



Lung Care at Penn Highlands Healthcare

THE LUNG CENTER

Penn Highlands DuBois
100 Hospital Avenue, First Floor
DuBois, PA 15801
814-375-3770

Penn Highlands Lung Center

88 Hospital Road, 2nd Floor
Brookville, PA 15825
814-375-3770

265 Holiday Inn Road, Route 68
Clarion, PA 16214
814-375-3770

531 Hannah Street, Suite C
Clearfield, PA 16830
814-375-3770

820 Bryan Street, Suite 1
Huntingdon, PA 16652
814-375-3770

271 Railroad Street
Philipsburg, PA 16866
814-375-3770

21911 Route 119
Punxsutawney, PA 15767
814-375-3770

1100 Million Dollar Highway, Suite 3
St. Marys, PA 15857
814-375-3770

611 University Drive, Suite 212
State College, PA 16801
814-234-2600

www.phhealthcare.org/lungcare

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Living with COPD

Chronic Obstructive Pulmonary Disease

Penn Highlands Healthcare



Chronic Obstructive Pulmonary Disease

WHAT IS COPD?

COPD is a progressive disease that makes it hard to breathe. It can cause coughing that produces large amounts of mucus, wheezing, shortness of breath, chest tightness and other symptoms.

COPD causes less air flow in and out of the lungs because one or more of the following:

- The airways and air sacs lose their elastic quality.
- The walls between many of the air sacs are destroyed.
- The walls of the airways become thick and inflamed.
- The airways make more mucus than usual, which can clog them.

HOW DOES COPD DEVELOP?

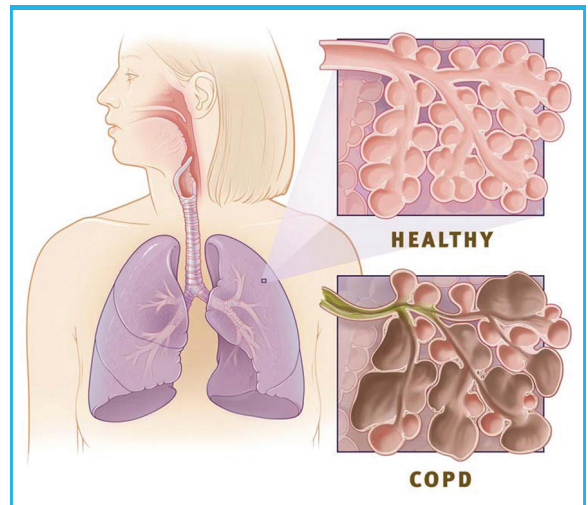
COPD develops slowly. Symptoms often worsen over time and can limit your ability to do routine activities. Severe COPD may prevent you from doing even basic activities like walking, cooking, or caring for yourself.

HOW IS COPD TREATED?

COPD has no cure yet, however, lifestyle changes and treatments can help you feel better, stay more active and slow the progress of the disease.

THE GOALS OF COPD TREATMENT INCLUDE:

- Relieving your symptoms
- Slowing the progress of the disease
- Improving your exercise tolerance
- Preventing and treating complications
- Improving your overall health



National Institutes of Health

LIFESTYLE CHANGES

- Quit smoking - it is the most important step you can take to treat COPD
- Avoid lung irritants
- Pneumonia Vaccines - those with COPD are at a higher risk for pneumonia
- Pulmonary Rehabilitation
- Oxygen Therapy

WHY QUIT SMOKING?

People who smoke have the greatest risk of lung cancer. The risk of lung cancer increases with the length of time and number of cigarettes you've smoked. If you quit smoking, even after smoking for many years, you can significantly reduce your chances of developing lung cancer.

For smokers and former smokers who are age 55 to 74 and who have smoked for 30 years or more and either continue to smoke or have quit within the past 15 years, we suggest being screened annually for lung cancer.