



Chronic obstructive pulmonary disease (COPD)

COPD is a serious lung disease that makes it hard to breathe. It happens more often in older adults, especially those who are smokers.



Pharmaceutical Assistance
Contract for the Elderly

Balanced information for better care

Quitting smoking

It's never too late to quit.

Several products are available to help you quit.



Nicotine replacement therapies

These can ease cravings and make quitting easier and are available over-the-counter in different forms:

- patch
- gum
- lozenge



Prescription medications

- varenicline (Chantix)
- bupropion (Wellbutrin, Zyban)
- nasal spray (Nicotrol)

These options may be combined. For example, the prescription varenicline can be used together with nicotine patches and gum.



Get support to help you quit
Call 800-QUIT-NOW (800-784-8669)
text QUIT to 47848
or visit PA.QuitLogix.org

What is COPD?

COPD is a serious lung disease that makes it hard to breathe. It includes emphysema and chronic bronchitis. People with COPD have difficulty exhaling air from their lungs, causing shortness of breath and cough.

Cigarette smoking is the most common cause of COPD, but it can develop without a clear cause.

What can you do to manage COPD?

- 1. Stop smoking.** *(See the back panel.)*
- 2. Get vaccinated** with all your recommended vaccines, including:
 - flu
 - COVID
 - pertussis (in Tdap)
 - pneumococcal pneumonia
 - respiratory syncytial virus (RSV)
 - shingles
- 3. Exercise** may help increase your breathing capacity and give you more energy. Start slow and increase activity gradually.
- 4. Use medications as prescribed** by your healthcare professional.
- 5. Ensure you're using the inhaler correctly.**
- 6. Participate in a pulmonary rehabilitation program.**

Medications for COPD

There are different types of medications to treat COPD:

Bronchodilators

These medications are given by an inhaler or nebulizer. They open up the airway and make it easier to breathe. Some can be used daily whereas others can be used as needed when symptoms worsen.

Steroids

These can reduce inflammation in the airway. Inhaled steroids may be useful in certain patients, but not all. Oral steroids may be required if there are exacerbations.

Other medications

For patients who require oral steroids several times a year or who are admitted to the hospital for COPD, additional therapies may be needed.

These include:

- antibiotics
- roflumilast (Daliresp)
- dupilumab (Dupixent)
- ensifentrine (Ohtuvayre)



Using your inhaler

Many kinds of inhalers are available, and you may need to use more than one type. It is important to know how to use and maintain each inhaler device.



- Have your healthcare professional **show you how to use your inhaler.**
- **Review the use of your inhaler at least every 3 months** or any time your condition suddenly worsens.

Watch these helpful videos on how to use your inhaler
qrco.de/ALA_inhaleruse



Pulmonary rehabilitation

Your healthcare professional may recommend that you participate in pulmonary rehabilitation.

This program helps you learn to exercise and manage your disease. It can help you stay active, reduce your symptoms, and feel better.



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These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition.

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