

HEALTH ENHANCEMENT PROGRAM

CHRONIC CARE COMPLIANCE FORM

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



COPD - DID YOU KNOW?

What Is Chronic Obstructive Pulmonary Disease (COPD)

COPD is a progressive disease that makes it hard to breathe. "Progressive" means the disease gets worse over time. With COPD, the airways in your lungs become inflamed and thicken, and the tissue where oxygen is exchanged is destroyed. Less air flows in and out of the airways because the airways and air sacs lose their elastic quality; the walls between many of the air sacs are destroyed; the walls of the airways become thick and inflamed and the airways make more mucus than usual, which can clog them.

The term "COPD" includes two main conditions—emphysema and chronic bronchitis. In emphysema, the walls between many of the air sacs are damaged. As a result, the air sacs lose their shape and become floppy. This damage also can destroy the walls of the air sacs, leading to fewer and larger air sacs instead of many tiny ones. If this happens, the amount of gas exchange in the lungs is reduced. In chronic bronchitis, the lining of the airways is constantly irritated and inflamed. This causes the lining to thicken. Lots of thick mucus forms in the airways, making it hard to breathe.

What Causes COPD?

Cigarette smoking is the leading cause of COPD. Most people who have COPD smoke or used to smoke. Long-term exposure to other lung irritants—such as air pollution, chemical fumes, or dust—also may contribute to COPD. COPD develops slowly. Symptoms often worsen over time and can limit your ability to do routine activities. Severe COPD may prevent you from doing even basic activities like walking, cooking, or taking care of yourself.

Treatment Options

COPD has no cure yet, and doctors don't know how to reverse the damage to the airways and lungs. However, treatments and lifestyle changes can help you feel better, stay more active, and slow the progress of the disease. Your doctor may suggest one or more of the following options:

Medications (such as bronchodilators and inhaled steroids)

Bronchodilators are medicines that usually come in the form of an inhaler. They work to relax the muscles around your airways, to help open them and make it easier to breathe. Inhaled steroids help prevent the airways from getting inflamed.

Pulmonary Rehabilitation

Your doctor may recommend that you participate in pulmonary rehabilitation, or "rehab." This is a program that helps you learn to exercise and manage your disease with physical activity and counseling. It can help you stay active and carry out your day-to-day tasks.

Lifestyle Changes

Lifestyle changes such as quitting smoking can help you manage the effects of COPD. Resources to help you quit include "Kick Ash Smoker's Quit Line" 1-800-QUIT-NOW

Oxygen Treatment

If your COPD is severe, your doctor might suggest oxygen therapy to help with shortness of breath. You might need oxygen all of the time or just some of the time - your doctor will work with you to learn which treatment will be most helpful. 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. Check with your doctor about a pneumonia shot.

Seek emergency help if your usual medications aren't working and:

- You find that it is unusually hard to walk or talk (such as difficulty completing a sentence).
- Your heart is beating very fast or irregularly.
- Your lips or fingernails are gray or blue.
- Your breathing is fast and hard, even when you are using your medication.

Source: CDC Fact Sheet, American Lung Association

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 or call 1-877-687-1448