

Chronic Obstructive Pulmonary Disease (COPD)

COPD is a group of lung diseases that block the flow of air as you breathe out or exhale. Some of the most common diseases include:

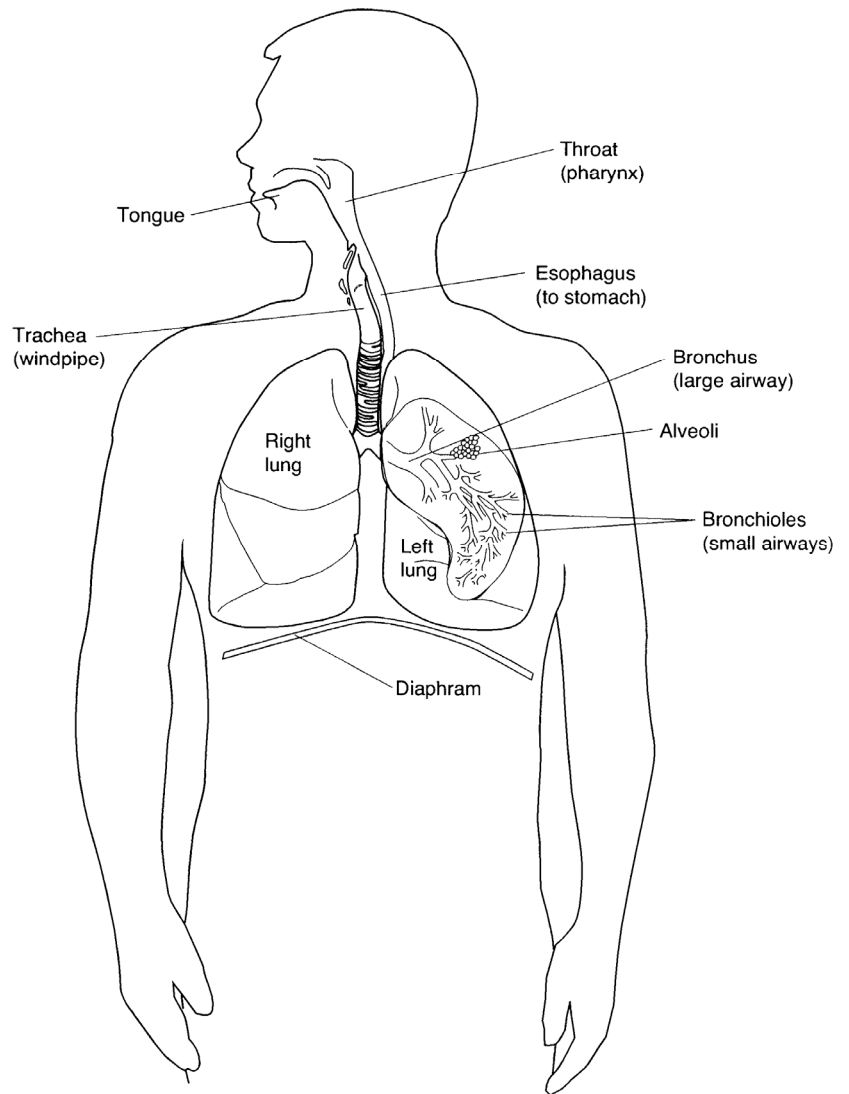
- Emphysema
- Chronic bronchitis
- Asthma

Air needs to move in and out of your lungs to meet your body's needs. When the flow of air out of the lungs is blocked, stale air becomes trapped in the lungs. This makes it harder for the lungs to get enough oxygen to the rest of the body.

Causes

The leading causes of COPD are:

- Smoking
- Working in a polluted environment
- Second hand smoke



慢性阻塞性肺病（COPD）

慢性阻塞性肺病是在您呼气时阻塞气流的各种肺病。其中最常见的一些疾病包括：

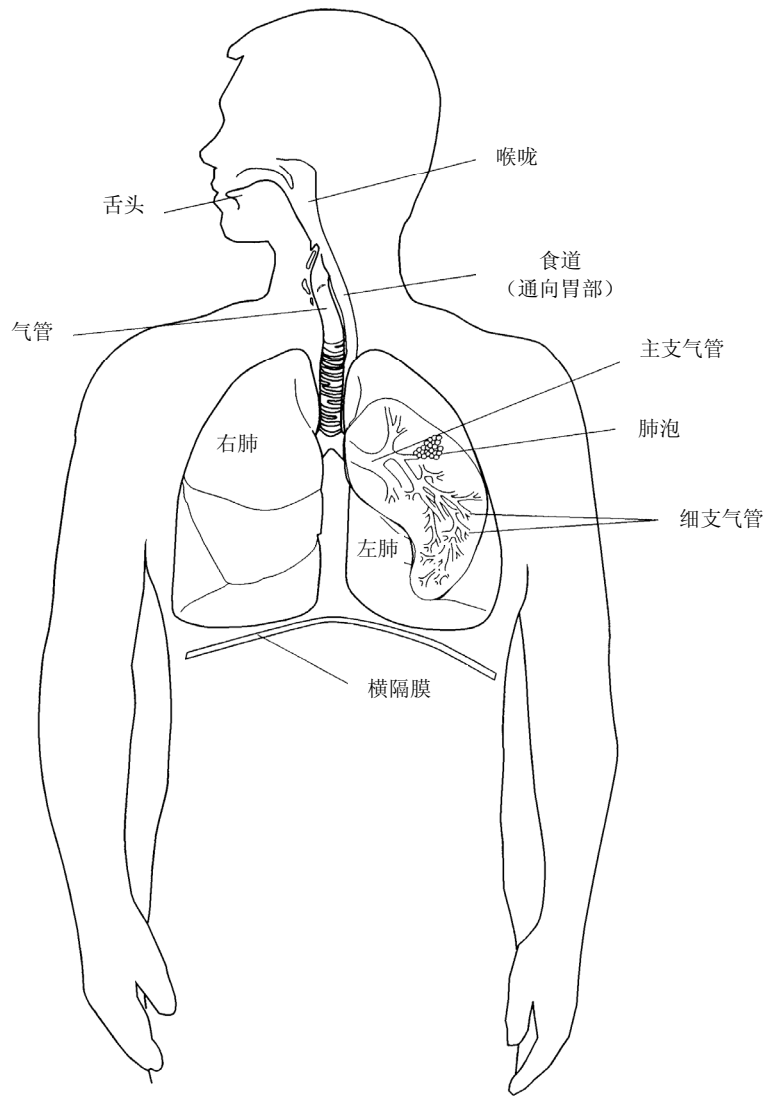
- 肺气肿
- 慢性支气管炎
- 哮喘

空气需要进出肺部，以满足身体的需求。肺部呼出的气流被阻塞时，不新鲜的空气会被截留在肺部。这会使肺部难以将足够的氧气供给身体其他部位。

原因

导致慢性阻塞性肺病的主要原因是：

- 吸烟
- 在受污染的环境下工作
- 二手烟



Signs

The signs of COPD are:

- Coughing
- Wheezing
- Feeling short of breath

These signs can be serious enough to affect your daily activities.

Your Care

Your doctor will do a medical exam and order tests such as:

- Chest x-ray
- CT scan
- Blood test
- Pulmonary function test

The damage to your lungs from COPD cannot be reversed and there is no cure. With the help of your health care team, you can manage the disease to slow its progress. To manage your COPD:

- Stay active.
- Quit smoking.
- Maintain a healthy weight.
- Eat a balanced diet.
- Drink a lot of fluids.
- Control stress.
- Take your medicines such as inhalers, steroids and antibiotics as ordered.
- Do home oxygen therapy if ordered.
- Attend a pulmonary rehab program to learn about COPD and exercise to improve your health.

Talk to your health care team about your questions and concerns.

症状

慢性阻塞性肺病的症状是：

- 咳嗽
- 喘鸣
- 感到呼吸急促

这些症状可能非常严重，足以影响您的日常活动。

护理

医生将对您做一次体格测验，并要求您做一些检查，例如：

- X光胸透
- CT扫描
- 验血
- 肺功能检查

慢性阻塞性肺病对肺部造成的损伤不可逆转，并且无法治愈，但可在医护团队的帮助下控制病情的发展。为了控制慢性阻塞性肺病，您应当：

- 保持运动。
- 戒烟。
- 保持健康的体重。
- 饮食均衡。
- 多喝水。
- 控制精神压力。
- 遵照医嘱使用吸入器，服用类固醇及抗生素等药物。
- 进行家居氧疗（如有要求）。
- 参加肺部康复讲座，了解慢性阻塞性肺病，并参加体育运动以改善健康状况。

如有任何疑问或担心，请告诉医护团队。

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Chronic Obstructive Pulmonary Disease (COPD). Simplified Chinese.