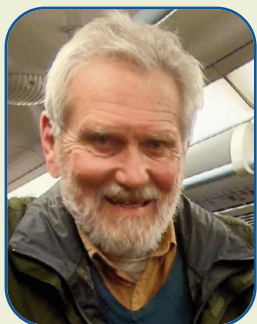


Living with COPD



William Stublely, PCRS Patient Reference Group

Sixteen years ago I was diagnosed with COPD. My COPD means I get breathless very quickly now doing activities or things I previously did easily without and difficulty. Being as active as possible really helps me to manage my condition, so I have joined a gym for the first time as they have sessions purely for people with lung problems. Attending these sessions weekly has resulted in me being able to control the periods of breathlessness. More recently, I have joined a singing group for people with lung problems and this helps to strengthen the muscles I use to breathe and help regulate my breathing.

My experience with healthcare professionals has been positive with regards to my treatments and inhalers. I have been made aware of the various options available to manage my COPD and how they should be used to maximize their benefits. Currently, my treatment plan is helping me reduce the impact my condition has on me and live a relatively normal life.

I do believe that it is worthwhile for healthcare practitioners to stress to their patients, that COPD is not the end of the road and that its effects can be managed if treatments, rehabilitation and advice are proactively engaged with and applied. Patients need their healthcare practitioners to show them what is available; the diagnosis of this condition is a shock and seems overwhelmingly life-changing.

healthcare practitioners need to keep themselves up to date with what treatments and rehabilitation is available for patients outside the surgery and beyond traditional medical healthcare. People with COPD can join gyms and exercise classes aimed at managing their condition and they can still live their lives and live actively. People with COPD can still do the things they enjoy, such as gardening and playing football or cricket with their grandchildren.



Read more on PCRS Top Tips for encouraging activity as a gateway to good respiratory health or see <https://qrco.de/bboObi>



Watch our on-demand webinar in which Steve Holmes, Carol Stonham and Darush Attar-Zadeh explore who we can challenge the old negative perceptions of COPD and show how lives can be transformed with the right advice – see <https://qrco.de/bdOunM>