

## 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*

### ANCHOR LEDE

November is awareness month for chronic obstructive pulmonary disease, or C-O-P-D. Fitting, because it's something emergency departments see often this time of year.

While there's no cure for COPD, medicine has come a long way to improve your quality of life with the disease.

### TAKE VO

OSF HealthCare E-D physician Doctor Michael Daley says C-O-P-D involves destruction of lung tissue, leading to difficulty breathing, chest tightness, coughing and even fever.

Treatment includes oxygen, steroids, antibiotics, a nebulizer and pulmonary rehab.

\*\*\*SOT\*\*\*

Dr. Michael Daley (DAY-lee)

OSF HealthCare emergency medicine physician

**"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)**

### VO TAG

Smoking and pollution are two big causes of C-O-P-D. So drop the cigarettes, and know your triggers in the environment, whether it's smog or pet dander.