

Know what you can do about your COPD.

Have you been diagnosed with COPD? This guide can help you start a conversation that could lead to better breathing.

Your doctor is your best source for information about COPD and breathing better. And the sooner you talk to your doctor about treating COPD, the sooner you could start breathing easier.

To help start a conversation that leads to the best possible COPD management plan for you, print this guide, fill it out, and bring it to your next appointment.

Start by answering these questions on your own:

1 I've been experiencing these symptoms (check those that apply and circle the appropriate response):

- Shortness of breath: **BETTER** or **WORSE** or **NO CHANGE** since last visit?
- Persistent cough with mucus: **BETTER** or **WORSE** or **NO CHANGE** since last visit?
- Breathing trouble that keeps me from completing my daily routine:
BETTER or **WORSE** or **NO CHANGE** since last visit?
- Wheezing or whistling when I breathe: **BETTER** or **WORSE** or **NO CHANGE** since last visit?
- A feeling of tightness in my chest: **BETTER** or **WORSE** or **NO CHANGE** since last visit?
- Fatigue: **BETTER** or **WORSE** or **NO CHANGE** since last visit?

2 I find myself having to cut back on the following activities because of breathing trouble (list everything you can think of—from your exercise routine to your household chores and everything in between):

3 I am exercising _____ usual each week.

- more than
- less than
- about the same as

4 My doctor prescribed a rescue inhaler and I use it _____ times a week.

5 I'm taking these medications for COPD:

6 I'm taking these medications for other health conditions
(please list medications and conditions):

Then ask your doctor these questions at your next appointment:

- How am I doing with managing my COPD?
- Could I be doing more to manage my COPD?

Be sure to keep these tips in mind:

- **Ask about ALL of your treatment options**—your doctor can go over your rescue and maintenance medication options and explain how they can work together
- **Remember to take note** of the following to talk about with your doctor:
 - Worsening symptoms
 - Rescue inhaler use
 - Any activities you have to cut back on
- **Discuss the flu shot and the pneumonia vaccine** to prevent respiratory infection, and be sure you're treating any other health conditions appropriately
- **Take notes to help you remember** the information you get from your doctor during your appointment
- **Consider asking a friend or family member** to join you for support

Remember, your doctor should be your primary source of healthcare information. Regular visits and clear communication will help you get the most out of your COPD management plan. Keep the conversation going at your next appointment and get on your way to breathing easier.

Date of your next appointment: ____ / ____ / ____

Notes:

Visit KnowCOPD.com for more information.