

Self-Management Resources:

BC Lung Foundation

(604) 731-5864 or 1-800-665-5864

bclung.ca

BreathWorks Helpline

1-866-717-2673

lung.ca/breathworks

Smoking Cessation Support

1-877-455-2233

quitnow.ca

Community Respiratory Services

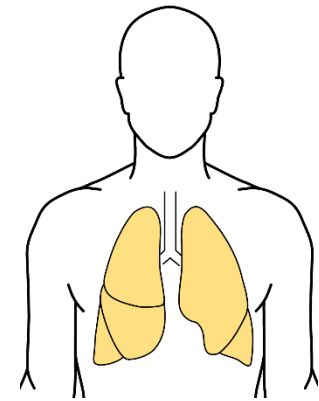
(604) 514-6106

Better Breathers Clubs

These clubs are non-profit support groups in the community for people with chronic lung disease.

Please check the BC Lung website at bclung.ca/peer-support for a group in your community.

Resources for People with Chronic Obstructive Pulmonary Disease



www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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For more copies: patienteduc@fraserhealth.ca

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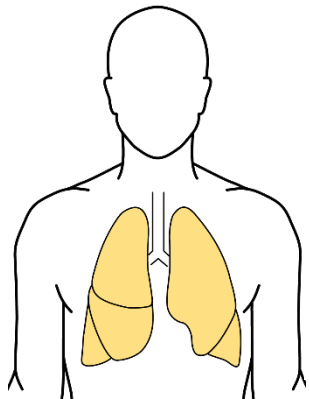
What is COPD?

COPD stands for: Chronic
Obstructive
Pulmonary
Disease

Chronic means that the disease does not go away.

Obstructive means the airways in the lungs become inflamed and 'obstructed' or blocked. This makes it difficult to move the air out of your lungs.

Pulmonary means lungs. We refer to the act of breathing as the respiratory system.



Where the lungs are located in the body

COPD includes two major breathing diseases:

- chronic bronchitis
- emphysema

While COPD does not go away, it can be treated to control your symptoms.

Not sure if you have COPD?

You are more likely to get COPD if:

- You are or were a smoker.
- You are having a difficult time managing breathing problems.
- You have a cough with mucous that won't go away.
- You have frequent chest infections.
- You get short of breath while doing simple activities.

If you have or think you have COPD:

- Get checked by your family doctor
- Ask about COPD programs and services in your community.

What can you do to care for yourself?

1. Attend a respiratory rehabilitation program.
2. Learn what you can to do on your own to improve your quality of life. (self-management resources).
3. Join a peer support group to connect with others who also have COPD.

Respiratory Rehabilitation Program

Improve your knowledge of COPD, your fitness, and your quality of life by attending this education and exercise program.

Sessions are offered 2 to 3 times each week for 6 to 8 weeks.

The program is meant to help you:

- increase your ability to be active
- learn how to control your symptoms
- prevent chest infections
- reduce the number of hospital visits because of your COPD

Locations:

Jim Pattison Outpatient Care and Surgery Centre (Surrey)

(604) 582-4565

Tong Louie Family YMCA (Surrey)

(604) 575-9622

Langley Memorial Hospital

(604) 534-4121 Ext. 745273

Victoria Heights (New Westminster)

(604) 523-8800

Ridge Meadows Hospital

(604) 463-1855