BREATHING IN

confidence

Kingston HealthCare Respiratory Guide
BREATHING OUT

uncertainty

Being told that you or a loved one has a progressive lung disease can be quite daunting. Will I need oxygen? Will my mom ever feel better again? What if we just can’t handle everything? Although COPD cannot be reversed, symptoms can be calmed and disease advancement can be slowed. Kingston HealthCare is committed to helping you exhale the worry that comes with ongoing respiratory issues as we guide you through breathing in your new normal. Expanding the capacity to understand how to live with COPD allows for better control over breathing and a restored confidence in living.

What Does My Respiratory System Do?
The air you breathe travels like a train through each twist and turn of your respiratory pathway in a quest to hand over critical cargo to your cells and transport life-giving breath by:

• Exchanging oxygen and carbon dioxide
• Regulating inhaled air to meet body temperature
• Moisturizing inhaled air to correct humidity level
• Protecting the body from harmful substances via coughing, sneezing, filtering or swallowing
• Allowing for the sense of smell
Knowledge has the ability to deliver calm and create focus in unnerving situations. Learning more about your COPD diagnosis offers you the opportunity to replace fear with empowerment and insecurity with understanding.

COPD Symptoms
- Increasing shortness of breath
- Chronic cough with or without mucus
- Frequent respiratory infections
- Wheezing and excess mucus production
- Over-sized, barrel chest caused from trapped air in the lungs
- Blueness of lips or fingernail beds

COPD Risk Factors
- Smoking or exposure to tobacco smoke
- Fumes, dust and other air pollutants, especially on the job
- Genetic predisposition due to alpha-1 deficiency

One Name, Four Diseases
Four diseases fall under the Chronic Obstructive Pulmonary Disease (COPD) umbrella, all sharing the major characteristic of progressive lung dysfunction. Each disease, however, is defined and presents a little differently.

- **Chronic Bronchitis**: An inflammation of the bronchial tube lining that includes a persistent, long-term cough
- **Emphysema**: Gradual air sac breakdown causing extended exhalation and insufficient oxygen
- **Chronic Asthma**: Airways regularly narrow, swell and produce excess mucus, making breathing more difficult
- **Bronchiectasis**: Mucus-filled pockets form in airways, creating space for bacteria to flourish and cause frequent respiratory illnesses

Regardless of which COPD disease you have, growing your knowledge and exploring your treatment options are important steps in carving out the best path for your future.
COPD often does not present symptoms until its later stages, making quick diagnosis and treatment crucial. Early intervention, when symptoms are milder, can often slow progression of the disease and improve daily outcomes. While there is no cure for COPD, there are several treatment options that can help optimize airway function, improve outlook and create a fuller, more active life.

**Expanding Pathways**

Due to COPD's range of causes and symptoms, each patient receives an individualized medication plan. Treatment may include daily controller medications, rescue inhalers, oxygen therapy and/or secretion management therapy. Although there is no one-size-fits-all treatment, there are standardized target outcomes:

- Increased airflow
- Fewer flare-ups
- Better quality of life

It is important to use your prescribed medications faithfully and properly follow all instructions in order to gain full benefit.

**Therapy at a Glance**

In addition to medication, other forms of therapy can also positively enhance a COPD patient's overall physical and emotional state.

**Physical Therapy**
- Review of history, medications, test results, strength, mobility, exercise capacity and balance
- Customized treatment plan including lower body, upper body and breathing muscle exercises
- A lifestyle program to maintain activity once a certain level of fitness is reached

**Occupational Therapy**
- Discussion of daily routine and possible daily challenges
- Recommendations for assistive equipment or adaptations for greater independence
- Instruction about energy-saving techniques and devices

**Speech Language Therapy**
- Assessment of your swallow for safety
- Interventions to reduce potential for aspiration
Persons with COPD may experience breathlessness during routine activities or even at rest. The temporary shortness of breath associated with exercise and other physical activity can create an anxious circle. COPD patients avoid activity to avoid feeling out of breath, which, in turn, diminishes breathing capacity, depletes muscle tone, reduces overall energy and can lead to a more sedentary life. Expending physical energy actually helps you to build up energy levels and breathing capacity, creating a stronger body and sounder mind. It is imperative that COPD patients recognize the importance physical activity plays in increasing oxygen flow and quality of life.
CAPACITY, CONTROL & CONFIDENCE

at Kingston

Kingston HealthCare is committed to providing the professionalism, high-quality facility and advanced tools it takes to help COPD patients breathe easier each and every day. Our respiratory specialists and skilled nursing team are experienced in maximizing abilities and self-care skills through first-rate respiratory therapy services.

Transitioning to Life with COPD

Adjusting to a COPD diagnosis can be stressful for both patient and loved ones. Kingston’s dedicated respiratory team and exceptional facility create an optimal care environment for patients with pulmonary diagnoses and related conditions. When you’re struggling to inhale and exhale, just the thought of getting back on track to an active, healthy life can take your breath away. Fully equipped with the right people, practices and education, Kingston is here to ease you gently into this new normal with confidence.

Finding Your Courage at Kingston

Learning to breathe easier when you have COPD is a process. Kingston has the experience and professional knowledge to guide you to a fuller, more active existence. We help you increase lung capacity, take control of your breathing and build the confidence it takes to improve your overall quality of life.
Simply learning how to live positively with COPD gives you *the courage and confidence to breathe easier.*

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