Through this program, patients will:

- Complete testing to confirm COPD diagnosis;
- Learn self-management skills in one-on-one sessions with a COPD educator;
- Receive help getting medications, which often are expensive;
- Learn how to use inhalers, medical equipment and special breathing techniques;
- Gain knowledge of their disease, necessary equipment and recognition of symptoms;
- Receive help scheduling doctor appointments;
- Improve daily activities with decreased shortness of breath.

Family and caregivers are encouraged to attend COPD Management Program appointments to make sure they are familiar with the disease and able to recognize signs and symptoms.

For more information about the COPD Management Program, call 239-343-0765.

LeeHealth.org
Chronic obstructive pulmonary disease (COPD) is a lung disease in which continual swelling blocks airflow from the lungs. COPD affects 5 percent of the U.S. population and is the third leading cause of death. COPD requires education, support and self-management to maintain health and quality of life.

The COPD Management Program helps patients and caregivers understand the disease by providing access to tests, treatments, medications, rehabilitation and education. The goal of the program is to reduce hospitalizations and emergency room visits.