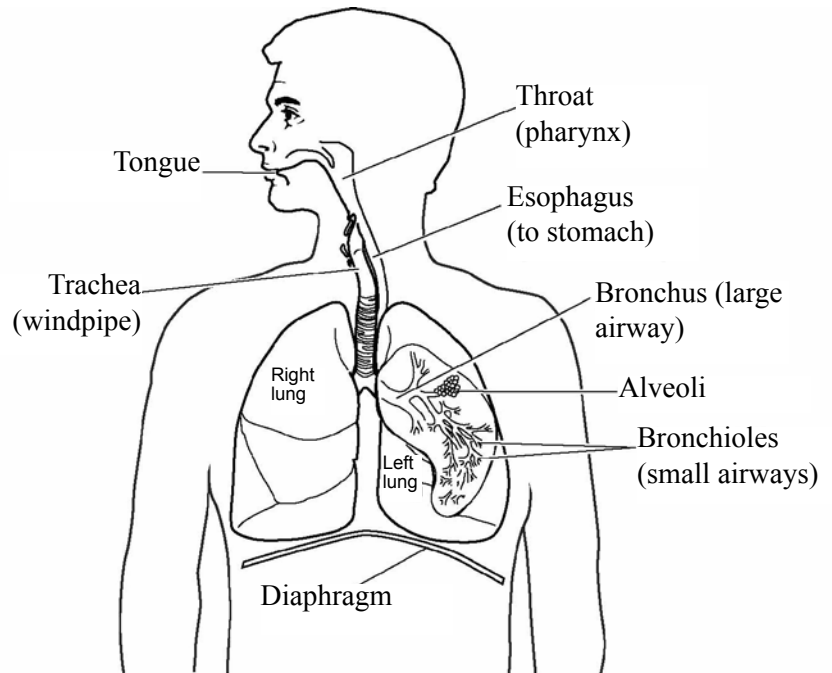


Chronic Obstructive Pulmonary Disease (COPD)

COPD is a common lung disease. There are 2 main types of COPD:

- **Emphysema** involves the alveoli or small air sacs being irritated. Over time the air sacs get stiff and will not let oxygen into and carbon dioxide out of your blood.
- **Chronic bronchitis** involves the large and small airways getting swollen and full of mucus. The mucus can block the airways and make it hard to breathe.



Many people with COPD have both types.

This disease develops over years. Treatment can ease signs and keep the disease from getting worse.

Causes

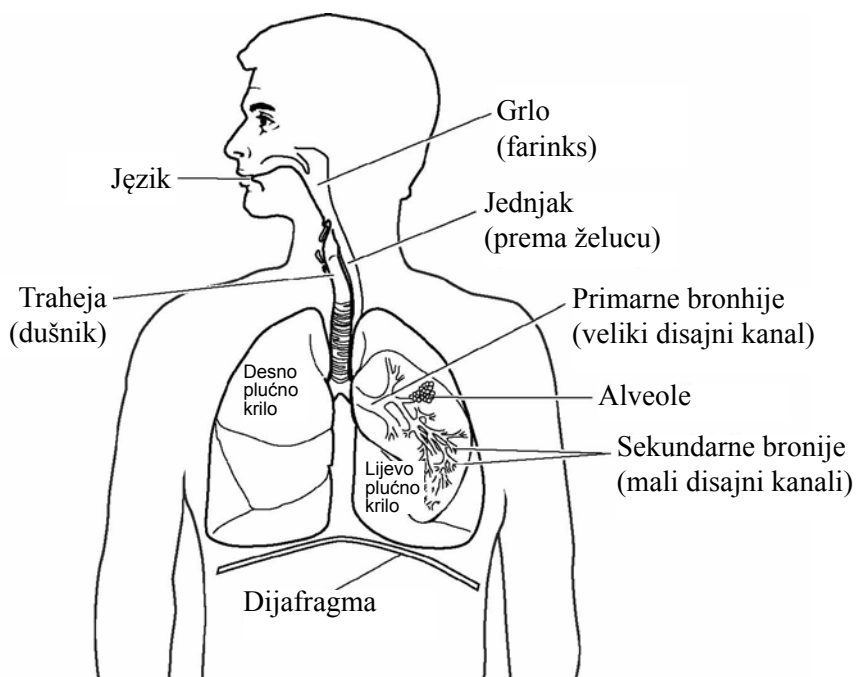
The leading causes of COPD are:

- Smoking
- Working in a polluted environment where you breathe in large amounts of dust, fumes, smoke or gases
- Second hand smoke

Hronična opstruktivna bolest pluća (HOBP)

HOBP spada u česta oboljenja pluća. Postoje 2 osnovne vrste HOBP-a:

- **Emfizem** uništava alveole ili male zračne mjehuriće. Vremenom vazdušni mjehurići otvrdnu i ne dozvoljavaju da kisik dospije u krv, niti da karbon-dioksid izađe iz krvi.
- **Hronični bronhitis** je oticanje malih i velikih disajnih kanala i njihovo zakrećenje šljajmom. Šlajm može zatvoriti disajne puteve i otežati disanje.



Mnoge osobe oboljele od HOBP-a imaju obje ove bolesti.

Ova bolest vremenom napreduje. Liječenje može ublažiti simptome i pomoći da se bolest drži pod kontrolom.

Uzroci

Vodeći uzroci HOBP-a su:

- pušenje
- rad u zagađenoj okolini gdje se udišu velike količine prašine, izduvnih gasova, dima i plinova
- pasivno pušenje

Chronic Obstructive Pulmonary Disease (COPD). Bosnian.

Signs

The signs of COPD are:

- Ongoing cough with or without mucus
- Wheezing
- Feeling short of breath that gets worse with activity
- Chest tightness

These signs can be serious enough to affect your daily activities.

Your Care

Your doctor will do a medical exam and order tests such as:

- Pulmonary function test to see how well your lungs are working
- Chest x-ray
- CT scan
- Blood test

The damage to your lungs from COPD cannot be reversed and there is no cure. With the help of your health care team, you can manage the disease to slow its progress. To manage your COPD:

- Stay active.
- Quit smoking.
- Maintain a healthy weight.
- Eat a balanced diet.
- Drink a lot of fluids.

Simptomi

Simptomi HOBP-a su:

- neprestan kašalj sa ili bez šljajma
- pištanje
- osjećaj kratkoće daha koji se pogorša prilikom uključivanja u aktivnosti
- stezanje u prsima

Ovi simptomi mogu biti dovoljno ozbiljni da utiču na Vaše dnevne aktivnosti.

Vaša njega

Vaš ljekar će obaviti pregled i tražiti da se urade nalazi poput:

- ispitivanja funkcije pluća kako bi se utvrdilo da li pluća pravilno funkcionišu
- rentgen pluća
- CT skeniranje
- nalaz krvi

Oštećenje Vaših pluća HOBP-om se ne može sanirati i za to nema lijeka. Uz pomoć Vašeg tima za zdravstvenu njegu, možete uticati na to da bolest sporije napreduje. Da bi ste to postigli:

- ostanite aktivni
- prestanite pušiti
- održavajte zdravu težinu
- balansirajte ishranu
- pijte puno tečnosti

- Control stress.
- Take your medicines such as inhalers, steroids and antibiotics as ordered.
- Do home oxygen therapy if ordered.
- Attend a pulmonary rehab program to learn about COPD and exercise to improve your health.
- Get a flu shot each year and talk to your doctor about getting a pneumonia shot.
- Get treatment right away if you get a cold or other infection in your nose or lungs.

Talk to your health care team about your questions and concerns.

- kontrolišite stres
- uzimajte lijekove kao što su lijekovi za inhalaciju, steroidi i antibiotici onako kako su propisani
- primjenjujte kućnu terapiju kisikom ako je to propisano
- posjetite program plućne rehabilitacije da naučite o HOBP-u i vježbajte kako bi ste poboljšali svoje zdravlje
- svake godine se vakcinišite protiv gripe i posavjetujte sa svojim ljekarom o dobijanju vakcine protiv upale pluća
- ako se prehladite ili dobijete neku drugu vrstu upale nosa ili pluća, smjesta tražite liječenje

Ako imate bilo kakvih pitanja ili briga, posavjetujte se sa svojim ljekarom ili medicinskom sestrom.

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