

YOUR DOCTOR VISIT CHECKLIST:

- Bring a friend or family member with you & a list of specific questions/concerns.
- Arrive a few minutes before the time of your appointment.
- Bring all your medications or a complete list to discuss:
 - Proper usage of inhalers, nebulizers, oxygen equipment
 - Need for refills
 - Cost of medications and alternatives
- Report how you are feeling — focus on breathing, cough, wheezing, mucus.
- Report symptoms if they interfere with sleep, ability to do chores, work or engage in your hobbies.
- Inform doctor of any ER visit or hospitalization since your last visit (even if not for COPD).
- Mention your diet and changes in your weight or appetite.
- Ask about joining a Pulmonary Rehab program.
- Review “Visit Summary” with your doctor before leaving the office.

Once a year:

- Get a flu shot
- Review & update your COPD Action Plan
- Have a complete physical exam





NH COPD RESOURCES:

QUIT SMOKING

The single best thing you can do for your health & your COPD Management.

NH Quit Line: [1-800-QUIT-NOW](tel:1-800-QUIT-NOW)

SMOKEFREEXTXT: smokefree.gov

EX: becomeanex.org

PULMONARY REHABILITATION

A monitored exercise program designed to reduce symptoms of breathlessness, anxiety & depression & increase quality of life.

breathenh.org/pulmonaryrehab

SUPPORT GROUPS

Share your experience and learn from your peers in a COPD support group.

breathenh.org/COPDSupport

PRESCRIPTION DRUG ASSISTANCE

NH Medication Bridge Program:

healthynh.com/medication-bridge

NH Prescription Assistance Program:

nhrxcard.com

SERVICE LINK

Aging and disability resource center

1-866-634-9412

Join the COPD Network today!

603-669-2411 • www.breathenh.org/copd

Email: copd@breathenh.org



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