

# HEALTH ENHANCEMENT PROGRAM (HEP)

## COPD - DID YOU KNOW? CHRONIC CARE COMPLIANCE FORM



**Please read the information below and complete the form to be compliant.**

**Chronic obstructive pulmonary disease (COPD)** is the name for a set of conditions, including emphysema and chronic bronchitis, which limit air flow and cause breathing difficulties.

Chronic lower respiratory disease, primarily COPD, is the third leading cause of death in the United States.

A simple breathing test to measure the amount of air a person can breathe out and the amount of time it takes to do so is called spirometry and is used to diagnose COPD.

Approximately 15 million Americans report having a COPD diagnosis and millions more may not even realize they have it.

Tobacco use is the main cause of COPD in the United States, but air pollutants at home (such as secondhand smoke) and at work (such as dusts, gases, and fumes) can also cause COPD.

The Symptoms of COPD include:

- Chronic cough (known also as smoker's cough).
- Chronic phlegm production.
- Shortness of breath while doing things you used to be able to do.
- Not being able to take a deep breath.
- Wheezing.

The best way to slow COPD is to quit smoking. It is never too late to quit. No matter how long you have smoked or how serious your COPD is, quitting smoking can help stop the damage to your lungs. For help on how to quit smoking go to [www.smokefree.gov](http://www.smokefree.gov) or call **1-800-QUIT-NOW (1-800-784-8669)**.

Medicines used to treat COPD help to reduce symptoms such as coughing and shortness of breath, reduce the frequency of flare-ups, improve health status and improve the ability to exercise. These are usually inhalers that can open your airways and keep them from getting swollen. Some may be taken with a nebulizer, a machine that changes liquid medicine into a fine mist which makes it easier to inhale deep into the lungs.

When you have COPD you are at greater risk for having serious complications if you get the flu or pneumonia. To protect yourself against the flu you should get a flu shot every year. The pneumonia vaccine is important to get at least once, and sometimes a booster shot is recommended. Ask your doctor if it is time for your pneumonia shot.

COPD patients benefit from regular physical activity and should be encouraged to remain active. Your doctor can tell you what level of exercise is safe for you.

Sources: CDC Factsheet, CDC Stats, Healthwise Inc.

Name \_\_\_\_\_ Email Address \_\_\_\_\_

EID or Date of Birth \_\_\_\_\_ Day Time Phone Number \_\_\_\_\_

Relationship (circle one) - employee spouse dependent

Signature \_\_\_\_\_ Date \_\_\_\_\_

*By signing, I attest that I have read the fact sheet*

**Return to CMS representative or fax: 877-687-1449**

To learn more go to [CTHEP.com](http://CTHEP.com) or call **1-877-687-1448**