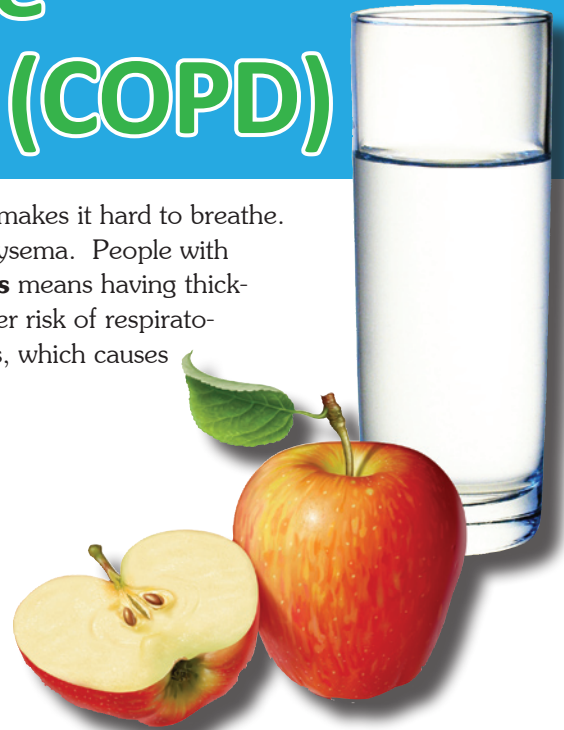


Taking Control of your Health Series: Chronic Obstructive Pulmonary Disease (COPD)

COPD - Chronic Obstructive Pulmonary Disease is an illness that makes it hard to breathe. **COPD** generally involves a combination of chronic bronchitis and emphysema. People with **COPD** are more likely to get respiratory infections. **Chronic Bronchitis** means having thickened airways with too much mucus, leading to chronic cough and a higher risk of respiratory infections. **Emphysema** is damage to the alveoli (air sacs) of the lungs, which causes air to get trapped and makes it harder for oxygen to get into the blood.



Call your doctor if you have these symptoms, which may indicate UTI in adults

Wheezing

Increased Coughing

Yellow or Green Mucous

Difficulty Breathing

Feeling Weak and Tired

Weight Loss

You can help manage COPD with measures to help prevent respiratory infections!

Add these tips to your health and hygiene routine:

- ▶ **Don't smoke cigarettes.** Between 80-90% of COPD cases are caused by cigarette smoking. Never smoking or quitting if you already smoke, is the single most important step you can take to reduce your risk of developing COPD. This is particularly important if you have family members that who have developed COPD in their 30s or 40s.
- ▶ **Avoid air pollution, chemical sprays and perfumes.**
- ▶ **Avoid extremes in air temperature and humidity.**
- ▶ **Avoid close contact with people who have respiratory infections,** particularly young children who contract repeated contagious respiratory infections, Pneumonia and Bronchitis.
- ▶ **Keep your house as dust free and clean as possible.**
- ▶ **Wash your hands often.**
- ▶ **Eat a healthy diet of 5-6 small meals a day and drink plenty of fluids, limiting alcohol use.**
- ▶ **Get a pneumococcal vaccine and yearly flu shots.**
- ▶ **Have a blood test to determine levels of Alpha-1-Antitrypsin.** This will check for a genetic defect that indicates an increased risk that you might develop the disease, regardless of smoking. In particular, if someone in your family developed COPD without having smoked or at a young age, you should have this test.
- ▶ **Stay physically active.**

For more information on COPD and other common preventable health complications, contact your health care provider or your local partner for better health:



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SAVE *the* DATE

SATURDAY • OCTOBER 12, 2013
REGIONAL HEALTH



Get to know your medical community!

Representatives from the following Industries/Companies will be available for consultation:

Hospice • Alzheimer's • Assisted Living • Long Term Care • Home Healthcare • Skilled Nursing

Law Enforcement
Gun Safety, Boat Safety
Home Safety & Security
Finger Printing

Flu and Pneumonia
Vaccines
will be available!

Blood Pressure
Screening & Oxygen
Saturation Testing

Have questions about
prescriptions?
Ask your
local Pharmacist!

Nutrition Consultations
Will be Available to
those who want them!

Fire & Rescue will be on
hand to talk about
Fire Safety



10 AM 'til 2 PM

DWMBC Family Life Center • Trinity, Texas

For location/direction: www.dwmbc.org

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