

# Know if there's more you can do to breathe easier.

Do you want to do more to manage COPD? This guide can help you build a complete management plan together with your doctor.

It's important to discuss all of your COPD treatment options with your doctor—including lifestyle changes you can make, support available to you, and daily maintenance treatments. Use this guide to ask if there may be more you could do to breathe easier.

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):

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**3**

I am exercising \_\_\_\_\_ usual each week.

- more than
- less than
- about the same as

**4**

I'm taking these medications for COPD:

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**5**

My doctor prescribed a rescue inhaler and I use it \_\_\_\_\_ times a week.

**6**

Lately I've been using my rescue inhaler \_\_\_\_\_ usual.

- more than
- less than
- about the same as

**7**

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

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**8**

I am interested in learning more about these options for breathing easier.

Circle one:

- Learning breathing exercises
- Meeting with a respiratory therapist or attending a pulmonary rehab program
- Learning about lifestyle changes I can make
- Exploring new treatment options

**Then ask your doctor these questions at your next appointment:**

- **How can I plan to manage COPD over time?**
- **What more can I do to breathe easier?**

**Be sure to keep these tips in mind:**

- **Explore all of your options** with your doctor. Ask how rescue and maintenance treatments work—and how they can work together
- **Be sure to tell your doctor** if you're using your rescue inhaler more often than usual
- **Be as open and honest as possible about your concerns**
- **At your next visit, take notes** to help you remember the information from your doctor
- **Consider asking a friend or family member** to join you for support

Remember, your doctor should be your primary source of healthcare information. It's important to maintain regular visits and clear communication as you work together to manage COPD over time. Use this guide regularly before your appointments to help guide the conversation and foster a good working relationship with your doctor.

**Date of your next appointment:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Notes:

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Visit [KnowCOPD.com](http://KnowCOPD.com) for more information.