



L.A. Care.

L.A. Cares About
COPD® 

An education and support program for people with COPD





Have questions? Need help?

Give us a call!

To speak with a health coach,
please contact:

Health Education Department

1.855.918.0918 (TTY 711)

Monday-Friday 9am - 4pm



Nurse Advice Line

1.800.249.3619 (TTY 711)

24 hours a day, 7 days a week



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Important Phone Numbers



If you have questions or need help, call your COPD care team. Keep their phone numbers close by in case of emergency.

Important Phone Numbers

Doctor: _____

Health Plan: _____

Pharmacy: _____

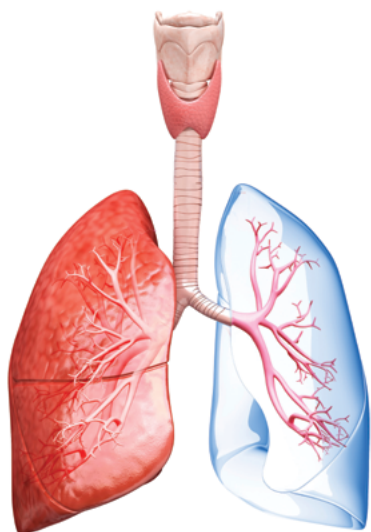
Home Health Agency/Oxygen: _____

Supplier: _____

Emergency Contact: _____

Other: _____

What is COPD?



COPD stands for Chronic Obstructive Pulmonary Disease. It is a group of diseases that affect the lungs and can make it hard to breathe. There is no cure for COPD but lifestyle changes and treatments can help you feel better, stay more active, and slow down the disease. The two main types of COPD are:

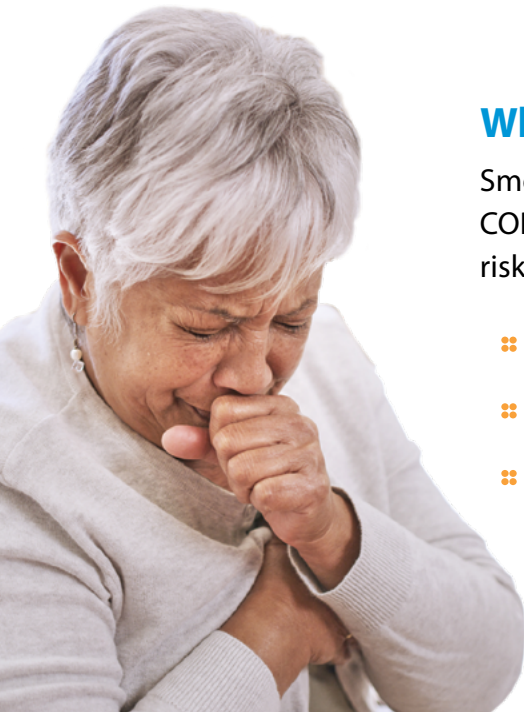
- 1** **Emphysema** affects the small air sacs. Over time the air sacs get stiff and will not let oxygen and carbon dioxide travel into and out of the blood.
- 2** **Chronic bronchitis** affects the large and small airways. The airways get swollen and full of mucus. Mucus can block the airways and make it hard to breathe.

You can have one or both types of COPD. It starts slowly and gets worse over time. Spotting COPD early is the best chance of treating the disease and slowing it down. Treatment focuses on easing the symptoms and keeping the disease from getting worse.

What Does COPD Feel Like?

Symptoms of COPD include:

- ❖ Coughing or wheezing that doesn't go away
- ❖ Shortness of breath
- ❖ Too much mucus
- ❖ Trouble taking a deep breath
- ❖ Feeling weak or tired
- ❖ Weight loss
- ❖ Swelling in ankles, feet or legs



What Causes COPD?

Smoking is the leading cause of COPD in the United States. Other risk factors include:

- ❖ Indoor air pollutants
- ❖ Genetics (family history)
- ❖ History of respiratory infections

Who Gets COPD?

COPD can affect anyone, but some people are at higher risk:

- ❖ Women
- ❖ People 65 years of age and older
- ❖ Native Americans/Indigenous or Alaska Natives and multiracial non-Hispanics
- ❖ Current or former smokers
- ❖ People with asthma

There are several reasons why women may be more affected than men. Women tend to be diagnosed later than men, when the disease is harder to treat. Women may also be more affected by tobacco and indoor pollution.

How is COPD Diagnosed?

A simple test, called spirometry, can be used to measure lung function. This test can detect COPD in anyone with breathing problems. Your doctor may also use a chest x-ray, blood tests or lung scans to help diagnose COPD.



How is COPD Treated?

The goals of COPD treatment are to:

- Ease symptoms
- Slow disease progress
- Improve ability to stay active

Your doctor will work with you to find the right treatment. Treatment helps to decrease your symptoms and helps keep the disease from getting worse. Treatment options your doctor may tell you about include:

- Quitting smoking
- Avoiding tobacco smoke and other air pollutants
- Pulmonary rehabilitation (special programs for lung health)
- Taking medication
- Avoiding lung infections
- Using oxygen



Quit Smoking

Quitting smoking may be one of the hardest things you will ever do but it's one of the best things if you have COPD. The first step is to think about why you want to quit and make a plan to get started.



My Reasons For Quitting

Set a Quit Date

Choose a day that has meaning to you such as a birthday, anniversary or holiday. Plan for your quit day by:

- ❖ Throwing away all cigarettes
- ❖ Getting your teeth cleaned
- ❖ Cleaning your clothes, house and car
- ❖ Telling your friends and family you're quitting
- ❖ Calling Kick It California - a free quit smoking phone program; call **1.800.300.8086** or go to <https://kickitca.org>

Quit Smoking

My Quit Date: _____

On your quit day be ready to do something else when you want to smoke. Instead of smoking I will:



Take 10 deep breaths



Call a friend



Chew gum



Brush my teeth



Take a walk



Review my reasons for quitting

One reason quitting smoking is hard is that it becomes a habit. A habit is something you do without thinking about it like smoking when you have your morning coffee. List some changes you can make in your daily routine here:

I will drink tea instead of coffee in the morning_(example)

Avoid Tobacco Smoke and Other Air Pollutants

Be aware of air quality. If the air outside is poor, spend more time inside. Wear a mask if needed. Other ways to keep indoor air clean include:

- ❖ Asking friends and family not to smoke in your home.
- ❖ Mopping and vacuuming often. Keeping your floors clean helps reduce dust, pet dander, and other allergens.
- ❖ Asking people to remove or wipe their shoes on a mat before entering your home. Shoes can carry all kinds of dirt and pollutants.
- ❖ Check your home for lead and radon.



Live a Healthy Lifestyle

Diet and Exercise



Healthy eating habits are important for people with COPD. While not a cure, a healthy diet can help keep you from getting infections which could make your COPD worse. General diet guidelines for people with COPD include:

- ❖ Eating plenty of dark/bright colored fresh fruits and vegetables
- ❖ Choosing healthy fats like avocados, nuts, seeds, olives and olive oil and lean proteins like fish and legumes`
- ❖ Limiting foods high in salt/sodium such as canned and overly processed foods
- ❖ Drinking plenty of fluids throughout the day



Live a Healthy Lifestyle

If you have trouble eating due to shortness of breath or fatigue, try:

- 1 Eating smaller, more frequent meals
- 2 Eating your main meal early in the day
- 3 Sitting comfortably in a high-backed chair to relieve pressure on your lungs
- 4 Choosing foods that are quick and easy to prepare

People with chronic lung disease tend to avoid exercise. However, the right amount and type of exercise has lots of benefits. It can improve your heart and muscle strength, increase energy levels, and help you use oxygen more efficiently.

Talk with your doctor about a food and exercise plan that's right for you.



Live a Healthy Lifestyle

Changing how you do things may help you feel better.
For example:



Avoid secondhand smoke and places with dusts or fumes you may breathe in.



Eating smaller meals or resting before eating.



Doing things more slowly.



Practicing controlled breathing exercises.



Wearing clothes and shoes that are easy to put on and take off.



Putting items you use often in one easy-to-reach place.



Asking family and friends for help with daily tasks if needed.

Know Who to Call



Keep phone numbers for your doctor, pharmacy, and someone who can take you for care close by. If your symptoms suddenly get worse call 911.

Working with Your Doctor

Your doctor will help you manage your disease. It's important to be open with your doctor and follow your treatment plan. You can do this by:



Taking all your medicines as your doctor prescribes.



Getting medication refills before you run out.



Asking your doctor for 90-day prescription(s).



Bringing a list of all your medicines when you see your doctor.



Writing down your questions and bringing them with you when you see your doctor.



Asking your doctor to explain anything you do not understand.

Sample Questions to Ask Your Doctor

- ⌘ How serious is my COPD?
- ⌘ What other health conditions am I at risk for with COPD?
- ⌘ What symptoms or problems should I report to you?
- ⌘ How can I better manage my COPD?
- ⌘ Are there medicines I need to take?
- ⌘ What is the difference between quick-relief and long-term control medicines?
- ⌘ How can I tell how much medicine is left in my inhaler?
- ⌘ Can you show me how to use my inhaler?
- ⌘ What resources do you have to help me quit smoking?
- ⌘ Should I get the flu and pneumonia vaccines?
- ⌘ What physical activities can I do? (*Ex. Exercise, sex, housework, etc.*)



Pulmonary Rehabilitation

Pulmonary rehabilitation is a special program for people with lung problems. It teaches people about lung health and ways to manage their condition. You will learn ways of making breathing easier and exercises you can do to increase your fitness.

Medication

Your doctor may want you to take one or more medicines to make breathing easier. Some medicines relax airway muscles. Others reduce swelling. Be sure to take medicines as prescribed.

Bronchodilators

Bronchodilators work by opening your airways to help you breathe better. They are most often inhaled through the mouth using an inhaler but can also come as a liquid, pill, or shot. They can either be long or short acting. Short-acting bronchodilators are used when you are having trouble breathing and need help right away. Long-acting bronchodilators are most often used daily to prevent breathing problems.



Steroids

Steroids work quickly to decrease inflammation. They are taken for bad flare-ups. Oral steroids are most often prescribed for a short period of time due to long-term side effects. Inhaled steroids may be taken for longer time periods, often with a bronchodilator.



Avoid Lung Infections

Lung infections like flu and pneumonia can worsen your COPD. Your doctor will make sure you stay up to date with flu and pneumonia shots to prevent you from getting very sick. Your doctor may also prescribe antibiotics if needed.



Using Oxygen

Some people may need to use a portable oxygen tank if their blood oxygen levels are low. Talk with your doctor about whether you need oxygen and what type of equipment is right for you.



Important Resources



My Health in Motion™

Create an account on L.A. Care's health and wellness portal.
(go to lacare.org and click on "Member Sign-In")

With MyHIM you have access to:

- Health topic specific materials and videos
- Health Coaches via the chat function
- Self-paced workshops and a calendar of virtual group appointments



L.A. Care Nurse Advice Line

Call the L.A. Care Nurse Advice Line for general health questions to keep you and your family healthy. You can call 24 hours a day, 7 days a week. Call **1.800.249.3619** (TTY 711).

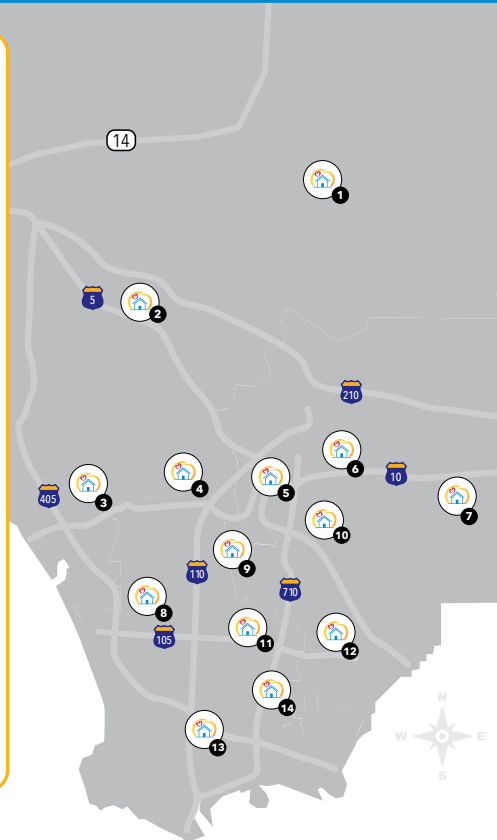
Visit one of **L.A. Care's Family Resource Centers** for questions about your L.A. Care membership and for free health and exercise classes.



Community Resource Center

RESOURCE CENTER LOCATIONS

- 1 Palmdale**
2072 E. Palmdale Blvd.
Palmdale, CA 93550
📞 **1.213.438.5580**
- 2 Panorama City**
7868 Van Nuys Blvd,
Panorama City, CA 91402
📞 **1.213.438.5497**
(Opening 2024)
- 3 West L.A.**
11173 W. Pico Blvd.
Los Angeles, 90064
📞 **1.310.231.3854**
- 4 Metro L.A.**
1233 S. Western Ave.
Los Angeles, CA 90006
📞 **1.213.428.1457**
- 5 Lincoln Heights**
2426 N. Broadway,
Los Angeles, CA 90031
📞 **1.213.294.2840**
(Opening in 2024)
- 6 El Monte**
3570 Santa Anita Ave.
El Monte, CA 91731
📞 **1.213.428.1495**
- 7 Pomona**
696 W. Holt Ave.
Pomona, CA 91768
📞 **1.909.620.1661**
- 8 Inglewood**
2864 W. Imperial Hwy.
Inglewood, CA 90303
📞 **1.310.330.3130**
- 9 South L.A.**
5710 Crenshaw Blvd.
Los Angeles, CA 90043
(Opening 2024)
- 10 East L.A.**
4801 Whittier Blvd.
Los Angeles, CA 90022
📞 **1.213.438.5570**
- 11 Lynwood**
3200 E. Imperial Hwy.
Lynwood, CA 90262
📞 **1.310.661.3000**
- 12 Norwalk**
11721 Rosecrans Ave.
Norwalk, CA 90650
📞 **1.562.651.6060**
- 13 Wilmington**
911 N. Avalon Blvd.
Wilmington, CA 90744
📞 **1.213.428.1490**
- 14 Long Beach**
5599 Atlantic Ave.
Long Beach, CA 90805
📞 **1.562.256.9810**



Blue Shield of California Promise Health Plan is contracted with L.A. Care Health Plan to provide Medi-Cal managed care services in Los Angeles County. L.A. Care and Blue Shield Promise are independent entities. Blue Shield Promise is an independent licensee of the Blue Shield Association.



For more information, visit communityresourcecenterla.org or call **1.877.287.6290 (TTY 711)** Monday through Friday, 9 am to 5 pm.



SCAN TO FIND A CENTER NEAR YOU



L.A. Care
HEALTH PLAN®

lacare.org

Health Education Resource Line

1.855.918.0918 (TTY 711)

Monday-Friday 9am - 4pm

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