6 TIPS FOR TALKING TO LOVED ONES

1. Know what to look for to recognize the signs of COPD in your loved one. Shortness of breath, wheezing or chronic cough could all be symptoms of COPD, a serious but treatable lung disease.

2. Talk with your loved one about things they may be missing out on, such as taking walks and playing with grandchildren, because of these symptoms.

3. Talk with them about how hard daily tasks like climbing stairs and grocery shopping have become for them and that this may be related to COPD.

4. Encourage your loved one to schedule a visit with the doctor. COPD can be diagnosed with a simple breathing test called spirometry. It's quick and painless – and worth it.

5. Once diagnosed with COPD, there are many ways that your loved one and their doctor can work together to manage the symptoms of the disease. Remind them that the earlier a person receives treatment, the better their chances to improve quality of life.

6. Offer resources to help your loved one. Read through the National Heart, Lung, and Blood Institute's *COPD Learn More Breathe Better* campaign Web site **http://COPD.nhlbi.nih.gov** with them to learn more about COPD and support group opportunities in their area.

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