

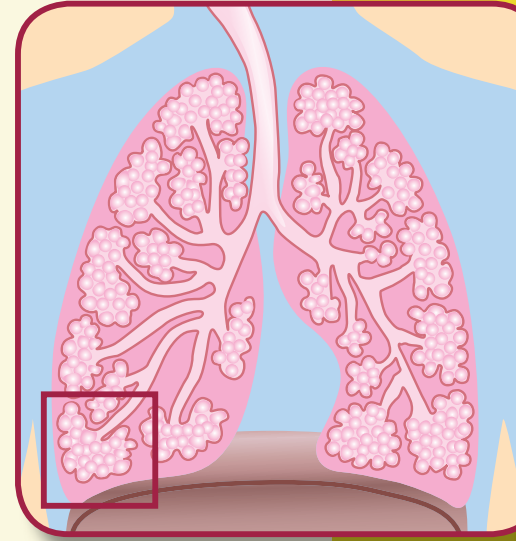
# Living With COPD\*

## What Is COPD?

COPD is not just one disease. It's a group of lung diseases that affects your airways and air sacs. It includes chronic bronchitis and/or emphysema. You may have one or both of these.

## Tips for Living Better With COPD

- Stop smoking
- Take each medicine as you are told to and see your healthcare practitioner (prak-tih-shun-er) regularly
- Go to the hospital or healthcare practitioner right away if your breathing gets bad
- Keep the air clean at home. Avoid things like smoke that make it hard to breathe
- Keep your body strong by eating healthy foods and by regular exercise
- If your COPD is severe, get the most out of your breath. Make life as easy as possible at home



## Did you know?

**Getting flu and pneumonia (noo-moan-ya) shots can help keep you from getting infections. Ask your healthcare practitioner which shots to get, when, and how often.**

\*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (bronk-eye-tis), emphysema (em-fuh-zee-muh), or both.

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