

Self -Management Resources:

Community Respiratory Services
(604) 514-6106

BC Lung Association (604) 731-5864
1-800-665-5864
www.bc.lung.ca

Breath Works Helpline
1-866-717-2673
www.lung.ca/breathworks

Smoking Cessation:
1-877-455-2233

Quit now .ca
Clubs/Support Groups

Abbotsford B.B. Club
(604) 850-2131
janjordan46@gmail.com

Chilliwack B.B. Club
(604) 858-8965
jandkpearson@shaw.ca

Langley Better Breather's
(604) 534-2632

Maple Ridge B.B. Club
(604) 417-2206
b.heidi@telus.net

New Westminster Puffers
(604) 594-7910

If you have COPD talk to your doctor
about programs and services in your area.

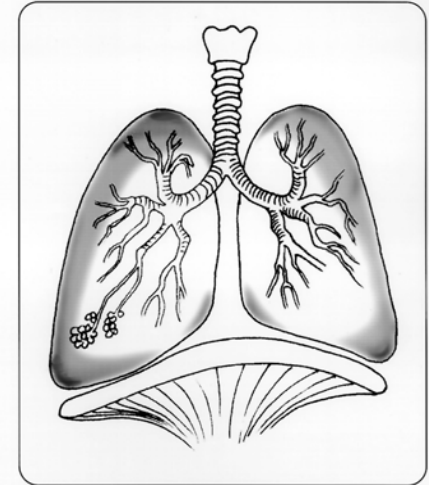
If you suspect you may have COPD, talk to
your doctor about a diagnosis

www.fraserhealth.ca

The information in this document is intended solely
for the person to whom it was given by the health
care team.

Form # 254712(04/12)

Resources For COPD



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Best in health care.

What is COPD?

Chronic
Obstructive
Pulmonary
Disease

- The airways in the lungs become inflamed and “obstructed” or blocked. This makes it difficult to move the air out of your lungs.
- COPD includes two major breathing diseases:
 - Chronic Bronchitis
 - Emphysema

You may be at risk or have COPD if:

- You are or were a smoker.
- Have a cough with mucous that won't go away
- You have frequent chest infections
- Get short of breath while doing simple activities

Why Should I contact the resources and services in this brochure?

- COPD is treatable
- Increase awareness
- Maintain or improve your quality of life
- Increase ability to control symptoms
- Rehabilitation helps to:
 - Increase exercise tolerance and prevent chest infections
 - Reduce hospitalizations related to COPD
- Peer support

Respiratory Rehab Programs are available at:

Chilliwack General Hospital

(604) 795-4141 Ext. 614244

Langley Memorial Hospital

(604) 534-4121 Ext. 745273

Ridge Meadows Hospital

(604) 463-1855

New Westminster iConnect

(604) 523-8800

Surrey Memorial Hospital

(604) 582-4565

Abbotsford Regional Hospital

(One to One education only)

(604) 851-4700 Ext. 642215.