

My COPD Goals—What Are They?

You are the most important person in controlling your COPD. Talk with your doctor to help you choose one or more goals you are ready to work on now.

Goal 1



Stop Smoking

- I will ask my doctor about a program to help me quit smoking.
- I will think of all the reasons why I should quit and then take the steps to quit.
- If I slip up, I will try again.

Goal 2



Medicine

- I will take my medicine(s) as directed to improve my health and prevent flare-ups.
- I will ask questions when I do not understand my doctor's instructions.
- I will learn how to use my inhaler and have my doctor check how I use it at every visit.
- I will get a flu shot every year.

Goal 3



Doctor Visits

- I will keep my doctor appointments even when I feel fine.
- I will ask my doctor to test my lung function.
- I will ask my doctor about getting flu and pneumonia shots.

Goal 4



Exercise

- I will learn pursed-lip breathing exercises.
- I will walk or exercise for ____ minutes ____ days every week if my doctor says it's okay.
- I will learn how to save energy by pacing myself and taking breaks.

Goal 5



Diet

- I will eat a balanced diet.
- I will drink ____ glasses of water each day.

Goal 6



Air Pollutants

- I will keep my home free of smoke, fumes, and strong smells.
- I will stay away from smoky places.
- I will stay inside as much as possible when the air quality outside is poor.
- I will stay away from friends who have a cold or the flu.

Goal 7



Social Support

- I will talk to family and friends about how having COPD makes me feel.
- I will join a COPD support group.
- I will let my doctor know if I feel sad or down for several weeks or more.

EMERGENCY: Go to the hospital right away if: ① it is hard to breathe, talk, or walk; ② your lips or fingernails look blue; ③ your heartbeat is fast or irregular. **If your symptoms suddenly get worse and don't get better after taking your quick-relief medicine, call your doctor or go to the emergency room.**