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Thrive

[with COPD/Asthma]



Room to Breathe

By better understanding the lung disease COPD, you can live better with it

By Terri Brewis, BS, RRT, AE-C, PMC Respiratory Manager

One of the most common lung diseases, COPD, or chronic obstructive pulmonary disease, is a serious condition that makes it difficult to breathe. COPD includes emphysema and chronic bronchitis. It is the third-leading cause of death in the U.S., according to the American Lung Association.

There are several contributors to the disease. The most common is tobacco use; however, new research has identified genetic predisposition, secondhand smoke (exhaled by smokers), thirdhand smoke (left in carpets, clothing and upholstery) and environmental factors as other causes.

Frequently, COPD is diagnosed with other respiratory diseases that share common pathological and functional features. These three overlapping conditions can worsen symptoms and lead to hospital readmissions and death.

1. Overlapping Condition: Asthma

Asthma is an intermittent and reversible condition causing airway obstruction. It shows up as chronic inflammation affecting the entire respiratory tract. In older people, especially, this condition may overlap with COPD and converge as asthma COPD overlap syndrome **continued on next page**

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(ACOS). Approximately 15 to 25 percent of obstructive airway diseases are believed to result from ACOS.

2. Overlapping Condition: Lung Cancer

Lung cancer is the leading cause of death from all cancers. Between 50 and 80 percent of lung cancer patients also have COPD. Smoking increases the risk by nearly fourfold, so it is important to quit smoking and avoid future exposure to tobacco smoke.

A lobectomy, or lung resection—the removal of the lung’s cancerous lobe—is the preferred surgical intervention. Nonsurgical therapies are also available, including radio-frequency ablation, a minimally invasive procedure using electric energy and heat to destroy cancer cells.

New recommendations from a recent article in the *New England Journal of Medicine* address the need for lung cancer screening to help improve early diagnosis and survival.

Meet Your Match

Parrish’s medical staff directory provides a list of primary care physicians and specialists to meet your specific needs. Go to parrishthrive.com/findaphysician.

3. Overlapping Condition: Bronchiectasis

Bronchiectasis is a disease characterized by abnormal widening of the bronchi or their branches that causes risk of infection. Symptoms usually include chronic cough with mucus production, shortness of breath, wheezing, coughing up blood and chest pain.

People with COPD and bronchiectasis make up 28 to 58 percent of the patients with moderate to severe obstructive disease. These people need targeted therapy for the management of symptoms because they get frequent lung infections.

Diagnosis is based on the person’s symptoms and is confirmed with a computed tomography (CT) scan. Treatment includes the use of antibiotics and airway clearance therapy to improve cough and mucus.

How Your Doctor Can Help

Your primary care physician can assist you in the management of your lung disease. Not all COPD patients decline in lung function in the same way. According to one study, 8 percent of COPD patients improved with appropriate treatment and management.

Early screening for COPD can help reduce the risk of death, improve symptoms and allow people to be more active.

If you smoke, you should consider quitting. It is the best choice you can make to improve your health and well-being for years to come.

Healthy Living

True or False:

E-cigarettes are a safe alternative to smoking.

FALSE. While researchers fast and furiously study the health effects of “vaping,” red flags are emerging.

For example, the U.S. Food and Drug Administration warns that e-cigarettes may contain toxic ingredients. (One FDA-studied sample contained diethylene glycol, a toxic chemical used in anti-freeze.) Consumers have no way of knowing which harmful chemicals—and at what doses—they are inhaling.

Furthermore, the FDA warns that e-cigarettes can increase nicotine addiction among young people and encourage them to try regular cigarettes. A study in summer 2015 showed that 16 million kids in 10 states and the District of Columbia could legally buy e-cigarettes.

Picture of Health

FREE EVENT: Learn about colorectal cancer screening. It could save your life.

Tuesday, March 8, 10–11:30 a.m.

parrishthrive.com/events



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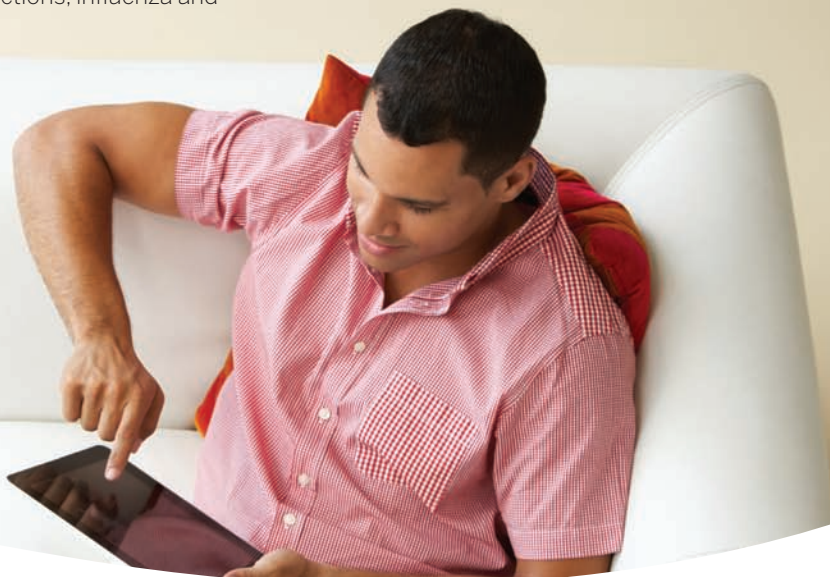
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Use InQuicker only if you are certain you can safely wait at home with no risk to your health. If you are experiencing a life- or limb-threatening emergency, do not use InQuicker. Call 911 or go to the nearest emergency room.

Reserve a time and Skip the Line

To make an InQuicker reservation at one of our three convenient locations, visit parrishthrive.com/inquicker.



Create Your Action Plan Today

If you have COPD or asthma, you know it's a chronic condition that requires ongoing management. Establishing an action plan is part of smart, healthy living, giving you and your loved ones steps to take to head off or relieve your

symptoms. The benefits of an action plan are especially clear when symptoms worsen. It contains details on your maintenance and rescue medications, oxygen needs and lifestyle factors. A plan helps

you keep track of your medications and make sure refills are ordered on time. And it's a way to communicate with emergency personnel so they can choose the best

course of treatment for you. Go to parrishthrive.com/actionplan to download a form, and then talk to your doctor about completing your personalized plan.



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Deep Sleep Needed

There are many stages of sleep that serve to restore your body through the night. TV, caffeine and light can prevent you from reaching those stages.

"For instance, those who fall asleep with the TV on will not reach their deep, good delta sleep," says Kristina Weaver, Parrish Sleep Disorders Center technician and educator. "Their brains are kept in a faster brain-wave activity due to the noise. If you don't reach enough delta sleep at least six nights a week, your immune system is suppressed by 300 percent."

And not reaching your delta sleep will make it that much harder to transition to the dream state, the most restorative for your brain. A lack in reaching the dream state can also cause crankiness, forgetfulness and productivity loss.

To get the best sleep, make sure your room is dark, cool and quiet.

