

Signs & symptoms of COPD

➤ The two key symptoms of COPD are:

1. Shortness of breath
2. A cough that doesn't go away. Coughing up thick, often colored mucus (phlegm)



• Wheezing



• Blue lips or fingernails



• Fatigue (extreme tiredness)



• Chest tightness



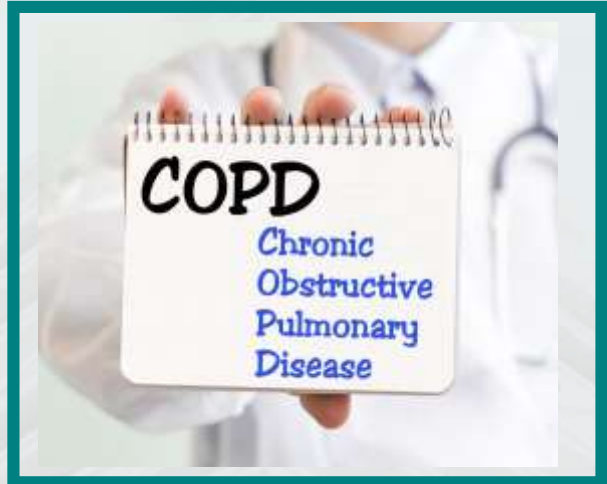
Introduction about COPD

Chronic obstructive pulmonary disease (COPD) is a long-lasting lung disease where the small airways in the lungs are damaged making it harder for air to get in and out. Many people used to know the condition as emphysema and bronchitis.

Two of these lung conditions are long-term (or chronic) bronchitis and emphysema, which can often occur together. Bronchitis means the airways are inflamed and narrowed. People with bronchitis often produce sputum, or phlegm. Emphysema affects the tiny air sacs at the end of the airways in your lungs, where oxygen is taken up into your bloodstream. They break down and the lungs become baggy and full of bigger holes which trap air.

It's classified to:

1. Chronic bronchitis
2. Emphysema
3. Bronchial asthma
4. Bronchiectasis



- Ahmed Khaled 2656
- Almasa Elhoni 2475
- Heba Adel 2409
- Maha Elsharif 2442
- Nebras Fadell 2461





Self-care management

- ✓ Smoking cessation,
- ✓ Improving exercise and physical activity levels,
- ✓ Proper nutrition.
- ✓ Medication adherence.
- ✓ Coping skills.



Prevention methods for COPD

- 1  Oxygen therapy helps to increase the amount of oxygen in your body.
- 2  Getting enough quality sleep will help you feel your best.
- 3  Do your best to stop smoking and try to limit your time around others who smoke.
- 4  To help keep you healthy, the pneumonia vaccine and an annual flu shot are recommended.
- 5  Eating a variety of healthy foods such as fruits, vegetables, whole grains, protein sources, and healthy fats can help support good health.
- 6  Stay home on poor air quality days and avoid areas with high levels of air pollution. Keep fresh air flowing at home, don't use strong chemicals, and keep things clean to avoid dust buildup.
- 7  Pulmonary rehabilitation programs help people with COPD find the best ways to stay active and improve lung function.
- 8  Talk to family members or friends about how you're feeling. You may also benefit from connecting with others who also live with COPD.
- 9  Breathing exercises may be helpful. Some examples are deep breathing, pursed-lip breathing, and belly breathing.
- 10  Take medications exactly as directed by your doctor to prevent or treat symptoms.

Treatment used in COPD

There's currently no cure for chronic obstructive pulmonary disease (COPD), but treatment can help slow the progression of the condition and control the symptoms.

Short-acting bronchodilator inhalers are the first treatment used.

Bronchodilators are medicines that make breathing easier by relaxing and widening your airways.

There are 2 types of short-acting bronchodilator inhaler:

beta-2 agonist inhalers – such as salbutamol and terbutaline
 antimuscarinic inhalers – such as ipratropium. Short-acting inhalers should be used when you feel breathless, up to a maximum of 4 times a day.



References:

- <https://www.webmd.com/lung/copd/what-are-symptoms-of-copd>
- https://www.cdc.gov/tobacco/basic_information/health_effects/respiratory/index.htm
- Alasbahi, R. H.; Melzig, M. F. (2010). "Plectranthus barbatus: A review of phytochemistry, ethnobotanical uses and pharmacology - Part 1". *Planta Medica*.