

Chronic Obstructive Pulmonary Disease

10 TIPS FOR MANAGING COPD

1. Give Up Smoking

Quitting smoking is a key factor.

2. Eat Right and Exercise

Eating a healthy diet and exercising are important to improve your fitness level.

3. Get Rest

Keep a consistent sleep and wake-up schedule.

4. Take Your Medications Correctly

Prepare a medicine checklist and take your medications as instructed by your doctor.

5. Use Oxygen Appropriately

If prescribed, follow the oxygen therapy to improve your overall activity.

6. Retrain Your Breathing

Utilize breathing techniques to help reduce breathlessness.

7. Avoid Infections

Ask your doctor if vaccines are appropriate to reduce your risk of lung infections.

8. Learn Techniques to Clear Mucus

Various cough techniques and devices like **Aerobika® OPEP** device may help clear excess mucus/sputum in your airways.

9. Make and Use a COPD Action Plan

Develop a COPD Action Plan with your healthcare provider to identify your symptoms and actions to manage them.

10. Learn More about COPD

Learn more about how you can manage your COPD and live a healthy life.



Breathe Better

Live Better by Reducing COPD Exacerbations (Flare-Ups).¹

Drug-Free Aerobika® OPEP Device

Clinically proven to reduce COPD flare-ups¹ and improve COPD patients' quality of life.²



1. Barnes *et al.* BMC Pulmonary Medicine 2013, 13:54 2. Burudpakdee C, *et al.* Pulmonary Therapy 2017;3(1):163-171