

## 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](http://www.lungusa.org)

National Lung Health Education Program  
1-972-910-8555  
[www.nlhep.org](http://www.nlhep.org)

National Heart, Lung, and Blood Institute  
1-301-592-8573  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

The National Emphysema Foundation  
1-203-866-5000  
[www.emphysemafoundation.org](http://www.emphysemafoundation.org)

Centers for Disease Control and Prevention  
1-800-311-3435  
[www.cdc.gov](http://www.cdc.gov)

Pulmonary Education and Research Foundation  
1-800-539-8390  
[www.perf2ndwind.org](http://www.perf2ndwind.org)

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

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