

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

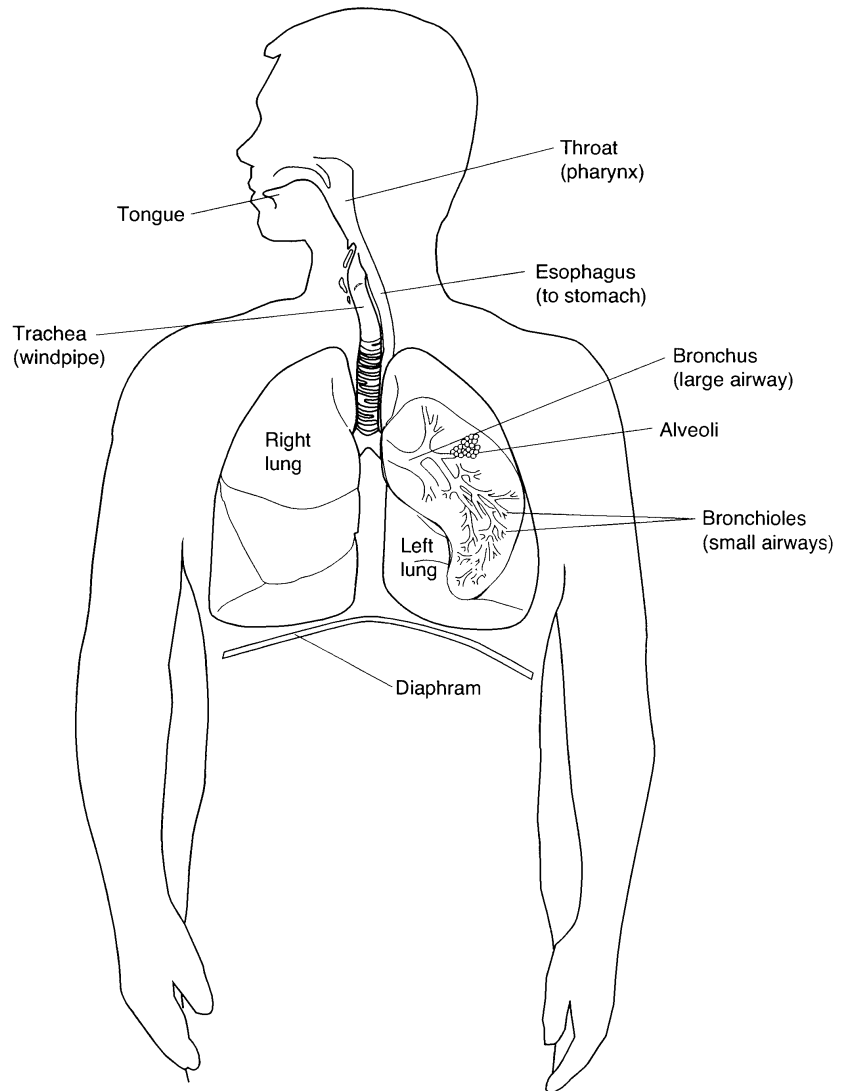
The leading causes of COPD are:

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

The signs of COPD are:

- Coughing
- Wheezing
- Feeling short of breath



Hronična opstruktivna plućna bolest (HOPB)

HOPB je grupa plućnih bolesti koje blokiraju protok zraka prilikom udisanja ili izdisanja. Neka od najuobičajenijih oboljenja uključuju:

- emfizema
- hronični bronhitis
- astma

Zrak mora proticati kroz pluća da bi ispunio potrebe Vašeg tijela. Kada je izlazak zraka iz pluća blokiran, ustajali zrak ostane zarobljen u plućima. To plućima otežava prenošenje dovoljnih količina kisika u ostale dijelove tijela.

Uzroci

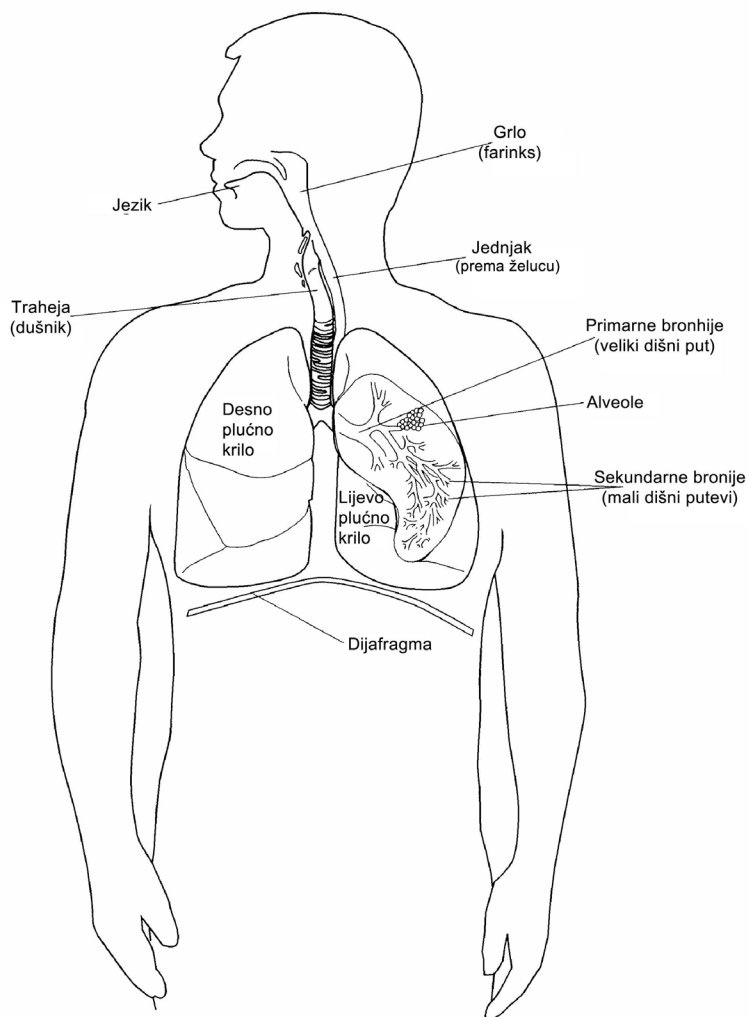
Vodeći uzroci HOPB-a su:

- pušenje
- rad u zagađenoj okolini
- pasivno pušenje

Simptomi

Simptomi HOPB-a su:

- kašalj
- pištanje prilikom disanja
- osjećaj kratkoće daha



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.

Ovi simptomi mogu biti dovoljno ozbiljni da utiču na Vaše dnevne aktivnosti.

Vaša njega

Vaš doktor će obaviti ljeakarski pregled i prepisati ispitivanja kao što su:

- rentgen pluća
- CT skeniranje
- nalaz krvi
- testiranje plućne funkcije

Oštećenje Vaših pluća HOPB-om se ne može sanirati i za to nema lijeka. Uz pomoć Vašeg tima za zdravstvenu njegu, možete uticati da bolest uspori napredovanje. Da utičete na svoj HOPB:

- ostanite aktivni
- prestanite pušiti
- održavajte zdravu težinu
- balansirajte ishranu
- pijte puno tečnosti
- kontrolišite stres
- uzimajte medikamente kao što su inhalatori, steroidi i antibiotici kao što je propisano
- primjenjujte kućnu oksigenu terapiju ako je to propisano
- posjetite program plućne rehabilitacije da naučite o HOPB-u i vježbate zbog poboljšanja zdravlja

Razgovarajte sa svojim doktorom ili medicinskom sestrom ako ste zabrinuti ili imate pitanja.