

Age Healthier, Breathe Easier

April 25th-29th is
Air Quality Awareness
Week

Emphysema, COPD, chronic bronchitis & asthma are common chronic conditions among older Americans. If you suffer from a chronic cough or shortness of breath, see your doctor. The following simple steps can reduce the frequency of your symptoms and help you breathe easier.

- Avoid second-hand smoke from tobacco
- Check the air quality index on your local weather station and reduce outdoor activity on poor air quality days
- Check for mold, dust and rodents in your home
- Check furnace and heating units annually



Tips for Eating Well with COPD

1. **Eat when you have the most energy.** To get the greatest benefit from a nutritional standpoint, try eating your meals when you have the most energy, either when you wake up in the morning or after a nap.
2. **Eat small, frequent meals.** Eating smaller meals throughout the day may help avoid filling your stomach too much and give your lungs room to expand, making breathing easier.
3. **Watch your weight.** If you are underweight, it can make you feel weak or tired, but if you are overweight it can make your lungs and heart work harder. Call Coastline's Registered Dietitian to find out if you are at the appropriate weight at 508-742-9194.
4. **Drink Plenty of Fluids.** Try to drink 6-8, eight-ounce cups of non-caffeinated beverages daily. This helps to keep your mucus thin, making it easier for your body to cough.