

> What is COPD?

COPD stands for Chronic Obstructive Pulmonary Disease. It is a condition where your airways are inflamed and narrowed, making it harder for you to breathe. It also causes damage to air sacs in the lungs.

> What are the causes?

- Smoking is the main cause of COPD. Smoking irritates and inflames the lungs which results in scarring.
- Work environments involving exposure to harmful substances such as smoke, fumes, dust and chemicals.
- Genetic disorders, although this is rare.

> What are the symptoms?

- Breathlessness, especially when walking, due to less oxygen reaching the lungs.
- Persistent, chesty cough.
- Wheeze or a tight chest.
- Coughing up a lot of phlegm (regular sputum production).
- Frequent chest infections, especially during the winter.

> What about my medicines?

The aim of COPD medication is to slow the progression of the disease, improve your symptoms and make breathing easier.

- Take your medicine as prescribed, even if you feel better.
- Read the patient information leaflet that comes with your medicines to learn more about your medication.
- Speak to your GP or healthcare team if you have any concerns or if your symptoms become worse.

Self Care Tips

- Stop Smoking to prevent further damage to your lungs and slow your disease progression.
- Attend pulmonary rehabilitation. This is a specialised programme of exercise and education that provides:
 - Physical exercise tailored to your needs and ability
 - Psychological and emotional support
- Avoid temperatures that are too hot or too cold.
- Have your yearly flu vaccination.
- Have regular check-ups with your GP.

References

NHS Condition: <https://www.nhs.uk/conditions/asthma/>

British Lung Foundation <https://www.blf.org.uk/support-for-you/copd>

To contact Bromley Well call the Single Point of Access on **0808 278 7898** or Lifestyle Support on **07985 444210 / 07399 202313** Email enquiry@bromleywell.org.uk www.bromleywell.org.uk



[@BromleyWellService](https://www.facebook.com/BromleyWellService)



[@BromleyWell](https://twitter.com/BromleyWell)

> Further resources and services

British Lung Foundation

73-75 Goswell Road, London
EC1V 7ER

Tel: 0300 0030 555

www.blf.org.uk

A national charity providing information and advice about living with COPD. A really useful website packed with information and advice on everything from quitting smoking to coping in cold weather.

Breathe Easy Bromley

Victor Childs Room, St Pauls Church,
Crofton Rd, Orpington, BR6

3rd Tuesday of every month from

2pm – 4pm

Tel: 0300 303 0253

Local Support for people living with COPD.

- [NHS Conditions Chronic Obstructive Pulmonary Disease](#)

NHS conditions pages contain information about the causes, symptoms and treatment of COPD and advice for people living with the condition.

[NHS Wellbeing Apps](#)

Link to an NHS Wellbeing App, designed to help you manage your lifestyle and help manage your condition.

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