






NATIONAL
COPD
CHRONIC OBSTRUCTIVE PULMONARY DISEASE
AWARENESS MONTH

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>Learn more about:</p> <p><u>THE LACE UP FOR LUNGS CAMPAIGN</u></p>				
8	9	10	11	12
				<p><u>World Pneumonia Day</u></p>
15	16	17	18	19
<p>National Diabetes Education Week</p>				
22	23	24	25	26
				
29	30			

Chronic Obstructive Pulmonary Disease Overview

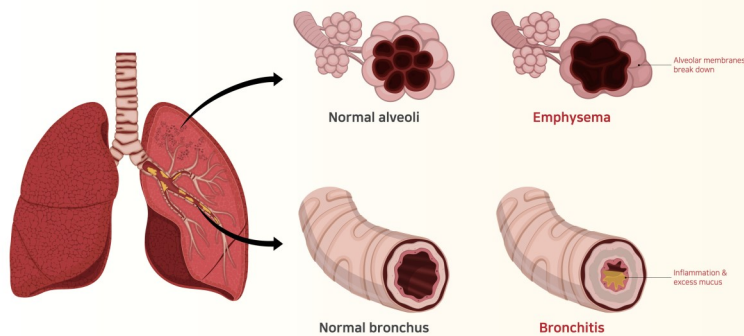
According to the 2019 Tableau® BHH Pop Health file:

15.4% of BHH enrollees have a COPD diagnosis. Of those with a COPD diagnosis:

- ◆ 73.6% have diabetes
- ◆ 69.4% have hypertension (high blood pressure)
- ◆ 62.1% smoke cigarettes
- ◆ 55.1% have hyperlipidemia (high cholesterol)

Chronic Obstructive Pulmonary Disease

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The Center for Disease Control and Prevention defines chronic obstructive pulmonary disease, or COPD, as “a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema and chronic bronchitis.”

Emphysema—Slow damage of tiny air sacs in the lungs. The tiny sacs eventually break, causing one big sac. The side effects of this include: damaged tissues, difficulty with oxygen moving through the bloodstream, and difficult breathing. **Emphysema is strongly linked to smoking.**

Chronic Bronchitis—Airways in lungs become inflamed overtime instead of as a result of a cold or infection. The inflammation causes mucous to build up and trouble breathing. **Factors that may cause chronic bronchitis include smoking, air pollution, toxic gases, and a family history of bronchitis.**

For more information, watch “[The Basics of Chronic Obstructive Pulmonary Disease \(COPD\)](#)”

<https://www.cdc.gov/copd/index.html>

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/chronic-bronchitis>

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/emphysema>

Resources for Clients



- ⇒ [Patient Education: Chronic Obstructive Pulmonary Disease](#)— 2-page information sheet defining COPD, Bronchitis, and Emphysema.
- ⇒ [COPD: Learn More. Breathe Better](#)— Contains information around what you can do to breathe better and improve quality of life after a COPD diagnosis.
- ⇒ [My COPD Action Plan](#)— Document to be completed with patient and provider to develop actionable next steps around managing COPD.
- ⇒ [Finding COPD Support](#)— Resources to help those with COPD find support and connect with others
- ⇒ [ABCs of Using a Nebulizer](#)— Clear, easy-to-understand instructions on how to use and clean a nebulizer.
- ⇒ [Staying Active with Lung Disease](#)— Resource to help develop an exercise routine to help you stay active.
- ⇒ [Warning Signs of Lung Disease](#)— 1-page flyer summarizing the early signs and symptoms of lung disease.
- ⇒ [Living with Lung Disease & the Benefits of Quitting Smoking](#)— Document that outlines the importance of quitting smoking if you have a lung disease diagnosis.

