

THINK act be healthy

Winter 2015



Brought to you by
MHCSI ♦

COPD – Are You At Risk?

Smokers and former smokers are at risk of developing **Chronic Obstructive Pulmonary Disease** also known as COPD. Some non-smokers can also develop COPD.

Canadian Lung Health Test

If you are over 40 and smoke or used to smoke, you may already have COPD. Take this quick test to screen for symptoms of COPD:

1. Do you cough regularly?
2. Do you cough up phlegm regularly?
3. Do even simple chores make you short of breath?
4. Do you wheeze when you exert yourself (exercise, go up stairs)?
5. Do you get many colds, and do your colds usually last longer than your friends' colds?

If you answered "Yes" to one or more of these questions, you may have symptoms of COPD. See your doctor to find out what is causing your symptoms. Your doctor can diagnose you after examining you and giving you a **simple breathing test** called spirometry.

As COPD is a progressive disease, early detection has been shown to motivate people to **quit smoking sooner**, which can reduce disease progression. With early diagnosis and appropriate treatment, patients with COPD should expect to experience less shortness of breath, better exercise tolerance, fewer hospitalizations and **improved quality of life**. The most important thing you can do to prevent or treat COPD is to **quit smoking**.

Source – www.lung.ca/lung-health/lung-disease/copd



Food for Thought...

Sobeys Better food for all.

Nutrition Tips for COPD

A healthy diet helps to keep your lungs and body strong and it may help to prevent illness.

1. Eat foods from all 4 food groups
2. Eat small, frequent meals and snacks
3. Eat your main meal when you have the most energy
4. Drink 6-8 glasses of water daily, fluid helps keep mucus thin and easy to cough up
5. Limit salt intake (too much salt can cause you to retain fluid making it harder to breathe)



Body & Mind

Take a deep breath and let it all go, a deep breath not only clears the mind but also the lungs.

Sobeys
Pharmacy

Lawtons
DRUGS

Pharmacy
at SAFEWAY

THRIFTY
FOODS
PHARMACY

FRESHCO
Pharmacy

FOODLAND
PHARMACY

Are you ready to
quit smoking?

Talk to our pharmacists for advice on which
smoking cessation strategy may be right for you.