

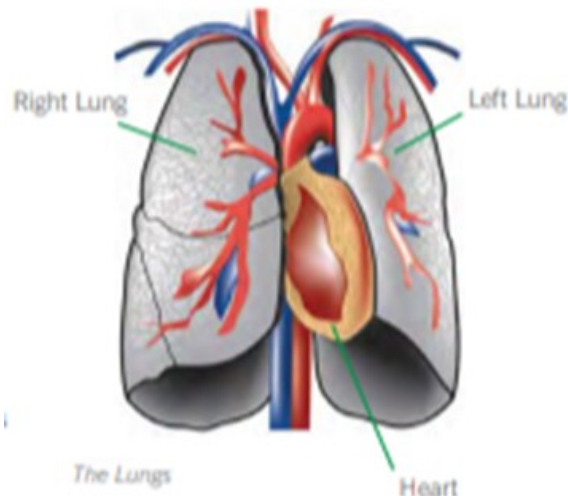
# OUR LUNGS AND COPD

## COPD Community Exercise Clinic

The Respiratory System is the network of organs and tissues that help you breathe. It includes your lungs, airways, heart and blood vessels. The muscles that power your lungs are also part of the respiratory system. These organs work together to move oxygen throughout the body and get rid of carbon dioxide

### RESPIRATORY SYSTEM FUNCTIONS

- Inhale (Breathe in)
- Exhale (Breathe out)
- Talk
- Smell
- Warms air
- Humidifies air
- Delivers oxygen to cells in the body
- Removes waste gases (carbon dioxide)
- Protects airways from harmful substances

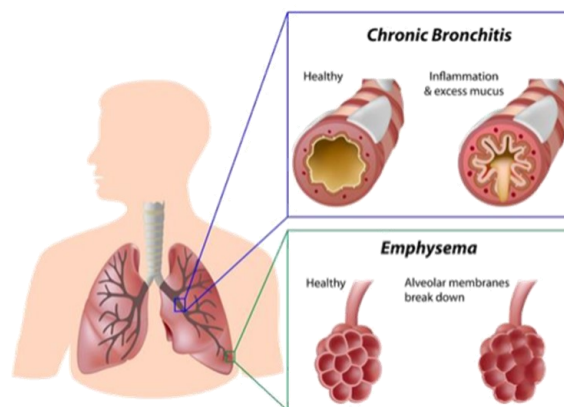


### CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

COPD is a chronic lung disease that causes air flow limitation (less air in and out of the airways) and breathing related symptoms. It is a chronic disease that can be managed by behaviours and medications.

**Emphysema** is a condition in which the alveoli at the end of the smallest air passages (bronchioles) of the lungs are destroyed as a result of damaging exposure to cigarette smoke and other irritating gases and particulate matter.

**Chronic bronchitis** is inflammation of the lining of the bronchial tubes, which carry air to and from the air sacs (alveoli) of the lungs. It's characterized by daily cough and mucus (phlegm) production.



### STRATEGIES TO MANAGE COPD

- Quit smoking and avoid second hand smoke
- Take medications as prescribed every day
- Use Oxygen therapy as prescribed by your Respiriologist
- Complete COPD Community Exercise Clinic
- Continue with daily routines that include physical exercise and breathing exercises
- Regularly practice Airway Clearing Techniques
- Set goals to achieve healthy lifestyles
- Avoid triggers
- Get flu and/or pneumonia vaccines
- Link with supportive community resources