays</i> <b>Atroavent</b>	ipratropium bromide
<b>Breo Ellipta</b>	fluticasone furoate/vilanterol
<b>Serevent</b>	salmeterol xinafoate
<b>Spiriva</b>	tiotropium bromide
<b>Symbicort</b>	budesonide/formoterol
<i>Swallow these pills</i> <b>Slo-bid</b> <b>Slo-Phyllin</b> <b>Somophyllin</b> <b>Theo-Dur</b> <b>Uniphyll</b>	theophylline



**7** Turn the page in the Puff Countdown Log. Use the list on the next page to write in the names of the other COPD medicines you take.

\* Brand names are the property of their respective owners.

# Other COPD Medicines

These medicines are **Corticosteroids**

*They are not the muscle-building steroids that are illegal in sports!*

Brand Name*	Generic Name	What It's For
<i>Inhale these sprays</i> <b>Beclovent</b> <b>Vanceril</b>	beclomethasone	Take away soreness and swelling in the airways.
<b>Azmacort</b> <b>AeroBid</b>	triamcinolone flunisolide	
<i>Swallow these pills</i> <b>Deltasone</b>	prednisone	
<b>Medrol</b>	methylprednisolone	
<b>Pedoapred</b> <b>Prelone</b>	prednisone	

These medicines are **Anti-Inflammatories**

Brand Name*	Generic Name	What It's For
<i>Inhale these sprays</i> <b>Intal</b>	cromolyn	Prevent wheezing or asthma before they start <i>If it has already started, use the Quick Relief</i>
<b>Tilade</b>	nedocromil	
<b>Flovent</b> <b>Intal</b>	fluticasone	
<b>Pulimcort</b> <b>Tilade</b>	budesonide	

These medicines are both **Anti-Inflammatories** and **Corticosteroids**

Brand Name*	Generic Name	What It's For
<i>Inhale these sprays</i> <b>Advair</b>	fluticasone/salmeterol	Take away swelling and prevent inflammation in the airways.
<b>Combivent</b> <b>DuoNab</b>	albuterol/ipatropiumbromide	

These medicines are **Expectorants**

Brand Name*	Generic Name	What It's For
<i>Swallow this pill or syrup</i> <b>Guaifenesin</b> <b>Mucinex</b> <b>Robitussin</b>	guaifenesin	Make mucous easier to get up and out
<i>Inhale this spray</i> <b>Mucomyst</b>	acetylcysteine	

**8** When you finish with the COPD medicines, keep writing the names of the rest of the medicines you take. Then write the vitamins, teas and other health supplements.



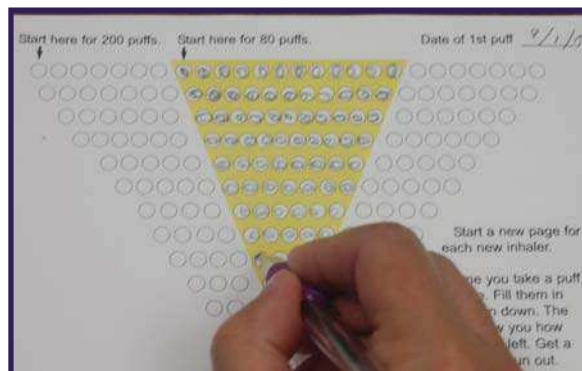
# Manage your Medicines

The best way to manage is to be ready...

## Ready for the week

- Pick one day a week to fill the Pill Box.  
*Do I have enough pills for two more weeks, or should I get some more?*
- See how many empty circles are left on the **Puff Countdown Log**. *Do I need a new inhaler?*
- Check the fill level on the concentrator or oxygen tank. *Is there plenty for a whole week?*

If you need more of anything, call your pharmacy or oxygen supply company.



## Ready to go out

When you take oxygen in a car, open a window no matter what the weather.

*For the most up-to-date news about going out or on vacation, search the Internet for “traveling with oxygen.”*



## Ready for clinic visits

- Take the **Puff Countdown Log** to clinic visits. The doctor wants to know how many puffs you use to make sure you have the right medicine.
- Show the doctor **all** the medicines you take.
- Ask all the questions on Page 4 of the Log.



## Ready to fight temptation

When you feel better, a voice from somewhere says, “You’re OK now. Stop using those stupid medicines, inhalers and oxygen.”

**Don’t listen!** The voice is wrong. The reason you feel better is that you are using the medicines, inhalers and oxygen.

*If you stop, you’ll slide back into feeling sick and then slide back into the hospital.*





## Keep the Risk of Fire Low

- 1** Think of oxygen as “invisible gasoline.” Around fire, gas and oxygen work the same way.

*If you have a cigarette when you **fill a gas tank**, the gasoline can catch fire from the end of the hose and flame up like a torch.*

*If you have a cigarette when you **use oxygen**, the oxygen can catch fire from the end of the hose and flame up like a torch.*

In both cases, it's the end of the hose where the danger is, not the tank—**only oxygen is worse:** there's less space between the flame and your face.



- 2** The valves on oxygen tanks can leak. Leaking oxygen is a fire hazard. Valves on all tanks can leak if they're bumped or tipped over.

That's why you **store oxygen tanks upright**, not *lying under your bed or stashed in the trunk of your car where they could be bumped or tipped over.*



- 3** If oxygen catches fire, any oil nearby catches fire quickly. That's why you don't use oil-based jelly when your nose gets dry inside. Instead use saline gels.



- 4** If you don't have **fire extinguishers** and **smoke alarms**, now's the time to get them.

Buy smoke alarms that give a warning beep when the battery gets low.  
*If you can't find that kind, change the batteries when the clocks “spring forward” and again when the clocks “fall back.” Mark your calendar.*

# Get the Right Dose

**1** You may not have seen it, but the doctor **wrote a script** for your oxygen just like a script for a pill. The doctor wrote the right flow rate number for you.



You never saw the script because the oxygen company got it. When they tell you when to use oxygen and *what number to dial*, they're telling you what the doctor ordered.

On your own, you don't change the number of pills to take. You don't change the number on the dial either, unless you check with the doctor.



**2** If the tubing is longer than 50 feet, the full amount of oxygen may not make it all the way to the end. Tubing comes in shorter lengths. Ask the delivery person to help you decide how long your tubing should be.

*If you put the oxygen in the middle of the room, you can use shorter tubing.*



**3** If you get a kink, straighten it out. Get a **Swivel Connector**. If you have 2 pieces of tubing connected, take them apart and push the ends of the Swivel into the tubing ends. Now, the tubing will turn, not kink. *Problem Solved!*



## Clean Equipment Works

**Nose Piece:** Ask for a new one when it looks yellow.

**Filter:** Clean it with a vacuum or wash with water and a drop of soap every week.

*If you have a dog or cat, do it more often.*

**Humidifier Jar:** Rinse before you refill it.

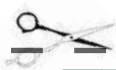


## Be Ready for Emergencies

Have these items with fresh or fully charged batteries:

- A cell phone or telephone
- One or two flashlights
- A radio





CUT ON DOTTED LINE



CUT ON DOTTED LINE

Not getting enough oxygen can turn a person into a **REAL CRAB!**



### ATTENTION!

If you feel angry or others tell you you're a crab, it's not your fault. It's lack of oxygen. The angrier you get, the harder it is to breathe. So you get even more angry.

**Slow down.** Get the most from each breath:

**1** Breathe in through your nose. Pull your lips into a round circle, like blowing out a candle. Blow *all* the air out, long and slow. Repeat until it's easier to breathe.

**2** Call the doctor. Explain that they all say you're a crab. It could be you need more oxygen.



## Step 6



## What's in YOUR Kitchen?

If it's hard to get out to shop, call City Hall and ask if "Meals on Wheels" is in the area.  
If you have a computer, search for "on-line grocery shopping." For a small fee, they deliver.

Careful with sugar!  
Sugar makes carbon dioxide as you digest it. Then you have more to breathe out--extra work for lungs.



Bananas are high in potassium.  
So are potatoes!



Make sure the bread says  
100% Whole Grain



Pick cans that say "low salt" or "low sodium." Salt makes it harder to breathe.



Watch out for cereal.  
If you eat it for too many meals, you'll get weaker.



Try new spices instead of salt



Meat and fish build muscle so you don't feel so weak.



Go easy on yourself!  
Try frozen dinners.



Fruits & vegetables are easy to fix if you use frozen ones.



Careful of caffeine! It may block some of your drugs.



High protein foods build muscle.



If you are on water pills, you need foods high in potassium.



Keep your favorite drinks handy.  
Drinking a lot keeps mucous thin.



Remember the salad!



Careful of alcohol!  
It makes mucous thick.



Ready-to-eat lettuce costs a little more, but it's SO EASY to fix.



Toss out food that makes gas!  
Gas presses on the breathing muscle so it can't move well.  
Get rid of greasy, fried food--it takes a lot of energy to digest.



Most people get gas from these foods!



People with COPD get gas from these foods too!





## Old Plan

## New Plan



**One of the hardest things about the new lifestyle is having to ask for help.**

- You have helped your friends and family a lot; now let them feel good by helping you.
- Ask if it is convenient for “your helper” to come when you are at your best, like right after you take your medicines.

# Step 7: Troubleshooting...*know what to do and when to call*      Doctor's Phone Number \_\_\_\_\_

You may be getting  
into trouble  
**IF YOU HAVE:**

**FIX-IT-YOURSELF:**  
*like this:*

**Call the doctor IF...**

**Call 911 IF...**

**1** Gasping, wheezing, coughing

Use the rescue inhaler  
or nebulizer

...it's not better in 1 hour

It's getting harder and harder to breathe  
It's getting harder and harder to talk  
*If you wait so long you can't talk, dial 911  
and leave the phone off the hook.  
The ambulance can find you.*

**2** Thicker sputum than usual  
Green, yellow, brown sputum

Drink glasses of water  
Do a clearing cough  
Ask for chest percussion

...drinking, coughing and  
pounding don't change the color  
back to normal

You're choking

**3** Fever or Chills

Use rescue inhaler or  
nebulizer

...your temperature is 101° or more  
or your chills are worse

**4** Trouble concentrating,  
impatient and restless

Is the equipment working?  
*Is there a kink?*  
Do **Pursed Lip Breathing**  
Use relaxation techniques  
Use the inhaler or nebulizer

...it's not better in 2 hours  
*(the doctor may want to  
prescribe a higher dose.)*

Your words are running together

You feel like you're going to faint

**5** Achy muscles and joints

Is the equipment working?  
*Is there a kink?*  
Do **Pursed Lip Breathing**  
Use relaxation techniques  
Use the inhaler or nebulizer

...it's not better in 2 hours  
*(the doctor may want to  
prescribe a higher dose.)*  
...you wake up with a headache  
...you wake up so tired you can't get up

It's alarming how tired and drowsy  
you feel

Your lips or fingernails are blue or gray.

**6** Anger, anxiety or stress

Is the equipment working?  
*Is there a kink?*  
Do **Pursed Lip Breathing**  
Use relaxation techniques  
Use the inhaler or nebulizer

...the equipment is working OK.  
*(the doctor may want to  
prescribe a higher dose.)*





## PUFF COUNTDOWN LOG

and Doctor visit guide

Keep this Puff Log and you'll always know how many puffs you have left in your inhaler.

Then you won't find it empty when you really need a puff.

Start with a new inhaler. How many puffs does it have? Look on the inhaler or the box. If you don't find a number, call your pharmacy and ask.



**CSI.**

Buffalo Grove, IL

Questions and Orders toll free: 1-877-CAREKIT

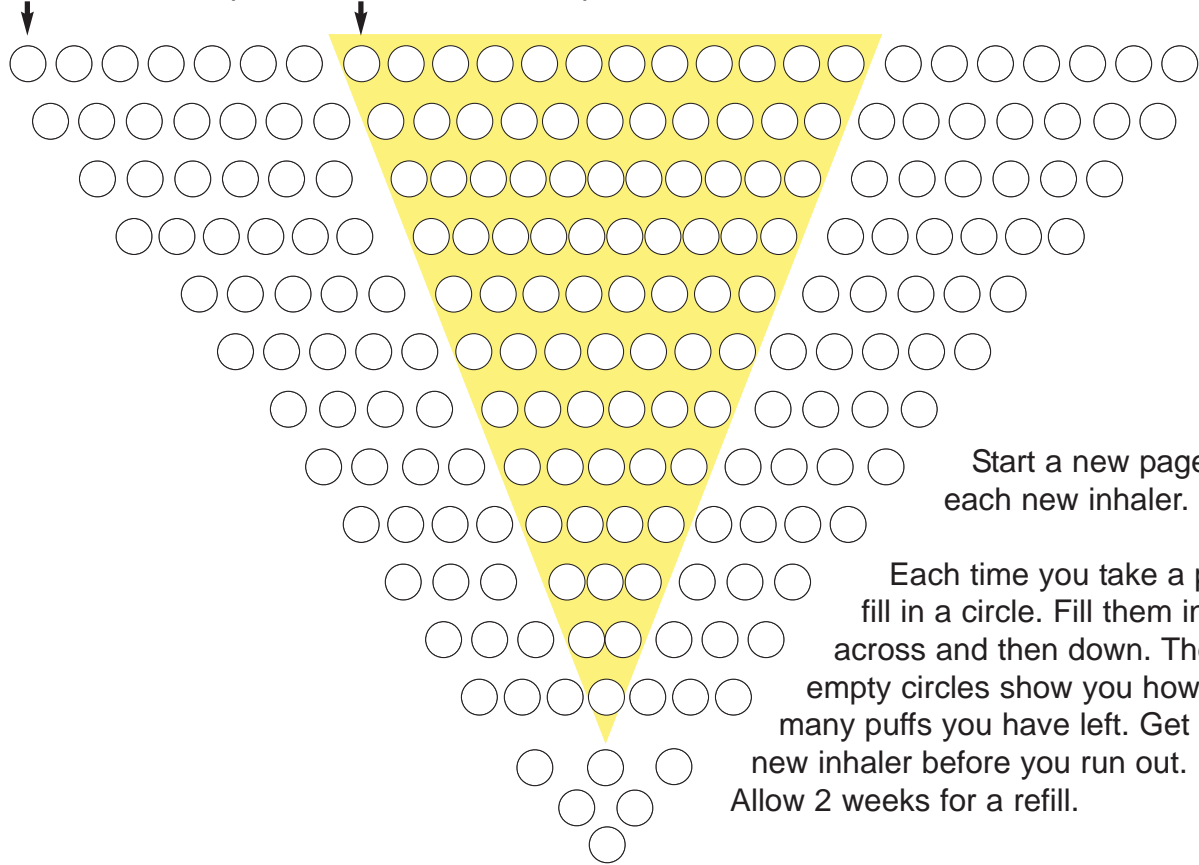
Fax: 1-847-850-7506

Email: [info@carekit.com](mailto:info@carekit.com) [www.carekit.com](http://www.carekit.com)

Start here for 200 puffs.

Start here for 80 puffs.

Date of 1st puff \_\_\_\_\_



Start a new page for each new inhaler.

Each time you take a puff, fill in a circle. Fill them in across and then down. The empty circles show you how many puffs you have left. Get a new inhaler before you run out. Allow 2 weeks for a refill.

Start here for 200 puffs.

Start here for 80 puffs.

Date of 1st puff \_\_\_\_\_



Start a new page for each new inhaler.

Each time you take a puff, fill in a circle. Fill them in across and then down. The empty circles show you how many puffs you have left. Get a new inhaler before you run out. Allow 2 weeks for a refill.

**Maintenance...** take every day  
Green Limit # \_\_\_\_\_

# COPD Action Plan

Brand or Generic Name	How many at one time	When to Take It			
		Breakfast	Noon	Dinner	Bedtime

**Quick relief...** take when I start to wheeze or cough  
Yellow Limit # \_\_\_\_\_

Brand or Generic Name	How many puffs at one time?	

If the Doctor changes your medicines, cross out the old and write in the new.

## Other COPD Medicines

Brand or Generic Name	What It's for	How many to take at one time	When to Take It			
			Breakfast	Noon	Dinner	Bedtime

## Other Prescription Medicines

Brand or Generic Name	What It's for	How many to take at one time	When to Take It			
			Breakfast	Noon	Dinner	Bedtime



## Other Prescription Medicines

Brand or Generic Name	What It's for	How many to take at one time	When to Take It			
			Breakfast	Noon	Dinner	Bedtime

Medicines you buy for yourself, vitamins you take--even herbs.

## Other Things I Take

Name	What It's For	How many to take at one time	When to Take It			
			Breakfast	Noon	Dinner	Bedtime

## Questions for my Doctor

ABOUT OXYGEN	VISIT 1	VISIT 2	VISIT 3	VISIT 4
Flow rate?				

ABOUT EXERCISE	VISIT 1	VISIT 2	VISIT 3	VISIT 4
What kind of exercise should I do?				
How long each time?				
How many times a week?				

Should I take medicine before I exercise? \_\_\_\_\_

Which one? \_\_\_\_\_

Should I take medicine before I play with pets? \_\_\_\_\_

Which one? \_\_\_\_\_

ABOUT FOOD	VISIT 1	VISIT 2	VISIT 3	VISIT 4
Do I need to watch how much I drink?	Daily Limit	Daily Limit	Daily Limit	Daily Limit
Do I need to watch the salt? <i>Most people want 2400<sub>mg</sub> or less</i>				
How often do I weigh myself ?				

Yearly flu shot      Date: \_\_\_\_\_

Pneumonia shot      Date: \_\_\_\_\_

Shots for shingles      Date 1: \_\_\_\_\_      Date 2: \_\_\_\_\_

If you've not had these shots, ask your doctor.

Next Appointment: Date: \_\_\_\_\_ Date: \_\_\_\_\_

Date: \_\_\_\_\_ Date: \_\_\_\_\_

## Other things to talk about

Doctor, you should know that I'm allergic to ... \_\_\_\_\_

Doctor, I'd like to know ...

Doctor's answer:

Date:


## WHEN YOU WANT TO KNOW MORE

American Academy of Allergy, Asthma,  
and Immunology  
800-822-2762  
[www.aaaai.org](http://www.aaaai.org)

American Association of Cardiovascular and  
Pulmonary Rehabilitation  
608-831-6989  
[www.aacvpr.org](http://www.aacvpr.org)

American Lung Association  
800-586-4872  
[www.lungusa.org](http://www.lungusa.org)

COPD International  
[www.copd-international.com](http://www.copd-international.com)

National Jewish Medical and Research Center  
[www.njc.org](http://www.njc.org)

Traveling with Oxygen  
[www.longusa.org](http://www.longusa.org)  
Search on the internet, "Traveling with Oxygen"

National Heart, Lung and Blood Institute  
[www.nhlbi.nih.gov/health/dci/Diseases/COPD](http://www.nhlbi.nih.gov/health/dci/Diseases/COPD)

**Doctor** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Doctor** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Doctor** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Nurse** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Other** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Drug Store** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Hospital** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Emergency Contact** \_\_\_\_\_ **Phone** \_\_\_\_\_