

COMORBIDITIES & COPD

COPD Community Exercise Clinic

Comorbidities is the medical condition of two or more disorders or diseases existing at the same time. Comorbidities can make it more difficult to manage your COPD. When organs in the body don't receive enough oxygen because of COPD, it can affect the way they work and put your health at risk.

Common Comorbidities



Various forms of cardiovascular disease, including hypertension, coronary artery disease, and heart failure, are the most common.

Cardiovascular Disease



High blood sugar can affect the blood vessels in your lungs. Over time, damage to the blood vessels can make COPD symptoms worse.

Diabetes



Smoking, Vitamin D deficiency, low BMI, reduced exercise, and steroid medication use are all common factors between the COPD and Osteoporosis.

Osteoporosis



COPD can lead to feelings of hopelessness, social isolation, reduced physical functioning, and sedentary lifestyle.

Depression



COPD symptoms (coughing, wheezing, breathlessness, nasal congestion, heartburn) may cause you to wake at night.

Sleep Disorders

Managing Comorbidities

Regular Exercise

Cardiovascular exercise: 3-5 days/week

Resistance training: 2-3 days/week

Balance & stretching daily

Well Balanced Diet

Consume a variety of fruits and vegetables

Avoid processed foods

Choose whole grains and lean meats

Stress Reduction

Practice mindfulness meditation

Healthy coping strategies

Breathing exercises

Good Sleep Hygiene

Consistent wake/sleep schedule

Prioritize sleep

Cultivate healthy daily habits

Medications

Take medications as prescribed

Keep medication record up to date

Complete MedsCheck annually with pharmacist

Regular Healthcare Follow-up

Prepare for your visit

Follow COPD action plan

Regularly review healthcare plan