

Living Well with COPD™

Chronic Obstructive Pulmonary Disease

A Learning Tool for Patients and Their Families

Keeping a Healthy and Fulfilling Lifestyle

- Meaning of being healthy
- Quitting smoking
- Complying with medication
- Eating healthy
- Exercising and physical activity
- Sleeping better
- Satisfying sex life
- Planning leisure activities
- Travelling

This guide belongs to:

2nd Edition 2005

The skills you need to manage your COPD

COPD is a disease that can seriously affect every part of your life. Simple activities you once took for granted, such as taking a walk or getting dressed, can become major challenges. Flare-ups, or worsening symptoms – the main cause of hospitalization in people with COPD – can further affect your quality of life. Fortunately, there is a lot that you can do to overcome and prevent these limitations, and improve your well-being. This is why we have created this series of workbooks on COPD self-management.

How can this program help me with self-management of the disease?

This is an educational program in which you learn skills to manage your disease and adopt healthy new lifestyle behaviours. This series of workbooks is part of that program, based on real-life experiences.

Medical experts and patients with COPD – people just like you – worked together to update this program that you can customize for yourself. National¹ and international^{2,3} guidelines agree that patient education and self-management are valuable for people with COPD.

We also tested this educational program as part of a clinical trial. And the results are very encouraging. Patients who used these workbooks in collaboration with their healthcare worker, “case manager” or resource person and physician had fewer hospitalizations and fewer emergency room visits. Their overall health also improved, enabling them to do more of the activities they enjoyed, and better cope with their disease.^{4,5}

This is your guide. Use it to write down your questions or concerns. Share it with people close to you so that they can understand what you are going through. Discuss whatever thoughts and feelings you have with your case manager or resource person and your physician.

Good luck with your program,
Dr. Jean Bourbeau



Montreal Chest Institute,
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Welcome to “Keeping a Healthy and Fulfilling Lifestyle” of the learning series Living Well with COPD

Do you think it is possible to be healthy if you have COPD? It certainly is, but you – and your family – may have to make many changes in the way you do things. Some of these changes may be minor. Others, such as exercising regularly, or eating good food, may take a little getting used to. However, by maintaining healthy new habits, you will have a better chance of fulfilling your physical, emotional and social needs.

Living well with COPD means doing more of the things you like, adopting and maintaining healthy life habits and behaviours in order to maximize your quality of life.

In this module you will learn:

- ✓ The meaning of being healthy
- ✓ Why it is important to quit smoking
- ✓ The importance of taking your medication regularly
- ✓ How to eat healthy
- ✓ The importance of exercising and maintaining physical activity
- ✓ How to sleep better
- ✓ How to have a satisfying sex life
- ✓ How to plan and identify your leisure activities
- ✓ How to plan a long or short trip