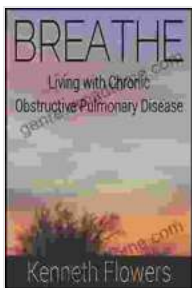


# Breathe: Living with Chronic Obstructive Pulmonary Disease

Chronic obstructive pulmonary disease (COPD) is a serious lung disease that makes it difficult to breathe. It is the fourth leading cause of death in the United States, and it affects more than 16 million Americans.

COPD is caused by damage to the airways and lungs. This damage can be caused by smoking, air pollution, and other factors. COPD can lead to a number of symptoms, including:



## BREATHE: Living with Chronic Obstructive Pulmonary Disease

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2845 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 221 pages
Lending	: Enabled



- Shortness of breath
- Wheezing
- Coughing
- Chest tightness

- Fatigue
- Weight loss

There is no cure for COPD, but there are treatments that can help to manage the condition and improve quality of life. These treatments include:

- Bronchodilators
- Inhaled steroids
- Oxygen therapy
- Pulmonary rehabilitation
- Lifestyle changes

Lifestyle changes are an important part of managing COPD. These changes can help to improve lung function, reduce symptoms, and prevent further damage to the lungs. Some of the most important lifestyle changes include:

- Quitting smoking
- Avoiding air pollution
- Getting regular exercise
- Eating a healthy diet
- Getting enough sleep

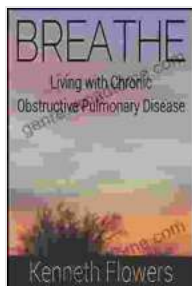
COPD can be a challenging condition, but it is possible to live a full and active life with the condition. By following the advice in this book, you can learn how to manage your COPD and improve your quality of life.

## Free Download your copy of Breathe today!

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When you Free Download Breathe, you will also receive a free bonus gift: a COPD Action Plan. This action plan will help you to track your symptoms, manage your medications, and make lifestyle changes that can improve your health.

Don't wait another day to start living a better life with COPD. Free Download your copy of Breathe today!

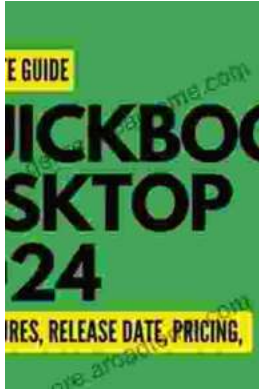


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