How to Talk to Your Doctor About COPD Treatment

Here’s what other patients want you to know.

by Pulmonary (Paul Center)

Living with COPD or emphysema can be challenging, especially if you've visited the doctor's office and were told you have a 'chronic condition.' People who are living with COPD or emphysema might experience breathing difficulties or coughing spells.

1. What is pulmonary rehabilitation, and how can it help me?

Pulmonary rehab is a program that combines physical education, exercise, and therapy to improve lung function and reduce the risk of hospitalization. It can help you feel better and breathe more easily. The program may include exercises such as walking, swimming, or using a stationary bike.

2. Are there other options for treatment available to me?

A variety of medications can help control your symptoms and improve your quality of life. Some medications work to relax the muscles in your lungs, while others help stop or slow the progression of COPD. You may have options to consider.

3. What should I expect from the Zephyr Valve procedure?

The Zephyr Valve procedure is a minimally invasive treatment for COPD. It is designed to improve airflow and reduce the workload on your lungs. The procedure involves inserting a small valve into your airways.

Empower Yourself with Information

If you're not sure what you know about COPD or emphysema, you may need to ask questions. Keep a list of questions to give to your doctor. Be frank about your symptoms and how they affect your daily life.

Do you want to talk to your doctor about this treatment option? Here's how to start that conversation.

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