



Azienda Ospedaliera Universitaria
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COPD INFORMATION BOOKLET



COPD is a preventable and treatable disease, related to the inhalation of cigarette smoke or harmful particles present in the area we breathe, characterized by obstruction to airflow in the airways that is not fully reversible and is accompanied by cough, phlegm / sputum, shortness of breath / breathing difficulty.

Early Diagnosis of the Disease is important for Prognosis.

Questionario GOLD per l'identificazione precoce dei pazienti con BPCO

Potrebbe trattarsi di BPCO?

- Sai cos'è la BPCO? È la Broncopneumopatia Cronica Ostruttiva, una patologia bronco-polmonare molto frequente, anche se molti pazienti ne sono affetti senza saperlo.

Rispondi alle domande e scopri se sei affetto da BPCO.

Hai tosse e catarro frequentemente?	SI	NO
Fai fatica a respirare rispetto ai tuoi coetanei?	SI	NO
Hai limitato l'attività fisica per questo?	SI	NO
Hai più di 40 anni?	SI	NO
Sei un fumatore o lo sei stato?	SI	NO

- Se hai risposto sì a tre o più domande potresti essere affetto da BPCO, chiedi al tuo medico se ritiene necessario che tu faccia una spirometria. Una diagnosi precoce di BPCO è fondamentale nel prevenire un aggravamento di questa malattia.

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The Main Risk Factors for COPD are:
Cigarette Smoking
Occupational Exposure to irritants for the airways.
Air Pollution.

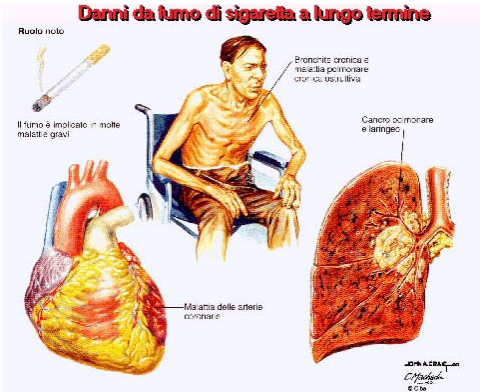


Figure 1 Now you see it



Figure 2 Now you don't

To Diagnose COPD, it is necessary to:

Identify the symptoms: cough, sputum, dyspnea.

Perform a Spirometry with Bronchodilatation test, in order to measure airflow obstruction in the airways and define the incomplete reversibility after taking bronchodilators by inhalation.

The spirometry test is necessary for the correct diagnosis of COPD.



In COPD, adherence to chronic inhalation therapy is required for proper control of the disease and to prevent recurrences.

Patients should be informed on the concept of chronic disease and chronic therapy.

Chronic therapy improves breathing function, quality of life, tolerance to physical exercise and dyspnea (shortness of breath during exercise).



In the treatment of COPD, the proper use of inhalation devices prescribed by the doctor is fundamental to obtain an effective response and improve symptoms.
Try the Inhalation Device in front of the doctor!
Accept the Inhalation Device if you consider it easy to use properly.



COPD Recurrences are Prevented by:
Appropriate therapeutic treatment.
Adequate adherence to chronic therapy.
Adequate Rehabilitation Treatment.
Anti Influenza Vaccination.
Anti Pneumococcal Vaccination.

