

Living Well **COPD**TM with

Chronic Obstructive Pulmonary Disease

A plan of action for life

Reference Guide for Individual Patient Education

Keeping a Healthy and Fulfilling Lifestyle

Educational topics:

1. Healthy and Fulfilling Lifestyle

- Health and COPD
- Healthy Life Habits
 - No smoking
 - Medication compliance
 - Healthy diet
 - Exercising and physical activity
 - Good nights sleep
 - Satisfying sex life
 - Leisure activities
 - Planning of trips

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