

Better breathing: How we treat COPD

Winter is prime time for COPD. You can't get rid of the disease, but treatment can improve quality of life

SOT

Dr. Michael Daley (DAY-lee)

OSF HealthCare emergency medicine physician

"It's a destruction of the lung tissue in the airways. A lot of inflammation and destruction over time that causes the condition to manifest itself in people in different ways." (:13)

SOT

Dr. Michael Daley (DAY-lee)

OSF HealthCare emergency medicine physician

"Asthma is seen as a disease of the young. People with asthma usually have that diagnosis at a much earlier age than someone with COPD. The textbooks will tell you that you typically see COPD in the sixth decade of life. So, people in their 60s, 70s and 80s." (:16)

SOT

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OSF HealthCare emergency medicine physician

"We immediately get them into a room. We put them on oxygen. We initiate various therapies that have been shown throughout the years to work well. We'd give them steroids, antibiotics and inhalers over the course of one to three hours. We observe them and watch them improve." (:28)

SOT

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"Often they'll do what's called chest physiotherapy. They wear a percussion vest. That helps them cough up a lot of mucus and phlegm inside their lungs that's preventing them from breathing [well]. They also do a lot of breathing exercises that will help their airways expand. That leads to a better quality of life." (:24)

SOT

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OSF HealthCare emergency medicine physician

"We're actually seeing a much younger population presenting with COPD. People in their 30s and 40s. Just because of very heavy tobacco usage." (:10)