



DOCTOR DISCUSSION GUIDE

Managing COPD

Being diagnosed with chronic obstructive pulmonary disease (COPD) may feel a little daunting, but there are things you can do to manage the condition effectively. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

Alpha-1-antitrypsin	A protein made in the liver that helps protect the lungs. A genetic disorder can cause a lack of the protein, which can, in turn, lead to COPD.
Bronchodilators	Medications used to relax the muscles around your breathing tubes, allowing them to expand easier. These include beta2-agonists, anticholinergics, and theophylline.
Chronic Bronchitis	A type of COPD that happens when the bronchial tubes in your lungs swell, causing them to produce a lot of mucus and narrow the airway.
Emphysema	A type of COPD that occurs when the alveoli (air sacs in your lungs) are damaged.
Exacerbations	Episodes where your COPD symptoms are worse than usual.
Pulmonary Hypertension	When the blood pressure inside the lung arteries is abnormally high.
Pulmonary Rehabilitation	An educational program that teaches those with COPD (and other chronic lung conditions) how to improve their quality of life through diet, exercise, and other strategies for managing COPD on a daily basis.
Spirometry	A test used to measure lung function and detect COPD.

