

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:

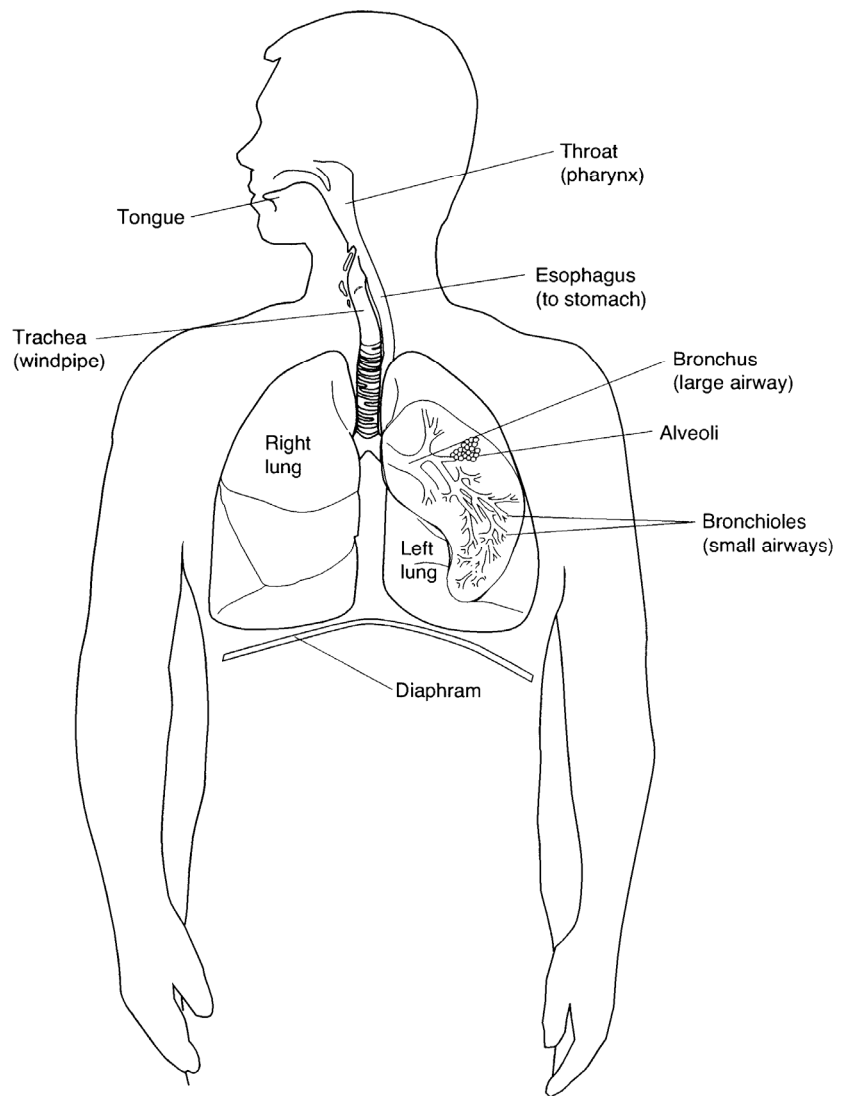
- Emphysema
- Chronic bronchitis
- Asthma

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氣時阻塞氣流的各種肺病。其中最常見的一些疾病包括：

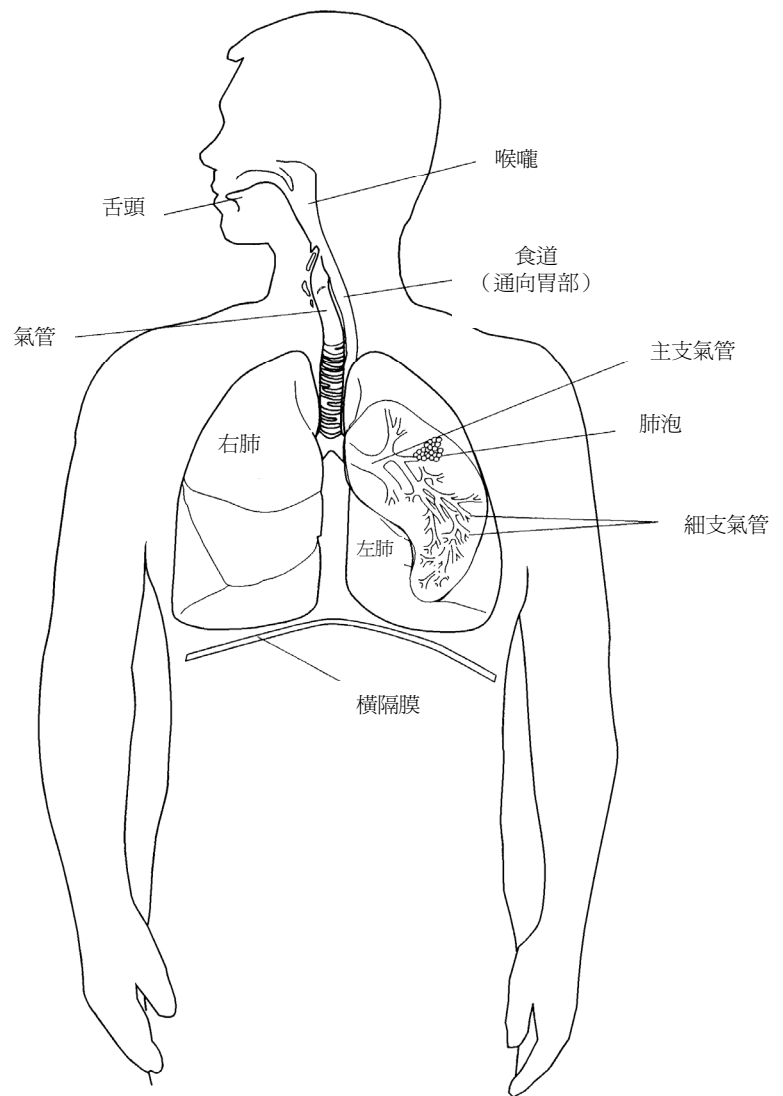
- 肺氣腫
- 慢性支氣管炎
- 哮喘

空氣需要進出肺部，以滿足身體的需求。肺部呼出的氣流被阻塞時，不新鮮的空氣會被截留在肺部。這會使肺部難以將足夠的氧氣供給身體其他部位。

原因

導致慢性阻塞性肺病的主要原因是：

- 吸菸
- 在受污染的環境下工作
- 二手菸



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.

症狀

慢性阻塞性肺病的症狀是：

- 咳嗽
- 喘鳴
- 感到呼吸急促

這些症狀可能非常嚴重，足以影響您的日常活動。

護理

醫生將對您做一次體格測驗，並要求您做一些檢查，例如：

- 胸部 X 光檢查
- CT 掃描
- 驗血
- 肺功能檢查

慢性阻塞性肺病對肺部造成的損傷不可逆轉，並且無法治癒，但可在醫護團隊的幫助下控制病情的發展。爲了控制慢性阻塞性肺病，您應當：

- 保持運動。
- 戒菸。
- 保持健康的體重。
- 飲食均衡。
- 多喝水。
- 控制精神壓力。
- 遵照醫囑使用吸入器，服用類固醇及抗生素等藥物。
- 進行家居氧療（如有要求）。
- 參加肺部康復講座，瞭解慢性阻塞性肺病，並參加體育運動以改善健康狀況。

如有任何疑問或擔心，請告訴醫護團隊。

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Chronic Obstructive Pulmonary Disease (COPD). Traditional Chinese.