



COPD

What is COPD?

COPD (Chronic Obstructive Pulmonary Disease) is a condition where you have long term inflammation in your airways and damage to your air sacs which cause it to be more difficult to breathe.

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 are the causes?

- Smoking is the main cause of COPD as it damages the lining of the airways and lungs.
- Work environments involving exposure to harmful substances such as smoke, fumes, dust and chemicals.
- Air pollution may increase your risk of as it can affect the function of the lungs.
- Genetic disorders, although this is rare.

What about treatment?

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

- Stopping smoking can massively help with COPD as it reduces the damage to the lungs and airways.
- Inhalers can help with making breathing easier by widening your airways or by reducing inflammation in the airways.
- Medication that also expand the airways and reduce inflammation or reducing the thickness of your mucus which makes it easier to clear.
- Pulmonary rehabilitation is a exercise and education programme that is run by healthcare professionals such a physiotherapists, nurse specialists and dieticians. It supports people to become more active and manage their condition.
- Surgery can be considered for some people with severe COPD whose symptoms have not been controlled by medication.

References: NHS Condition: <https://www.nhs.uk/conditions/asthma/>
British Lung Foundation
<https://www.asthmaandlung.org.uk/conditions/copd-chronic-obstructive-pulmonary-disease>

SELF CARE TIPS

STOP SMOKING

This reduces any further damage to the lungs and the airway.

ATTEND PULMONARY REHABILITATION

This is a specialised programme of exercise and education that provides physical exercise tailored to your needs and ability and also psychological and emotional support

AVOID TEMPERATURES THAT ARE TOO HOT AND TOO COLD

GET VACCINATED

Keep up to date with vaccinations like your yearly flu vaccination

HAVE REGULAR CHECK-UPS WITH YOUR GP

To make sure treatment plans are up to date and working for you.

To register with Bromley Well:
Freephone 0808 278 7898
Or register online:
www.bromleywell.org.uk/refer

Contact Lifestyle Support direct
07985 431484 / 07985 444210
or email
enquiry@bromleywell.org.uk



COPD

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HEALTH FACT SHEET

Updated July 2024

FURTHER RESOURCES

[Asthma + Lung UK](#)

Helpline 0300 222 5800

Email:

helpline@asthmaandlung.org.uk

A national charity providing information and advice for the public and for health professionals around Asthma and other lung conditions. Contains advice on triggers, inhalers and medication and how to manage your condition. Was created in 2020 when Asthma UK and the British Lung Foundation combined.

[Bromley Asthma + Lung UK Support Group](#)

Tel: 0300 303 0253

Local Support for people living with COPD.

[Bromley Healthcare Respiratory Team](#)

Tel: 0300 330 5777

Community Respiratory Team that help those with chronic respiratory diseases, they assess patients, offer specialist advice and support them in clinics and in the community.

[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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