

# Patient information from BMJ

Last published: Dec 06, 2021

## 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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