

# COPD May Take Away More Than Your Breath



## People with long-lasting health problems:

- Buy more medicine
- Visit doctors and stay in the hospital more often
- Have more healthcare costs

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*A patient educational resource provided by Boehringer Ingelheim Pharmaceuticals, Inc.*

\*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease includes chronic bronchitis (bronk-eye-tis), emphysema (em-fuh-zee-muh), or both.

Millions of Americans have lung trouble. Many of these people may have chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, or COPD.\*

## COPD raises your chances of having other health problems

- If you have COPD, you are more likely to have other long-term diseases or health problems
- Many people with COPD die of cardiovascular diseases, lung failure, or lung cancer

## If you have COPD, you may have other health problems, such as:

- Problems with your heart
- Lung cancer
- Anemia (uh-nee-mee-uh), or low iron in your blood
- Difficulties with your sleep
- High blood pressure
- Pneumonia (noo-moh-nyuh), an infection of the lungs
- Depression (feeling sad or "down in the dumps" for more than a couple of weeks)
- Diabetes, a disease involving high blood sugar
- Osteoporosis (os-tee-oh-puh-roh-sis), or weak bones

## If you have a long-term health problem, you may need to:

- Change your lifestyle
- Understand different kinds of information from several healthcare professionals
- Take several drugs for each individual medical problem<sup>†</sup>

<sup>†</sup>Ask your healthcare professional and pharmacist whether your medicines are safe to use together.

# Long-Lasting Health Problems Like COPD

Can Change More Than the Health of Your Body

**People with COPD are more likely to become depressed—feeling sad or “down in the dumps” for more than a couple of weeks**

**If you have thoughts of death and suicide, call your doctor, 911, or a suicide hotline (1-800-273-TALK)**

## If you have a long-term health problem:

- You may worry or feel sad more often
- It may be hard to spend time with friends and family
- You may have trouble doing or keeping your job
- It may be harder to take care of yourself and your family every day

## Feeling depressed can make your long-term diseases worse

Chronic depression—feeling sad, “down in the dumps,” or worried for a long time—is common in America, and can make your health worse.

Talk to your healthcare professional if you feel like this for more than 2 weeks.

## If you feel depressed, it can create a harmful cycle of long-term health problems

