

Getting Started

There's a lot you can do to live better with COPD. You may need to change some of your habits. It may feel strange at first, but hang in there. What you do day by day can make a big difference in how you feel. You can help control your symptoms and enjoy life.

Take That First Step Now!

There are many things you can do:

- Pace yourself and don't rush
- Do things slowly and sit down as much as you can
- Find easy ways to dress, cook, and do chores
- Use a cart with wheels to move things
- Use a pole with long handles to reach for things
- Keep things you need in easy reach, so you don't have to bend or lift
- Rest after meals



Did you know?

**Changing the way you look at things will help you stay positive.
Focus on the things you can do, and enjoy those things to the fullest.**

*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (brank-eye-tis), emphysema (em-fuh-zee-muh), or both.

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