

Empowering the COPD Community



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If you have COPD

You probably have experienced exacerbations, which are episodes or periods of time when your symptoms get worse. Dr. Sean Gilman, a pulmonologist at Verdun Hospital and McGill University Health Centre, says, "Exacerbations are definitely a concern; they can set a patient back. They're the reason for many hospital and especially emergency room visits."

Dr. Gilman believes that managing the exacerbations is critical: "we try to prevent exacerbations from occurring so that we can slow the progression of their disease and prevent them from getting worse."

Avoiding COPD Exacerbations

- ✓ If You Smoke – Quit
- ✓ Vaccinate Against Pneumonia & the Flu
- ✓ Disease Education
- ✓ Use Long-Acting Inhaled Medications

For some patients, managing their medications or inhalers can be challenging:

Inhaled medications can play a key role in relieving symptoms, preventing exacerbations, and improving lung function. But according to Dr. Gilman, "There are many challenges a patient faces using their inhalers. Sometimes it's hard to know when the inhaler is empty. Sometimes it's hard to know when the inhaler actually delivered the medicine."

Speak to your Doctor

With so many medications and types of inhalers to choose from, including new, more efficient options, Dr. Gilman strongly encourages that any "patient who's having a hard time with their inhaler to go back to their physician and question whether they're on the most appropriate inhaler and whether they're using it correctly."





To learn more about living with and managing COPD,
watch "Empowering the COPD Community"
with Dr. Sean Gilman at:

www.HealthandFamily.ca/Breathe

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