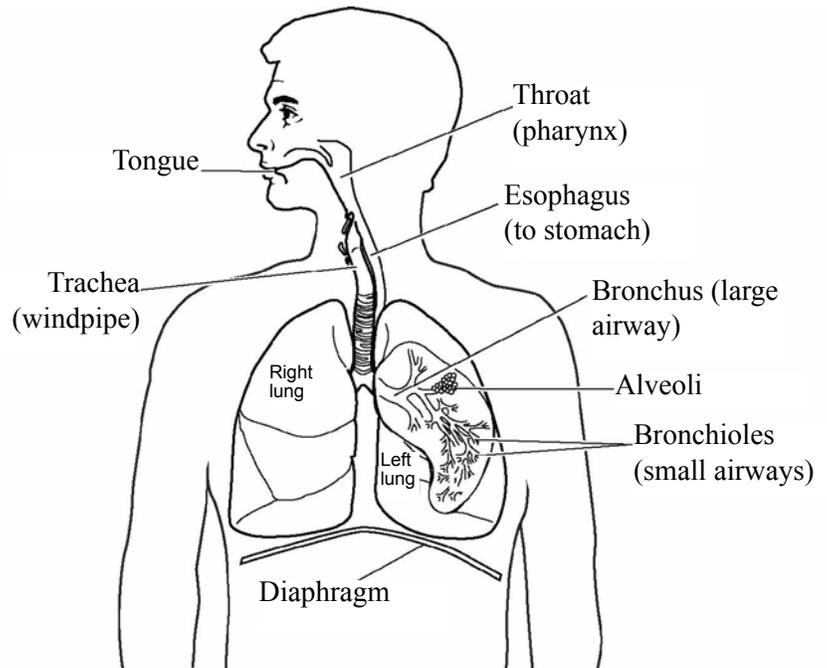


Chronic Obstructive Pulmonary Disease (COPD)

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

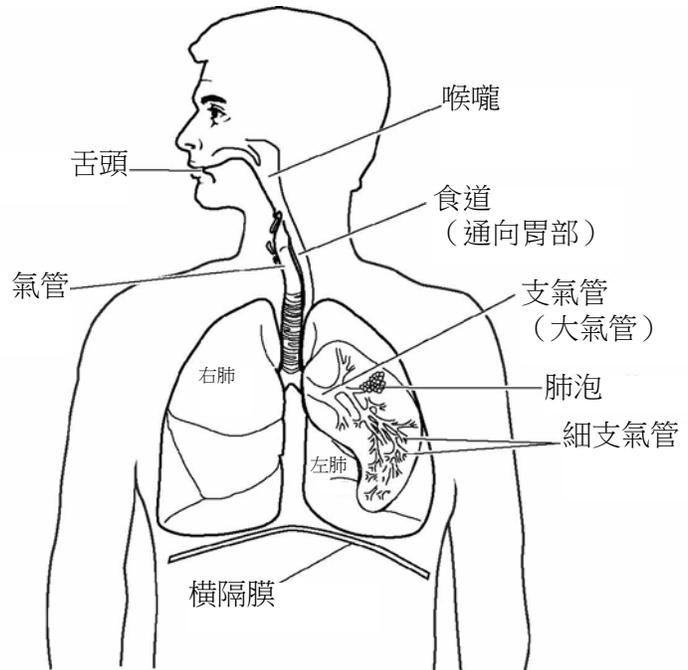
The leading causes of COPD are:

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

慢性阻塞性肺病（COPD）

慢性阻塞性肺病是一種常見的肺病。它的主要類型有2種：

- **肺氣腫**，即肺泡受到刺激。隨著時間的推移，肺泡變硬，既無法讓氧氣進入血液，也無法從血液中排出二氧化碳。
- **慢性支氣管炎**，大小氣管均腫脹，並充滿粘液。粘液可能阻塞氣管，導致呼吸困難。



許多慢性阻塞性肺病患者會同時患上這兩種類型的肺病。

慢性阻塞性肺病是多年形成的疾病。透過治療可緩解症狀，從而防止病情惡化。

原因

導致慢性阻塞性肺病的主要原因是：

- 吸煙
- 在受污染的環境下工作，吸入大量的粉塵、煙或氣體
- 二手煙

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.
- Control stress.
- Take your medicines such as inhalers, steroids and antibiotics as ordered.
- Do home oxygen therapy if ordered.

症狀

慢性阻塞性肺病的症狀是：

- 持續咳嗽（無論是否有痰）
- 喘鳴
- 呼吸急促，並在活動時呼吸更短促
- 胸悶

這些症狀可能非常嚴重，足以影響您的日常活動。

護理

醫生將對您做一次體格測驗，並要求您做一些檢查，例如：

- 進行肺功能檢查，以確定肺的機能是否正常
- 胸部X光檢查
- CT掃描
- 驗血

慢性阻塞性肺病對肺部造成的損傷不可逆轉，並且無法治癒，但可在醫護團隊的幫助下控制病情的發展。為了控制慢性阻塞性肺病，您應當：

- 保持運動。
- 戒煙。
- 保持健康的體重。
- 飲食均衡。
- 多喝水。
- 控制精神壓力。
- 遵照醫囑使用吸入器，服用類固醇及抗生素等藥物。
- 進行家居氧療（如有要求）。

- 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.

- 參加肺部康復講座，瞭解慢性阻塞性肺病，並參加體育運動以改善健康狀況。
- 每年注射流感疫苗，並向醫生詢問是否需要注射肺炎疫苗。
- 如果感冒或發生鼻腔或肺部的其他感染，要立即就醫。

如有任何疑問或擔心，請告訴醫護團隊。

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Chronic Obstructive Pulmonary Disease (COPD). Traditional Chinese.