

Patient information from BMJ

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COPD: questions to ask your doctor

Here are some things you may want to talk to your doctor about if you have (or think you may have) chronic obstructive pulmonary disease (COPD).

- How can you tell if I have COPD?
- What do my test results mean?
- What treatments should I have?
- How will the treatments help me?
- Should I do regular exercise? If so, what kind of exercise might I be able to do?
- Do the treatments have any side effects?
- What should I do if I get any of these side effects?
- How often should I come back to see you if my treatment is helping?
- How will you know if my treatment is working?
- What should I do if I get a flare-up of my symptoms (doctors call this an "exacerbation")?
- How can I find out more about COPD?
- What is "self-management" and how can it help?
- How does having COPD affect how long people live?
- How can I get help to stop smoking?
- Besides giving up smoking, is there anything I can do to help myself?

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