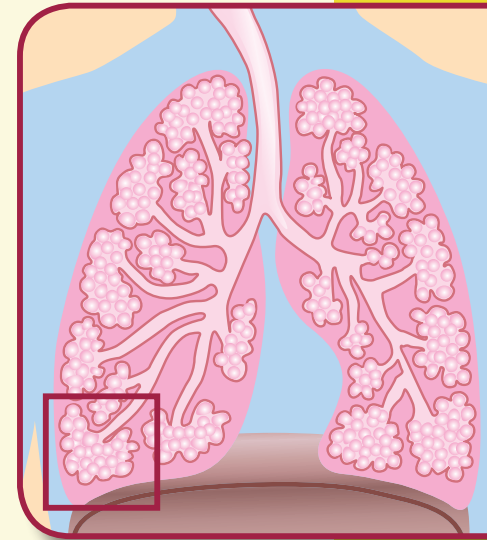


What Is COPD?

COPD is not just one disease. It's a group of lung diseases that affects your airways and air sacs. It includes chronic bronchitis and/or emphysema. You may have one or both of these.

Tips for Living Better With COPD

- Stop smoking
- Take each medicine as you are told to and see your healthcare practitioner (prak-tih-shun-er) regularly
- Go to the hospital or healthcare practitioner right away if your breathing gets bad
- Keep the air clean at home. Avoid things like smoke that make it hard to breathe
- Keep your body strong by eating healthy foods and by regular exercise
- If your COPD is severe, get the most out of your breath. Make life as easy as possible at home



Did you know?

Getting flu and pneumonia shots can help keep you from getting infections. Ask your healthcare practitioner which shots to get, when, and how often.

*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (brank-eye-tis), emphysema (em-fuh-zee-muh), or both.

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