

Treatment for emphysema



Avoid lung irritation, stop smoking, and avoid air pollution and cold temperatures.



Exercise, continue usual activities if possible, and do breathing exercises.



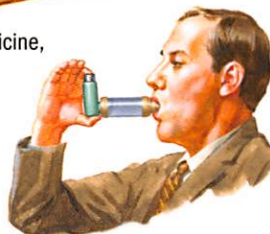
Prevent infections by avoiding sick people and getting flu shots.



Practice pursed-lip breathing.



Exercise, take your medicine, and stop smoking.



FROM THE DESK OF

NOTES

How Is Emphysema Treated?

Treatment depends on the severity of the emphysema. Severe disease may need treatment in the hospital.

The lifestyle change of stopping smoking is the most important step to slow the progress of the disease or even improve it.

Medicines that may help include bronchodilators and corticosteroids. Bronchodilators, usually given by inhalers, cause airways to open. Corticosteroids work by reducing inflammation. They may be given by inhalers or in pill form.

Oxygen may be given in a hospital emergency department. In severe cases, it may be provided in tanks for home use.

Antibiotics may be prescribed if a chest infection is suspected.

Surgery may become an option for advanced emphysema in rare cases.

DOs and DON'Ts in Managing Emphysema:

- ✓ **DO** quit smoking and avoid a smoky environment.
- ✓ **DO** ask your doctor and support groups for help with quitting smoking.
- ✓ **DO** visit your doctor regularly.
- ✓ **DO** take your medicines as prescribed.
- ✓ **DO** exercise regularly as tolerated.
- ✓ **DO** get a flu shot every year and a pneumonia vaccination every 5 years.
- ✓ **DO** contact your doctor about new or worsening symptoms.
- ⊘ **DON'T** delay going to the emergency department if you become very short of breath or notice your tongue, fingernails, skin, or lips are turning blue.
- ⊘ **DON'T** stop taking your medicines without checking with your doctor.

FOR MORE INFORMATION

Contact the following sources:

- American Lung Association
Tel: (800) LUNG-USA
Web: www.lungusa.org
- National Lung Health Education Program
Tel: (303) 839-6755
Web: www.nlhep.org