
*Further help and
information:*

THE HEDON GROUP PRACTICE



At

THE HEDON GROUP PRACTICE

A BRIEF GUIDE TO

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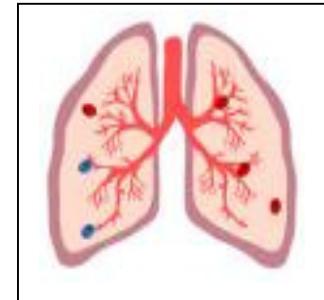
And

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**CHRONIC
OBSTRUCTIVE
AIRWAYS
DISEASE/
C.O.P.D.**



Web:

www.lunguk.org

*This leaflet has been produced
for the patients of The Hedon
Group Practice*



What is C.O.P.D?

C.O.P.D (Chronic Obstructive Pulmonary Disease) is a general term which includes the conditions Chronic Bronchitis and Emphysema.

It is usually caused by smoking. Symptoms include cough and breathlessness. **The most important thing you can do is STOP SMOKING**

C.O.P.D. can cause obstruction of the airways of the lungs. The typical symptoms are cough, breathlessness, sputum and frequent chest infections.

You will have an opportunity to discuss your condition with a Doctor or Nurse.

Important Points about C.O.P.D.

- You will have a test called spirometry. This test measures how much air you can blow into a machine. A low value indicates you may have C.O.P.D. This will be repeated every 2 years or so to monitor how you are.
 - If you smoke - STOP. If you need to discuss how, or need help stopping, see a Doctor or Nurse or attend our Stop Smoking Clinic.



- You should have an influenza immunisation (flu jab) every Autumn.
- You should have an immunisation against Pneumococcus infection. This is a 'one off' injection only.
- Keep fit. Studies show people with C.O.P.D. who exercise regularly tend to improve their breathing, ease symptoms and have a better quality of life. A daily walk is a good start!
- Lose weight, if you are overweight. We have a Dietitian at the Practice if you need advice.
- Eat well. Eat a healthy varied diet.



Treatment

Inhalers are commonly used to ease symptoms. Other treatments such as steroids, antibiotics and oxygen are sometimes prescribed in severe cases, or during a flare up of



What is the difference between C.O.P.D and Asthma?

Asthma and C.O.P.D cause similar symptoms. However, they are different diseases. Very briefly:

- In C.O.P.D there is permanent damage to the airways. The narrowed airways are 'fixed', and so symptoms are chronic (persistent). Treatment to 'open up the airways' is limited.
- In Asthma there is inflammation in the airways which causes muscles in the airways to constrict. This causes the airways to narrow. The symptoms tend to 'come and go', and vary in severity from time to time. Treatment to reduce inflammation and to 'open up the airways' usually works well.

Both Asthma and C.O.P.D are common, and some people have both conditions.