



Warning Signs for Emphysema/COPD

Green Light – Good Signs – All Is Well!



- ✓ Able to do normal activities
- ✓ No changes in your symptoms
- ✓ Usual medicines are controlling your symptoms

Yellow Light – Caution Signs – Time to Act!



Call your doctor if you have:

- ✓ Increased shortness of breath with usual activity
- ✓ More than usual amount of coughing
- ✓ Increased wheezing
- ✓ Increased sputum or it has changed color
- ✓ Feeling more tired or restless

Red Light – Danger Signs – Medical Alert!



If you are experiencing:

- ✓ Severe shortness of breath
- ✓ Chest pains that don't go away
- ✓ Lips or fingernails have turned blue or gray
- ✓ Unusual sleepiness or confusion

CALL YOUR DOCTOR IMMEDIATELY!

Physician number: _____



Warning Signs for Emphysema/COPD

What is COPD?

The Lungs

- The job of the lungs is to fill our blood with oxygen and get rid of carbon dioxide when we breathe.
- The oxygen we breathe is absorbed into our blood through tissue in our lungs.
- Oxygen enters our lungs through airways when we breathe in, and carbon dioxide leaves our lungs through the same airways we breathe out.
- The airways get smaller and smaller the deeper you get into the lungs, like branches of a tree.
- These airways produce mucus that protects the lungs from germs in the air.
- The lungs push mucus out with breathing and coughing.

COPD (Chronic Obstructive Pulmonary Disease)

- In healthy lungs, airways are clear, open and strong.
- With COPD, the lungs' airways are weak and damaged, and the walls of the airways can get thick and swollen.
- It is hard for the lungs to take in oxygen and let go of carbon dioxide with COPD, so breathing can be difficult.
- Coughing and clearing the lungs can also be hard with COPD.

Quick Quiz: True or False

If I have COPD, my lungs are weak and damaged. T F

The job of the lungs is to take in oxygen and get rid of carbon dioxide. T F

