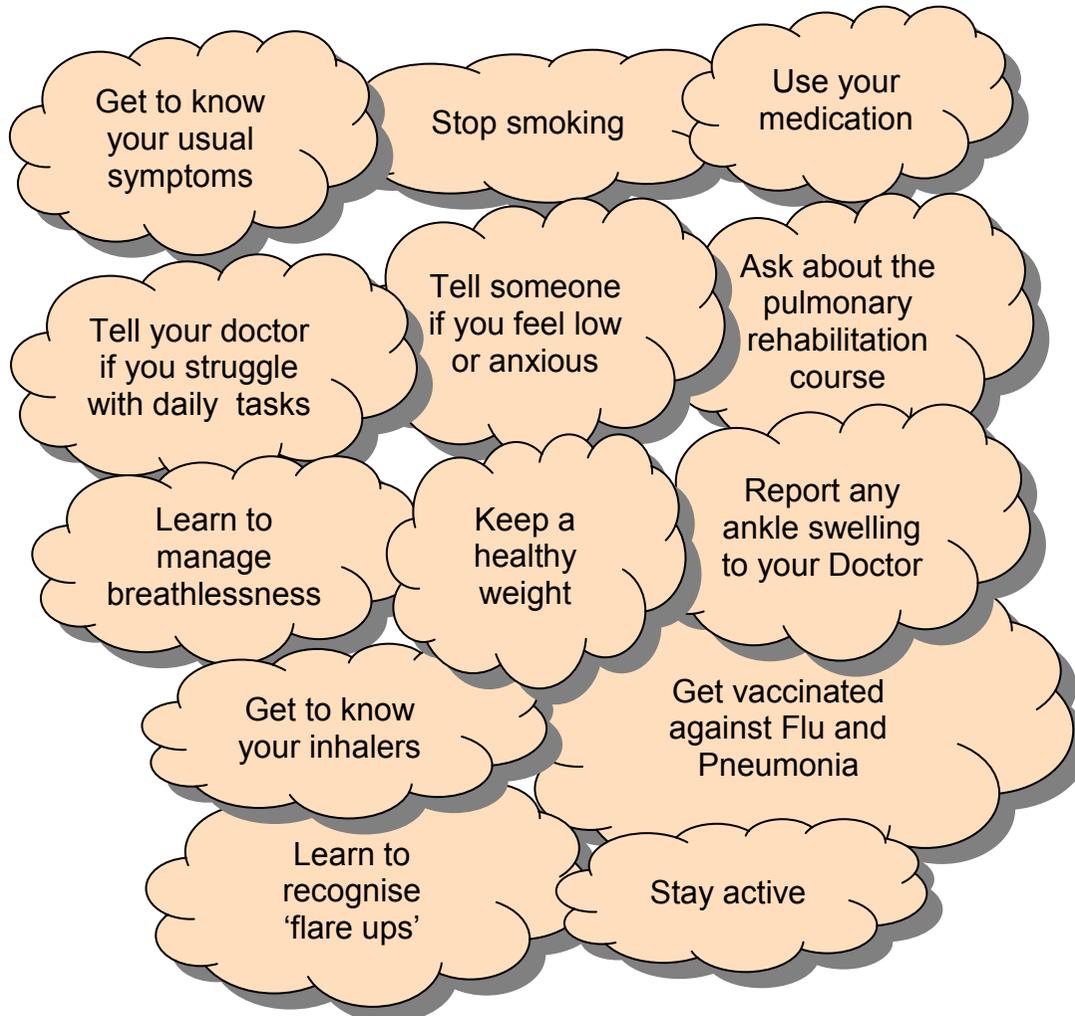


## Your COPD Results

### To help stay well with COPD

These are some examples of things that can help people stay well with their COPD:

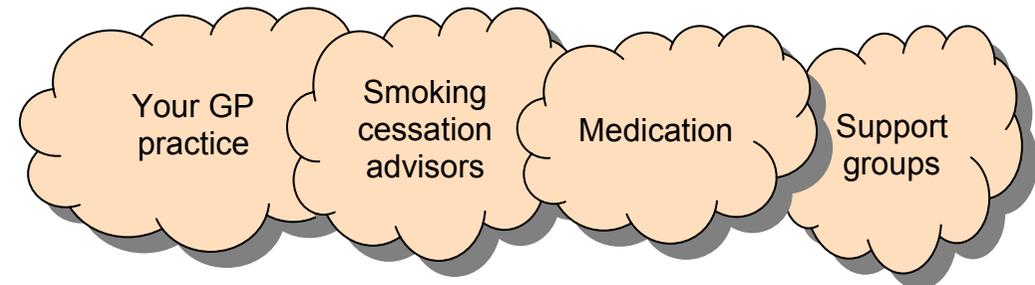


**The purpose of this leaflet is to help you know what your results mean, and to help you consider your options.**

**Chronic Obstructive Pulmonary Disease (COPD)** is the name given to a number of lung diseases including Chronic Bronchitis and Emphysema. COPD causes your airways (the tubes in your lungs) to become narrower, which makes it harder to breathe in and out.

**Smoking:** Can harm your airways and is one of the main causes of COPD. It can cause many health problems but is particularly damaging for people with COPD. It is never too late to stop smoking.

**You can get support to stop smoking from:**



### Managing flare ups of COPD

If you become more breathless, develop a worse cough and bring up more phlegm than usual you should see your doctor or nurse. You may need to follow your rescue medication plan if you have one.

## How do your lungs and breathing affect you?

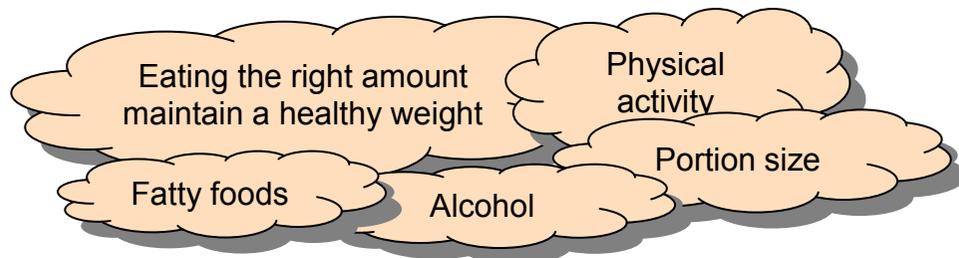
**Oxygen Levels:** The oxygen level in your blood helps show how well your lungs are working. This is usually measured with a sensor placed on your finger. The level of oxygen in your blood may not match how breathless you are feeling.

**Forced Expiratory Volume (FEV1):** This test checks for narrowing of the airways (tubes) in your lungs. Your FEV1 result is one way to measure the severity of your COPD.

**Weight:** If you have COPD being overweight **or** being underweight can be a concern. Your **Body Mass Index (BMI)** compares your height to your weight. A BMI between 19 and 25 is a healthy weight.

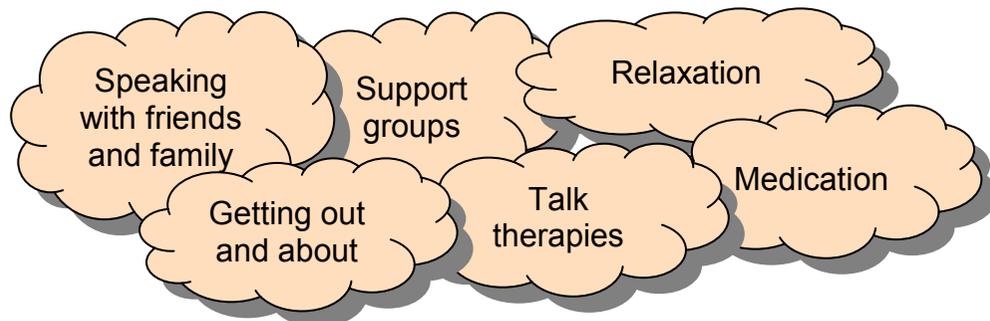


**There are lots of things that can affect your weight**



**Your Mood:** How you feel can make a big difference to your health. If you have been bothered by feeling down, anxious or hopeless you may wish to discuss these things at your appointment.

**Things that can help improve your mood**



**Self scores:** These scores may help you think about how breathlessness affects the things you do every day.

### **MRC Breathlessness score (adapted)**

*Circle the numbers which describe you best*

1	I am not troubled by breathlessness except on strenuous exercise
2	I am short of breath when hurrying or walking up a slight hill
3	I walk more slowly than other people of my age on the level because of breathlessness, or I have to stop for breath when walking at my own pace
4	I stop for breath after walking about 100 yards or after a few minutes on the level
5a	I am too breathless to leave my house
5b	I'm too breathless to dress or wash myself

### **COPD Assessment Tool (CAT) score**

*Circle the numbers that fit you the best*

I never cough	1	2	3	4	5	I cough all the time
I have no phlegm (mucus) in my chest at all	1	2	3	4	5	My chest is full of phlegm (mucus)
My chest does not feel tight at all	1	2	3	4	5	My chest feels very tight
When I walk up a hill or one flight of stairs I am not breathless	1	2	3	4	5	When I walk up a hill or one flight of stairs I am very breathless
I am not limited doing any activities at home	1	2	3	4	5	I am very limited doing activities at home
I am confident leaving my home despite my lung condition	1	2	3	4	5	I am not at all confident leaving my home because of my lung condition
I sleep soundly	1	2	3	4	5	I don't sleep soundly because of my lung condition
I have lots of energy	1	2	3	4	5	I have no energy at all