

22 Questions Respiratory Therapists
Want You To Ask Your Physician About...

Your COPD

1. What is COPD?
2. How did I get this condition?
3. What kinds of tests will you give me to make sure I have it?
4. What are some of the things that may make my COPD worse, and how can I avoid them?
5. Will quitting smoking help me get better?
6. What can you do to help me quit?
7. Are there any vaccinations that can help keep my lungs healthier?
8. I have never smoked. What else could be causing my COPD, and can you test me for it?
9. What kind of medications will you prescribe to treat my COPD?
10. Why are you giving me these medications, and how will they help me breathe better?



This guide is provided by the American Association for Respiratory Care
More guides are available at yourlunghealth.org/ask/

11. What are the side effects of these medications?
12. Who will teach me how to use my medications correctly?
13. How can I tell if these medications are working for me?
14. What are some of the signs that my COPD may be getting worse, and what should I do if I think this is happening?
15. What can I do to keep from getting a lung infection that might put me in the hospital?
16. Is there any type of pulmonary rehabilitation program for people with COPD; and if so, where can I find one in my community?
17. Is it safe for someone with COPD to engage in exercise?
18. Is it safe to engage in sexual activities?
19. Are there any support groups in our community for people with COPD that I could join?
20. What kind of financial assistance is available to help me cover the costs of my COPD medications?
21. What can I do if I become overly anxious about my inability to breathe freely?
22. Will I need to be put on supplemental oxygen to treat my COPD?



Prepared with input from: AARC members Scott Cerreta, BS, RRT, director of education, COPD Foundation; and Debbie Koehl, MS, RRT, AE-C, program coordinator, pulmonary rehab and patient education program, Indiana University Health Methodist Hospital, Indianapolis, IN, with the able assistance of patients from the COPD Foundation's COPD Information Line and participants in the Indiana University Health Methodist Hospital pulmonary rehabilitation program.