

# **COPD FOR DUMMIES**

**Glen Nicolle Fay**

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If you're living with COPD (chronic obstructive pulmonary disease), you can make your daily routine easier by following some tips for tracking your COPD.

**COPD For Dummies: Kevin Felner, Meg Schneider:  
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**What is COPD? | Chronic Obstructive Pulmonary Disease | Signs and Symptoms**

Chronic Obstructive Pulmonary Disease (COPD) is an umbrella term used to describe progressive lung diseases including emphysema, chronic bronchitis, and refractory (non-reversible) asthma. In Emphysema the tiny, delicate air sacs (alveoli) in your lungs are damaged.

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see how diet, exercise, and medication affect your symptoms and make your life easier.