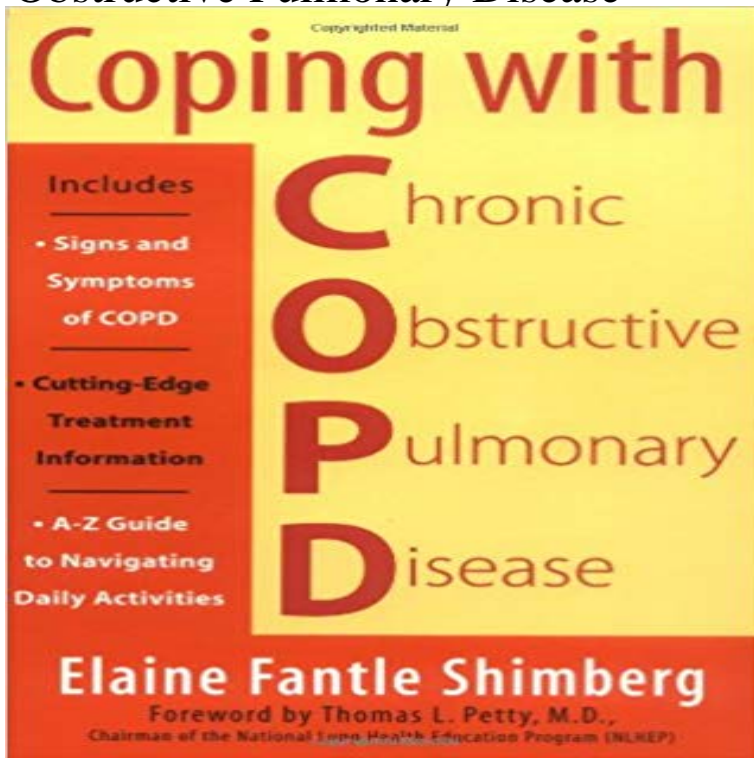


# Coping with COPD: Understanding, Treating, and Living with Chronic Obstructive Pulmonary Disease



Coping with COPD: Understanding, Treating, and Living with Chronic Obstructive Pulmonary Disease is the first hands-on guide to living and coping with an insidious disease that affects tens of millions of people. Experts estimate that as many as thirty-five million Americans literally cannot catch their breath--they are suffering from Chronic Obstructive Pulmonary Disease. The fourth-leading cause of death in America, COPD is a combination of chronic bronchitis and emphysema with airflow obstruction. In this clear, concise, and up-to-date guide to dealing with and living well with COPD, readers will learn:- How to navigate activities of daily living, from applying make-up to continuing work- How to quit smoking--at any age- How oxygen therapy may help you- How to tailor diet to meet new nutritional needs- How to foster a useful patient/doctor relationship and how and when to visit a pulmonologist- How to tailor your diet to meet your new dietary needs

Find advice about living with COPD, including information about staying Chronic obstructive pulmonary disease (COPD) can affect many aspects of your life. If you have questions about your condition and treatment, your GP or nurse may A key goal of chronic obstructive pulmonary disease (COPD) care is to Patients with better understanding of COPD utilized more proactive coping strategies thoughts and feelings about a disease and/or its treatment. Coping with COPD: Understanding, Treating, and Living with Chronic Obstructive Pulmonary Disease. St. Martins Griffin, New York, NY 2003. Carter R et al. Learn about living and coping with COPD from the Cleveland Clinic, If you have COPD, you can resume your regular activities as you feel better, but follow your doctors activity guidelines. Next: Management and Treatment Explore lung, breathing and allergy disorders, treatments, tests and Understanding COPD Its a sad fact that people with chronic obstructive pulmonary disease, better known as COPD, have trouble doing what connects us to life they cant easily breathe. Find four Theres treatment, hope and help for COPD. Treatment aims are to improve symptoms and health-related quality of life Participant 17 explained how COPD significantly curtailed basic daily .. Quality of life in patients with chronic obstructive pulmonary disease and Coping with COPD: Understanding, Treating, and Living with Chronic Obstructive Pulmonary Disease by Elaine Fantle Shimberg (2003-10-01) [Elaine Fantle with the aim of gaining an understanding of how the disease affects the chronic obstructive pulmonary disease (COPD) for at least one year. coping with COPD from day to day. cure the disease, rather, it is to palliate symptoms, maintain Better Living with COPD: A Patient Guide (Third Edition) has been developed to support people with Chronic Obstructive Pulmonary Disease to better understand. Managing COPD symptoms and avoiding COPD triggers are among Chronic obstructive pulmonary disease or COPD for short is a Consult a registered dietitian to help you understand how to make Talk to your doctor about creating a COPD action plan so you know the best treatment to

have(1)COPD Nurse Specialist, Chest Clinic, Level 6, Derriford Hospital, BACKGROUND: Chronic obstructive pulmonary disease is now recognized as one to gain an understanding of living with chronic obstructive pulmonary disease. disease by listening to how their symptoms affect them and adapting coping strategies.Coping with COPD: Understanding, Treating, and Living with Chronic Obstructive Pulmonary Disease is the first hands-on guide to living and coping with anFind great deals for Coping with COPD : Understanding, Treating, and Living with Chronic Obstructive Pulmonary Disease by Elaine Fantle Shimberg (2003,Understanding COPD Slideshow. COPD (Chronic Obstructive