

Suggestions for Avoiding Infections with COPD

- Wash your hands thoroughly and frequently with soap and water.
- When you do cough or sneeze, make sure you do so into your elbow area or a tissue or handkerchief, rather than into your hands.
- Avoid touching your eyes, nose and mouth. Germs are often spread this way.
- If you use any equipment to help you breathe easier or help clear your chest such as a spacer/holding chamber, nebulizer and/or Acapella®/Aerobika®, make sure you clean them often and thoroughly.
- Get the flu vaccine (against the influenza virus) every fall.
- Get the COVID-19 vaccine.
- Avoid crowds, and don't socialize with people who are sick.



Nutrition Tips for Losing Weight

- ❖ Eat only when hungry
- ❖ Include vegetables or fruit or grains with each meal.
- ❖ Limit or eliminate snacks
- ❖ Avoid sweetened beverages. This includes juice, soda and lemonade, to name a few.
- ❖ Keep high fat or high sugar foods out of the house.
- ❖ Limit serving sizes. Refer to the package for information on serving size.
- ❖ Limit or eliminate snacks
- ❖ Increase levels of physical activity.

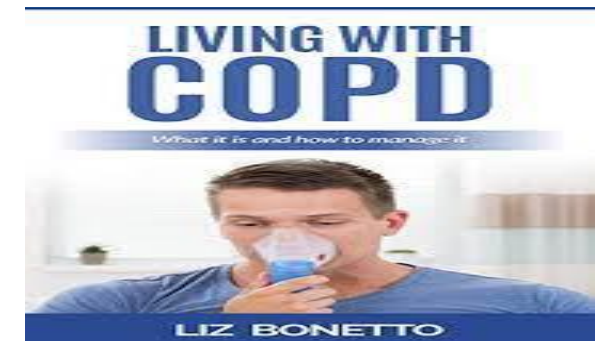


Resource

- COPD Foundation Educational Materials
<https://www.copdfoundation.org/>
- National Jewish Health
<https://www.nationaljewish.org/>



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COPD: Lifestyle Management Infections

There is no guaranteed way to prevent infections. However, if you are proactive, take the time to wash your hands and are aware of your surroundings.

Breathing Exercises & Techniques

Three types of breathing techniques are pursed lip breathing, coordinated breathing with exercise and diaphragmatic breathing.

Pursed Lip Breathing

The purpose of pursed lip breathing is to help keep your airways open.

Here are the steps for pursed lip breathing:

- ❖ Inhale slowly through your nose with your mouth closed; try to take in a normal amount of air.

- ❖ Exhale slowly through your mouth with your lips in the whistling or kissing position.

- ❖ Breathe out for twice as long as you breathe in.



Inhale 1, 2

Exhale 1,2,3,4



Coordinated Breathing

The purpose of coordinated breathing is to help assure adequate oxygen to your working muscles and to prevent you from holding your breath.

Here are the steps for coordinated breathing.

- Inhale through your nose before starting the exercise or activity.
- Exhale through pursed lips during the most exerting part of the exercise or activity.

Diaphragmatic Breathing

Optimizing the use of the diaphragm is beneficial because it pulls air into the lower lobes of the lungs where more gas exchange takes place.

Here are the instructions for diaphragmatic breathing, also called “belly breathing.”

- ✓ Sit or lie in a comfortable position. Relax your shoulders.
- ✓ Place one hand on your chest and one on your belly.
- ✓ Breathe in slowly and deeply through your nose. You should feel your belly moving out, and your chest should move very little.
- ✓ Relax your stomach and breathe out slowly through your mouth



Nutrition

Eating a balanced diet and maintaining a healthy weight are important parts of managing COPD.

Nutrition Tips for Gaining Muscle Mass & Weight

- ❑ Eat five to six small meals a day, and snack whenever you are hungry.
- ❑ Keep favorite foods on hand for snacking.
- ❑ Fat is a concentrated source of calories. Vegetable oil, dairy or nut butters can increase the calorie content of any food.
- ❑ Use higher calorie versions of foods you eat if weight gain is desired.
- ❑ Avoid “lite” products (skim milk, low-fat yogurt and cottage cheese, etc.).
- ❑ Don’t fill up on fluids. Drink fluids between meals rather than with meals.