

Talk It Over

Here are some things you may want to find out about COPD. Bring this list to your next doctor's visit.

- How does my COPD affect me?
- What can I do to help keep it from getting worse?
- What should I do if my symptoms get worse?
- Do I have other conditions?
- What can I do to help keep from getting other illnesses?
- Should I get a flu shot or a pneumonia (noo-moan-ya) shot?



Did you know?

There are a lot of helpful resources for you.

American Lung Association
1-800-LUNGUSA
www.lungusa.org

National Lung Health Education Program
1-972-910-8555
www.nlhep.org

National Heart, Lung, and Blood Institute
1-301-592-8573
www.nhlbi.nih.gov

The National Emphysema Foundation
1-203-866-5000
www.emphysemafoundation.org

Centers for Disease Control and Prevention
1-800-311-3435
www.cdc.gov

Pulmonary Education and Research Foundation
1-800-539-8390
www.perf2ndwind.org

*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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