



<http://copd-support.com>

*Visit Our Web Site*

*or email us at:*

*[Management@copd-support.com](mailto:Management@copd-support.com)*

## ***COPD IS NOT AN AUTOMATIC DEATH SENTENCE***

*Let us help you  
find this out for yourself*

What you will find when you visit our web site is an organization that provides the ability to communicate by computer to provide support, education, and a forum for the sharing of ideas and solutions in dealing with COPD. Our web site and our COPD programs have been developed by individuals with COPD or COPD caregivers. It has had little professional medical input. While we believe that our accumulated experience has value, and a unique perspective, you must accept it for what it is ... the work of COPD patients.

The COPD-Support community consists of thousands of members worldwide who participate daily in the programs listed below, with the goal of helping one another sustain and enjoy a better quality of life.

### ***What programs do we provide?***

- A daily online mailing support list for COPD Patients for sharing information regarding COPD and related health matters.
- A daily online mailing support list for COPD Caregivers.
- A COPD Forum.
- A weekly email COPD Newsletter.
- A Chatroom with over 48 hosted chats weekly.
- A SmokeNoMore Program.
- A Watch Program for those who live alone.
- Let's Get Fit home exercise program.
- Special programs designed to help cheer up those who are going through bad times.

### ***What is our Concept?***

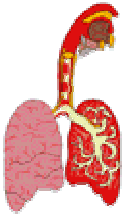
- *Develop A Positive Attitude.* Usually when one is diagnosed, there is already some loss of quality of life because of shortness of breath after "normal" exertion. We must learn to accept that, plan to try to minimize it, be thankful for the things we can still do, and not fret over what is lost.
- *Quit Smoking.* Most, but not all, COPD is brought on by smoking.
- *Get Involved in a Wellness Program.* Matters not what you call it, Pulmonary Rehab or a wellness program helps your body better use the oxygen you have. Then keep up the exercise.
- *Choose Competent Medical Help.* You need to be proactive. Be part of the team that manages your care.
- *Learn what you can about your affliction* from competent medical authority, the web, books, and handouts.
- *Avoid Infection.* Lung infections need to be controlled with good habits.
- *Join a support group.* Share with others.
- *Learn to breathe properly* by mastering pursed lip breathing and diaphragmatic breathing.

### ***What's It Cost?***

What's the catch? There is none. We are a 501(c)(3) tax-exempt designated Florida corporation, but we have no paid staff and hope to be able to continue to pay the bills with fund raisers and member donations. We would be glad to have you, and there is no charge for subscription to any program. So, why not pay us a visit?

## About COPD

Chronic Obstructive Pulmonary Disease, or COPD, is a disease that encompasses one or more of the following:



**Emphysema** can best be characterized as the progressive destruction of the grape-like sacs that fulfill the lung's basic function: exchanging oxygen in the air for carbon dioxide in the cardiovascular system. Emphysema is the chief "culprit" in COPD.

**Chronic Bronchitis** is a first step toward impending emphysema/COPD. It often results from "ordinary" chest infections (colds, flu). Folks with chronic bronchitis know that every, or nearly every, cold they get will "go straight to the lungs." With proper care it need not lead to COPD. In a COPD patient chronic bronchitis contributes to the "gunk" that we spit up regularly (there's no pretty way to say it).

**Chronic Asthma** is the third constituent of COPD. Not all COPD patients have asthma, and most certainly most asthma patients do not have COPD. But many of us suffer from it greatly. Already sick, our airways are easily constricted by all manner of airborne nasties. It is why we carry our inhalers. Some authorities do not consider asthma a component of COPD because, unlike emphysema and chronic bronchitis, asthma can be reversed.



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