

# BREATHE STRONG LUNG-HEART HEALTH GUIDE SEVEN STEP ACTION PLAN



Your Guide To Cardiopulmonary Health



# The Breathe Strong America Team

## Connect - Educate - Enrich Lung/Heart Patients to Breathe Strong!

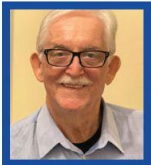


**Dr. Keith Robinson, MD MS FCCP** *Breathe Strong America Medical Advisor*

**Dr. Robinson** is board certified in Pulmonary/Critical Care Medicine. He is the Medical Director of Syneos Health since February 2020, and a leader in technology-patient centered research for world class health outcomes. Dr. Robinson is also a member of the Baptist Health Quality Network and serves as an Associate Clinical Professor at Florida International University, Wertheim College of Medicine in Miami, Florida.

**Dave Henry** *Breathe Strong America Educator*

**Dave** has over 45 years as a registered respiratory therapist and has worked as a clinical specialist with pulmonary support groups. He has provided clinical support, education programs to patients and CEU programs to RTs. Previous positions included director of cardiopulmonary service, adjunct professor in a respiratory care program, home care and clinical support with a respiratory manufacturing company.



**Bob Sobkowiak, RRT, TTS** *Breathe Strong America Coalition Coordinator*

**Bob** is a former US Air Force Medic, trained to become an RRT. For over 40 years Bob has served in areas of Clinical Acute Care, Management, Education, Pulmonary Rehabilitation, Home Care, and as a volunteer with the ALA and COPD Foundation. Bob has served as a Florida COPD Coalition Coordinator since 2010, and is currently a Florida COPD State Captain, and Coordinator for COPD Breathe Strong America.

**Karen Deitemeyer** *Patient Advisor*

**Karen** was officially diagnosed with COPD in 2001. She is a Florida State Advocacy Captain for the COPD Foundation; a member of the Governing Board of the COPD PPRN; Secretary for the U.S. COPD Coalition Board; and a member of the ALA National COPD Patient Advisory Group. She was the patient "face" for the DRIVE4COPD Campaign. Karen was a speaker for the 2014, 2015 and 2017 ALA Lung Force Expos.



# Breathe Strong America Honors Nick Jones 1935-2015

A beloved friend unwilling to accept the status quo of his lung and heart condition. Nick's 26 year journey challenged countless others to Breathe Stronger, and is the inspiration behind Breathe Strong America.

- **1989** - At 50 years old Nick experienced shortness of breath and had heart attack #1
- **1996** - Diagnosed with COPD and had heart attack #2  
Decided to stop SMOKING
- **1997** - Enrolled in Martial Arts and Tai Chi
- **2001** - Went on supplemental oxygen
- **2002** - Founded the Villages Airheads Support Group

**Nick's support group is going strong to this day!**

To learn more about Nick, visit

**[breathestrong.org](http://breathestrong.org)**



*"Today's a great day to Breathe Strong!"*



**The Father of Breathe Strong**

# Incorporate **THE SEVEN HEALERS** and **THE SEVEN STEP ACTION PLAN** Into Your Life

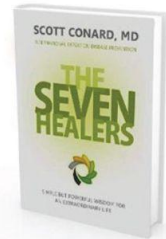
**“Start incorporating each of the Seven Healers into your life and give your body time to respond. As you approach your body with these life-giving essentials, you are asking, seeking, and knocking at its door and see how it responds.**

**As you do, trust the wisdom of your body.**

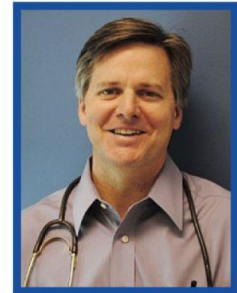
**You are fearfully and wonderfully made!**

**You will actually create your own specific recipe for success.”**

**The Seven Healers by Scott Conard, MD  
CEO Converging Health, Dallas TX  
[converginghealth.com](http://converginghealth.com)**



available at  
**amazon**



**The Seven Step Action Plan is Based On The Seven Healers**

# If You Can Breathe, You Can Breathe Stronger!

Your lung / heart health journey can be very challenging.

Follow our SEVEN STEP ACTION PLAN to get the most from your lungs!

1 Learning to Breathe a Little Stronger Today 🤗

2 Eating Right for Your Lung / Heart Health 🍲

3 Important Tips For Sleeping Well 😴

4 How to Stay Out of the Hospital 🚫🏥

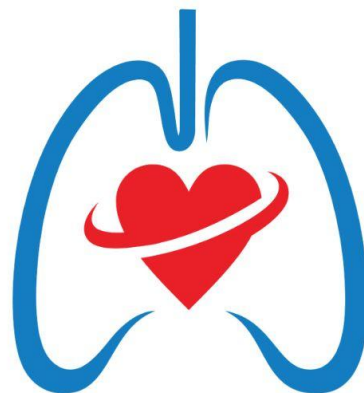
5 Learning How To Take A Few More Steps Today 🚶

6 Be the Captain 🧑‍✈️ of Your Health Team 🧑‍⚕️ 🧑‍⚕️

7 Purpose: Starting Your Journey to Breathe a Little Stronger Today!

♥️ Understanding Heart Failure and Lung Disease

+ Inhaled Medications 💊 Lowering the Cost 💰 Oxygen Therapy Options 😊



# Umbrella Terms for Challenging Pulmonary Conditions

A red umbrella with a grey handle and a white band across the middle. The text "COPD" is written in large red letters on the white band.

**COPD**

Chronic Obstructive  
Pulmonary Disease

Emphysema  
Chronic Bronchitis  
Irreversible or  
Refractory Asthma

A blue umbrella with a grey handle and a white band across the middle. The text "PF" is written in large blue letters on the white band.

**PF**

Pulmonary  
Fibrosis

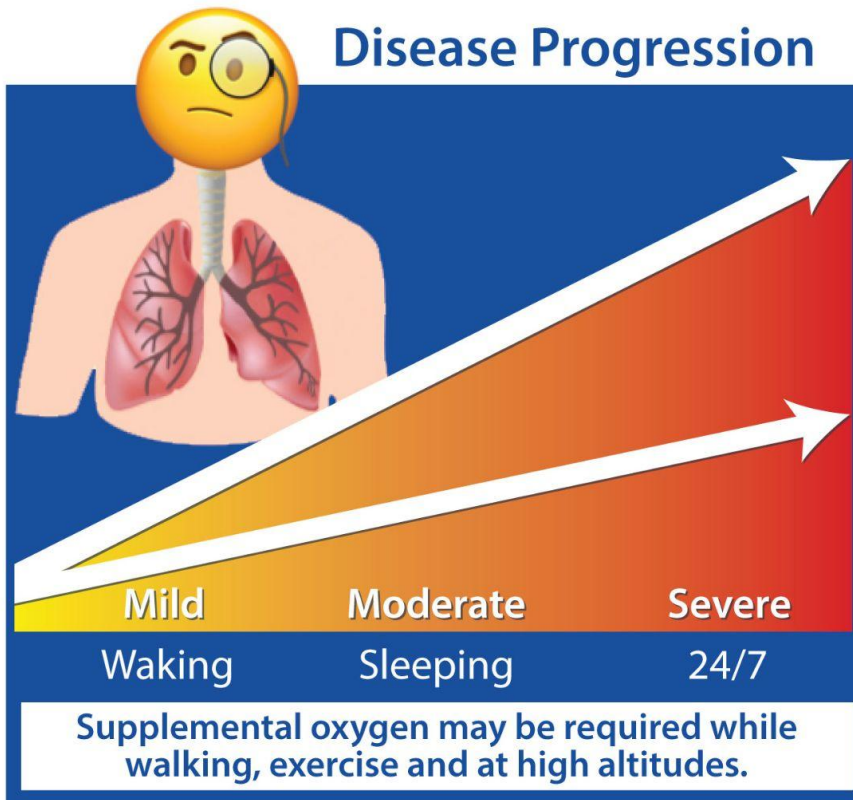
Idiopathic PF  
PF from Exposures  
PF from Diseases  
Familial PF

Learn more about COPD and PF at [breathestrong.org](https://www.breathestrong.org)

# Signs and Symptoms of COPD / Pulmonary Fibrosis

- Shortness of breath
- Wheezing
- Chest tightness
- Ongoing (chronic) cough
- Difficulty with routine activities
- Blood oxygen level low
- Weight loss
- Muscle loss

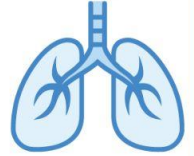
Challenge yourself to change the trajectory of your lung/heart disease



# Chronic Obstructive Pulmonary Disease and Pulmonary Fibrosis

COPD and PF are progressive diseases of the lungs that include chronic bronchitis and / or emphysema, which cause difficulty breathing due to long term damage in the lungs.

- Progressive because they can be slowed, but not stopped.



## Knowing the Causes and the Risks

**Cigarettes - 85% of all COPD deaths are caused by smoking**

**The absolute #1 cause of COPD is cigarette smoking**

**And the absolute #1 way to slow COPD down is to stop smoking**

**Smokefree.gov National Quitline 800-784-8669**

**Florida AHEC Group Quit Program 877-848-6696 [ahectobacco.com](http://ahectobacco.com)**



**Indoor air pollution  
Secondhand Smoke**

**Frequent respiratory infections in childhood  
Genetic factors such as Alpha-1 antitrypsin deficiency**

Note: All COPD Patients should be tested for Alpha-1



**Outdoor air pollution**

**Occupational exposure to chemicals/dusts**



**58% of COPD patients are women -**

**COPD kills more American women than breast cancer and diabetes combined**



# Obstructive Lung Disease Traps Air in Your Lungs

When you inhale, air moves from your nose and mouth into lung structures called alveoli.

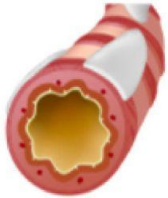
This is where **Oxygen** is exchanged for **Carbon Dioxide**.

COPD and Pulmonary Fibrosis lead to less effective exchange of **Oxygen** and **Carbon Dioxide**.

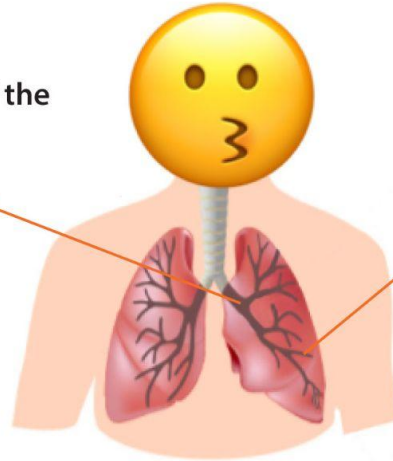
## Chronic Bronchitis

The airways that let air in and out of the lungs swell and become clogged.

Healthy  
Open Airway



Inflammation  
& Excess Mucus



## Emphysema

The walls between the air sacs break down.

Alveolar Membranes  
Break Down



Healthy, Well-Defined  
Alveoli



**Mucus Traps Air in the Lungs**

**Weak Membrane Traps Air**

The problem is not getting air into your lungs, it's getting the air out of your lungs. **Pursed Lip Breathing** helps to get the trapped air out of your lungs, and get the fresh oxygenated air into your lungs.

# Your Lung Health Journey Began The First Time You Felt Breathless



You avoid activities that make you feel breathless



You feel  
depressed



You do less



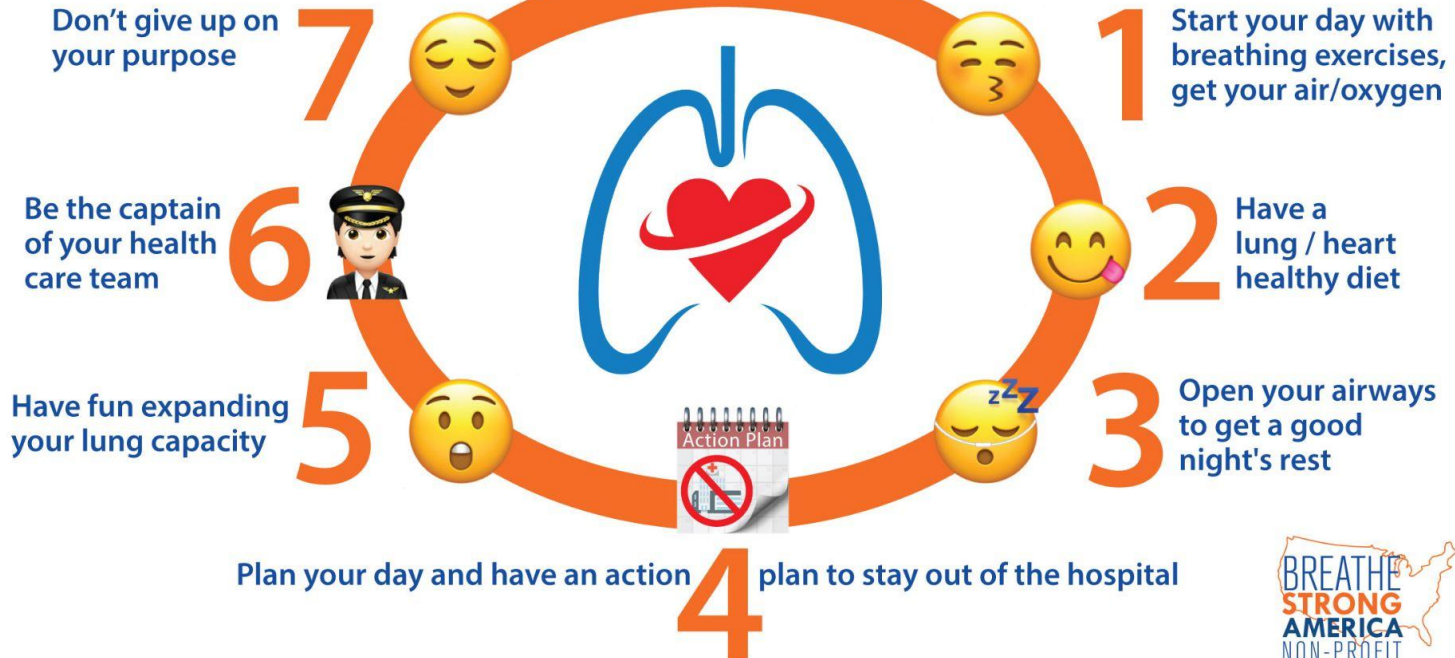
You get more  
breathless



Your muscles  
weaken

Take the first step to break the cycle at [breathstrong.org](https://www.breathstrong.org)

# THE SEVEN STEPS TO BREATHE STRONGER



Start Your Lung Health Journey Today @ [breathestrong.org](https://breathestrong.org)



# STEP — ONE —

You can only live a few minutes without...**Oxygen**  
**Learn To Breathe Stronger**



## Pursed-Lip Breathing Techniques

**Open up your Lungs and Help Relax Your Heart**

**A. Take a slow breath in through your nose.**

While you breathe in, count “1...2...” Fill your lungs.



**B. Don't hold your breath.**

As you breathe out, purse your lips, count “1...2...3...4...”



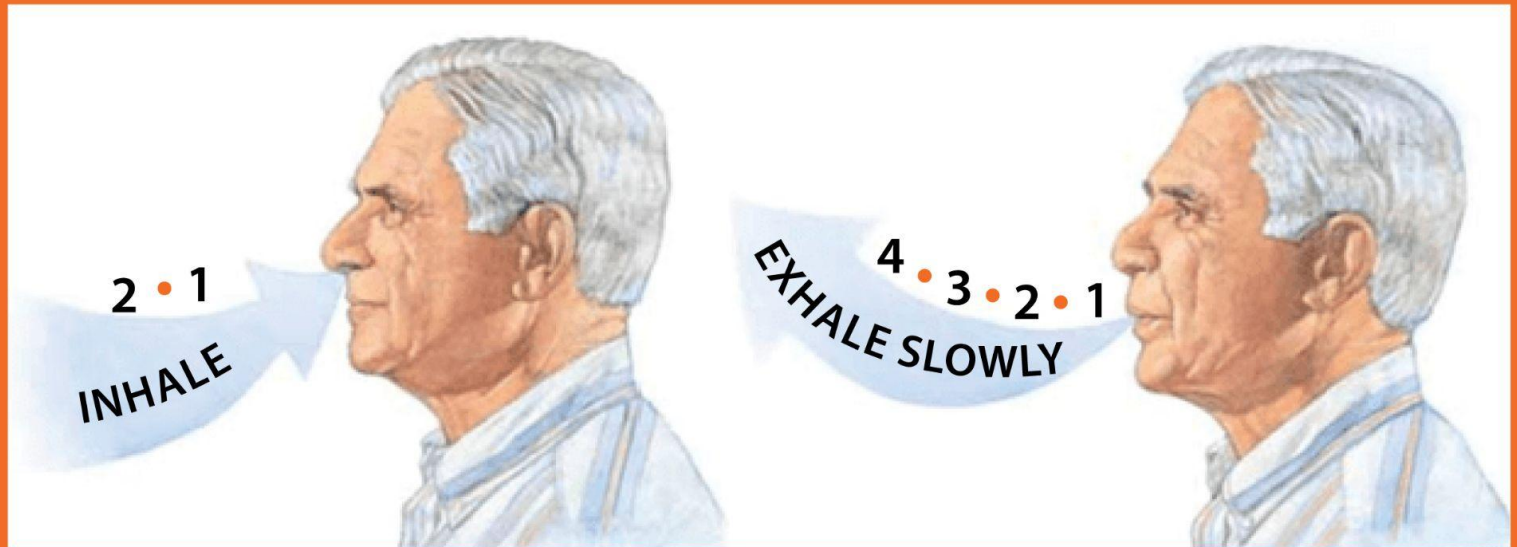
**C. Don't breathe out too fast.**

Blow out like you are blowing a kiss, not like you are blowing out a candle.

**Repeat this 4 or 5 times to slow down your breathing  
and make it easier to get the air you need.**

# Pursed-Lip Breathing Will Deliver More Oxygen to Your Lungs and Heart

The Technique of Pursed-Lip Breathing Will Help Get the Stale Trapped Air Out of the Lungs and Relieve Anxiety





Breathe in through the nose



Breathe out through PEP Buddy

## How Pep Buddy Works

- Gives a gentle back pressure
- Slows the breathing rate
- Prolongs exhalation time
- Provides a point of focus

A light-weight, hands-free device to reduce breathlessness. Designed for use during activities and at rest.

In people with COPD, 72% had reduced breathlessness and better quality of life with PEP Buddy use.

In people with oxygen desaturation during activities, 36% had higher oxygen levels.

## Which Pep Buddy To Use?

### Level 1: 4 holes

PEP 4cm H<sub>2</sub>O, Resp rate ↓ 20%



Easier to use  
Better for beginners

### Level 2: 3 holes

PEP 7cm H<sub>2</sub>O, Resp rate ↓ 40%



Better for advanced users  
Those who practice pursed-lip breathing

For more information visit [pepbuddy.com](http://pepbuddy.com)  
Get 10% discount, use code: PEPBuddyBreatheStrong10

# Breathing Tips for Catching Your Breath 🙄

It's normal to hold your shoulders tense and high.  
Take a minute to drop your shoulders down, close your eyes, and relax.  
Four things you can do when you become short of breath...

**STOP ... Your activity**



**REST ... Do pursed-lip breathing**



**OXIMETER ... Check your heart rate and blood oxygen**



**CONTINUE ACTIVITY ...**

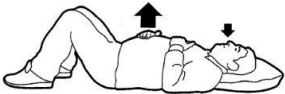
**Doing pursed lip breathing as you go**



# Belly Breathing Exercises Will Deliver More Oxygen To Your Lungs



Breathe in



Breathe out



**Belly Breathing** strengthens the dome-shaped muscle at the bottom of your lungs and makes breathing easier.

- A.** Lie on your back with your knees bent, in bed or on the floor. Put a pillow under your head. You can also try it while sitting in a chair.
- B.** Put the palm of one hand on your belly. Put the palm of your other hand on your chest.
- C.** Breathe in slowly through your nose. Your belly should push out against your hand. Your chest should not move.
- D.** Tighten your belly muscles. Breathe out slowly through your mouth. Keep your lips pursed. You should feel your belly go down.  
Note: If you feel dizzy as you do this, breathe more slowly.



# These Devices Will Help You Exercise Your Lung Muscles



THE  
BREATHER.  
#1 Best Selling Respiratory Muscle Trainer

**The Breather** is an Inspiratory / Expiratory Respiratory Muscle Training device (RMT) which improves health and quality of life by promoting regained activity and exercise tolerance.

- Strengthens inspiratory and expiratory muscles
- Promotes diaphragmatic breathing
- Generates improved airflow through vocal folds
- Reduces shortness of breath
- Improves blood flow to resting and exercising limbs



P N M E D I C A L

Learn more at [breathstrong.org](https://breathstrong.org)



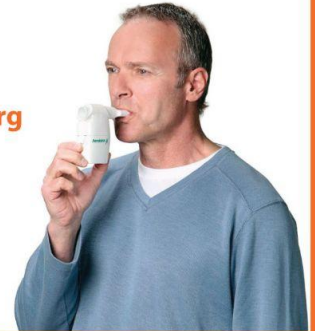
AerobiKA  
Oscillating Positive  
Expiratory Pressure Therapy System

**The AerobiKA** Oscillating Positive Expiratory Pressure (OPEP) device is a drug-free, easy to use, hand-held device that can assist with opening weak or collapsed airways and can help to thin and loosen mucus, enabling it to move to the larger airways of your lungs, where it can be coughed out.

The AerobiKA may be used with **Aeroclipse Breath Actuated Nebulizer** to deliver aerosolized medication.

monaghan

Learn more at [breathstrong.org](https://breathstrong.org)



# STEP —TWO—

You can only live a few weeks without...  
**Water / Food**



## Watch Your Weight - In Both Directions

### People with Chronic Bronchitis

have a tendency to have excess body weight, making your heart and lungs work harder and more difficult to breathe.

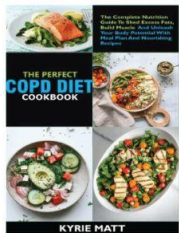
Your doctor or dietitian can advise you on how to achieve a healthier body weight by following a customized eating plan and the right exercise program.



### People with Emphysema

have a tendency to be underweight. If you're underweight, you may feel weak, tired and be more prone to infections.

You will need to include healthy, high-calorie snacks in your diet, including: Milk, eggs, oats, quinoa, beans, cheese, avocado, nuts and nut butter, and healthy oils.



### The Essential COPD Diet Cookbook: The Complete Nutrition Guide To Shed Excess Fats, Build Muscle And Unleash Your Body Potential With Meal Plan And Nourishing Recipes

If you're living with COPD, breathing can require a lot of energy. The kind of food you eat matters. But maintaining a COPD friendly diet that helps you breathe better doesn't have to be complicated. This book tells you all you need to know about a COPD diet and its benefits. Scan this QR code to get a copy of this essential COPD diet cookbook, or learn more at [breathestrong.org](http://breathestrong.org).





# Clean Up Your Kitchen To Breathe Stronger

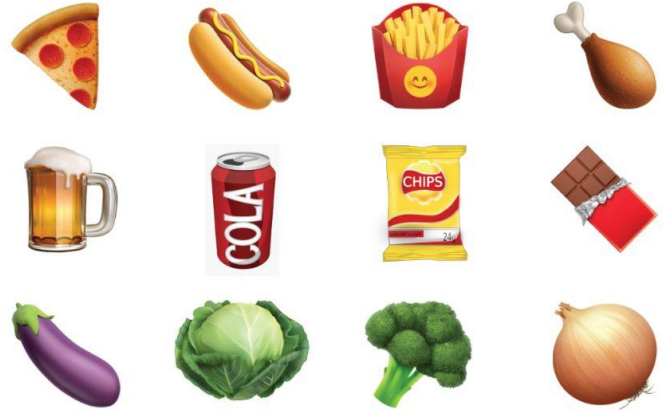


## Make the most of every meal

- Make breakfast your main meal
- Eat a total of 6 small meals a day
- Make meals that you like
- Invite someone to eat with you
- Eat and chew slowly, pause occasionally, and put utensils down between bites
- Plan the next meal
- Enjoy your meal as much as your dessert
- Try to drink plenty of fluids throughout the day



## Remove foods if they give you gas



Caffeine can block your medications.  
Consult your doctor.



Learn More About Healthy Eating at [breathestrong.org](https://www.breathestrong.org)

# STEP —THREE—

## After about a week with no sleep, you will go insane... Important Tips for Sleeping Well



- Get daily exercise - 2,000 to 4,000 steps a day.



- Eat well, especially foods with magnesium and B complex vitamins.



- Establish a sleep routine - go to sleep and wake up at the same time.



- Open your airways with medications.



- Talk to your doctor about using oxygen therapy while sleeping.



- Get tested for sleep apnea.



- Consult with your doctor about the medications you are currently taking.



- Avoid smoking and limit your intake of caffeine and alcohol.



# COPD, Pulmonary Fibrosis & Sleeping Issues



**Low Oxygen Levels in the Blood Can Damage Your Heart and Other Organs**



**COPD and PF can cause a low level of oxygen in the blood at different times during the night. This can result in poor quality of sleep, and you may feel tired during the day.**

**Your doctor can carry out tests to find out if low levels of oxygen in the blood are causing the sleeping problems. If so, you may need to have oxygen therapy during the night.\***

**\*Note: Covered by Medicare / Insurance.  
An overnight pulse oximetry test is required.**



**No mask. No hose.  
Just sleep.**

Inspire is the only FDA approved obstructive sleep apnea treatment that works inside your body to treat the root cause of sleep apnea with just the click of a button.



**Inspire**  
Sleep Apnea Innovation



# STEP FOUR

Without a plan, you will become sicker, know your...  
**Action Plan for Bad Breathing Days**



## Bad Breathing Day Signs



**A. Shortness of breath**



**B. Difficulty completing daily activities**



**C. More coughing / wheezing**



**D. Mucus is thicker and discolored**



**E. May have trouble sleeping**



**F. Low-grade fever**



**G. Feels like I am catching a cold**

**"You will continue to suffer if you let your bad days control your life.**

**Sit back and observe things with logic.**

**Take control, follow your action plan.**

**BREATHE STRONG and allow things to pass."**

## Bad Breathing Day - Plan of Action to Stay Out of the Hospital



I will limit my activity and use pursed-lip breathing



I will check my heart rate and oxygen level with an oximeter



I will take regular medications as prescribed



I will check my temperature



I will call my doctor to get special medications (rescue inhaler)



I will call a friend and let them know my condition

Learn How to Stay Out of the Hospital at [breathstrong.org](https://www.breathstrong.org)

# STEP —FIVE—

You will become sick, miserable and depressed without...  
**PLAY: Your Body Was Made To Play!**



**Stand More and Sit Less**

**Yoga**



**Activities of  
Daily Living**

**Fun “Stealth” Activities**



**Vibration  
Platform**



**Dance Whenever You Can**

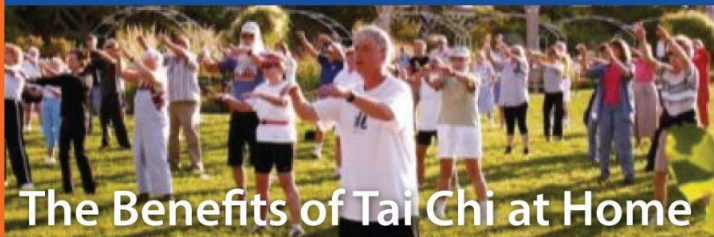


**Tai Chi**

**Find a hospital based rehab center at [breathestrong.org](http://breathestrong.org)**



## Breathe Stronger with Joe Brady Tai Chi Lessons



### The Benefits of Tai Chi at Home

**Breathing • Calming • Heart Function • Flexibility  
Blood Pressure • Balance • Coordination • Energy**

Experience for yourself the accumulated wisdom of centuries with the timeless exercise of Tai Chi. Improve your breathing, blood pressure and balance, feel more energy, and sleep better. Learn to use your Tai Chi to alleviate chronic stress, and everyday aches and pains.



**and HEART EXERCISES at  
breathstrong.org**



If you are an individual with COPD or another chronic lung disease, the **COPD Foundation COPD360music Harmonicas for Health** program can help!

- Learn how to have better control of your breathing
- Exercise the muscles that help pull air in and push air out of the lungs
- Strengthen abdominal muscles for a more effective cough

**Reported benefits include:** decreased shortness of breath, increased sputum mobilization and increased quality of life.

**Learn more at [copdfoundation.org](http://copdfoundation.org)**



### Music is Oxygen for the Soul

**COPD360music  
HARMONICAS FOR HEALTH**

# A Few Steps Every Day Will Make a Difference

**Breathe Right  
Breathe Strong**



**Breathe in**



**Breathe out**

## Learn to Breathe Before You Walk

- A.** Keep your heart rate within prescribed limit
- B.** Learn proper breathing patterns
- C.** Use pursed-lip and belly breathing
- D.** Stop to check your breathing patterns
- E.** Ask what medications or inhalers you should use before exercise.



**This plan is only a suggestion and may not be appropriate for everyone. Please ask your physician for approval.**

## Week 1



- A.** Walk at a slow pace for **5 minutes**. Then stop and rest. Walk back. **(10 minutes total walking time)**
- B.** Check your breathing pattern to be sure it is correct. If it is not, slow down or stop and rest.



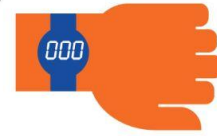
## Week 2



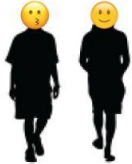
Increase walking time to **7 minutes**. Then stop and rest.  
Walk back. **(14 minutes total.)**

Use a pedometer to keep track of your step count.

Walk a minimum of 1000 steps in your home every day.

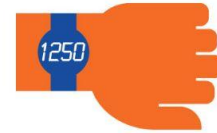


## Week 3



Increase walking time to **9 minutes**.  
**(18 minutes total.)**

Do not walk and talk at the same time.

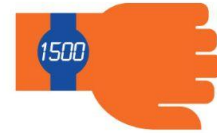


## Week 4



Increase walking time to **12 minutes**.  
**(24 minutes total.)**

Use a pedometer to keep track of your step count.



## Week 5



Increase walking time to **15 minutes**.  
**(30 minutes total.)**

Use a fingertip pulse oximeter to monitor your heart rate.

Keep your heart rate within prescribed limit.



# STEP —SIX—

You can extend your life with...  
**An Effective Care Team**



**YOU'RE THE  
CAPTAIN**

## TOTAL CARE TEAM



### Primary Care Physician

Your primary doctor can diagnose and treat mild COPD. They can also refer you to a pulmonologist.



### Nurse Practitioner/Physician Assistant

Provides a range of healthcare services, including prescribing medications, ordering tests, diagnosing conditions and education.



### Pharmacist

Practices medicine assisted by the physician, including ordering tests, diagnosing conditions, prescribing medications and education.



### Registered Dietician

Helps keep your energy up by planning healthy meals to manage your weight and strength.

## RESPIRATORY CARE TEAM

### Pulmonologist

Treats and manages moderate to severe COPD, which includes diagnostic studies and tests.



### Respiratory Therapist

Trained professionals that manage lung disorders. They perform lung function tests, rehabilitation, breathing techniques and counseling.



### Lung Health Navigator

Trained specialists that work with lung diseases. They can provide inpatient and outpatient education and coordination.



### Psychiatrist / Psychologist








Trained to help people with COPD cope with emotional effects of the disease.








# Get The Answers You Need To Breathe Stronger ✓



## Take Charge of Your Healthcare Team

-  **Ask** if you are eligible for a pulmonary rehabilitation program or telerehab at home
-  **Ask** about what medications or inhalers you should take before exercise
-  **Ask** about the amount of steps a day you should walk (1000-5000 a day)
-  **Ask** about triggers/irritants (things that make your COPD/PF worse) and how to deal with them
-  **Ask** about upcoming travel plans with your doctor (flying at high altitudes, oxygen needs)
-  **Ask** about a rescue inhaler for your exacerbation / COPD flare-up
-  **Ask** if there are any clinical trials available in your area that you could get involved with:  
**Learn more at:** [copdfoundation.org](http://copdfoundation.org) • [pulmonarytrials.org](http://pulmonarytrials.org) • [breathestrong.org](http://breathestrong.org)

## You should do the following at least once a year:

-  **Check** with your doctor about a spirometry test (% of lung capacity)
-  **Discuss** any educational needs regarding your health with members of your healthcare team
-  **Have** a complete physical exam
-  **Review** and update your Action Plan (Step 4)
-  **Ask** your healthcare practitioner about the flu shot and pneumonia vaccine

# STEP SEVEN

Purpose -  
Start YOUR Journey to Breathe Stronger Today!

**"Life without purpose is an empty, short-lived existence."**

The "why" behind everything we do.

Having a reason for living.

Let go of being a "knower" of 1% that you know.

Embrace living as a "learner" of the 99% that you don't know.



*"I'm not convinced that your date of death is the date carved on your tombstone. Most people die long before that. We start dying when we have nothing worth living for. And we don't really start living until we find something worth dying for. Ironically, discovering something worth dying for is what makes it worth living."*

*-Mark Batterson*

# Karen Deitemeyer's Breathe Strong Journey

- **1991** - At 45 years old Karen experienced shortness of breath
- **1992** - Diagnosed with Emphysema and decided to STOP SMOKING
- **2003** - Diagnosed with COPD and started on Oxygen 24/7
- **2007** - Started Pulmonary Rehab and learned breathing techniques
- **2008** - Became a Patient Advocate
- **2015** - Joined a Breathing Club
- **2023** - For the past 30 years Karen has lived with COPD and still going strong!



"I'm loving life - and COPD can't stop me"

**We believe Karen is winning the COPD BATTLE!**

**Start your battle plan...Today!**

Read more health journeys at  
[breathestrong.org](https://www.breathestrong.org)



# Calculate Your Lung Health Seven Step Guide Score

1-Never. 3-Sometimes. 5-Half the time. 7-Mostly. 10-Always.



## One: Air/Oxygen

I practice pursed lip breathing daily.

## Two: Water/Food

- I reach my daily water drinking goal.
- I eat a rainbow of vegetables/fruits.
- I balanced my protein/carbohydrate/fat

## Three: Sleep

- I sleep 54 hours each week.
- I go to sleep and awake at same time.

## Four: Plan of Action

- I take my medications/inhaler on time.
- I weigh myself daily.

## Five: Play

I am active and take 3000 steps/day.

## Six: Be the Captain

- I get the answers I need
- I understand my action plan
- I am managing the things I control

## Seven: Purpose

- I embrace another day of breathing
- I am grateful for all that I have been given in life.

**TOTAL SCORE**



**YOUR SCORE**    -50 Your lifestyle does not currently support healthy living.    +50 - 80 You may have some significant issues.    +80-110 You are maintaining a healthy lifestyle.



# Breathe Strong America Featured Authors



## Jane M. Martin, BA, CRT

*Author of "Live Your Life with COPD – 52 Weeks of Health, Happiness, and Hope"*

Jane Martin is a respiratory therapist with over 35 years of experience, and an educator dedicated to working towards effective patient education to improve the quality of life in individuals impacted by COPD. Jane is the author of three books on living with COPD and other chronic lung diseases and has written over 200 articles on living with COPD.



## Marilyn Klingler, RN, B.S., M.Ed.

*Author of "Triumph Over Lung Disease-How to Regain Breath and Vitality"*

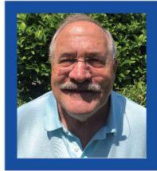
A nurse and a health educator, Marilyn Klingler has practiced nursing for 40 years in several specialties including intensive care, emergency, cardiac and pulmonary specialties. Her true passion is in Pulmonary Rehab where she has learned so much more from her patients than from her medical books.



## Dr. Scott Conard, MD

*Author of "The Seven Healers - Simple But Powerful Wisdom for An Extraordinary Life"*

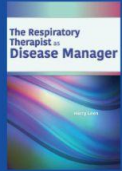
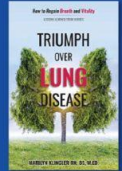
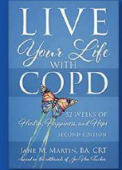
Dr. Conard works at the intersection of health-system effectiveness, organizational leadership, and individual wellbeing, who has practiced medicine for 26 years. He was an associate professor at the University of Texas Health Science Center for 21 years and was a principal investigator in 63 clinical trials.



## Harry Leen, RRT, MPH

*Author of "The Respiratory Therapist as Disease Manager"*

Harry Leen is a continuum of care coordinator at Ascension St. Vincent's Riverside in Jacksonville, FL. He has served in the profession of respiratory care in the capacity of patient care, management, education, and case management for four decades. He is a member of the American Association for Respiratory Care and the Florida Society for Respiratory Care.



Visit us at [breathestrong.org](https://www.breathestrong.org) to learn more about these authors!

available at  
**amazon**

# Coping with COPD and Pulmonary Fibrosis



Coping with COPD and PF does not mean you have **given up!**  
It means you understand you cannot control everything in your life.

It shows that you are ready to continue living your life and  
laugh whenever you can!



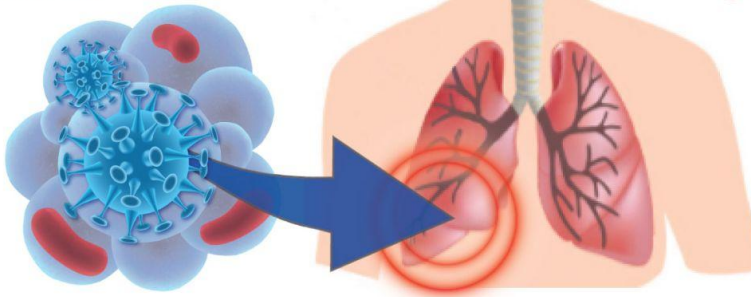
This can be a time of reflection and starting a new plan of action.

**THE SEVEN LUNG HEALTH HEALERS GUIDE**  
**WILL HELP YOU BREATHE STRONGER!**



# Respiratory Infections Can Worsen COPD / Pulmonary Fibrosis

- Common Cold
- Coronavirus
- Pneumonia
- Influenza



Keep vaccinations up to date



Stay away from large groups of people



Practice social distancing and wear a mask when needed



## Who is at risk?

People over 60 with underlying medical conditions such as...

- Heart disease
- Asthma
- Diabetes
- Undergoing cancer treatment
- People with weakened immune systems

# Understanding Heart Failure and Lung Disease

**Heart Failure is a type of chronic disease in which your heart is not pumping enough blood to the rest of your body.**

- The blood backs up into your lungs and other parts of your body.
- Chronic in that the symptoms can come and go, depending on the severity, treatments, and lifestyle choices.
- There are several types of heart failure and the severity can range from mild to severe.



**Frequent Causes and Risk Factors:**

- Heart Disease and Heart Attack
- High blood pressure
- Arrhythmias causing extra workload on the heart
- Faulty Heart Valves
- Damage to the heart muscle (cardiomyopathy) from toxins (Drugs, alcohol, infections)
- Inflammation of heart muscle (myocarditis) from viral causes



# CHF - PAF - Hypertension and Lung Diseases

- **Heart Failure, also known as “CHF” or “Congestive Heart Failure”**  
Similar to COPD and PF, this often presents with shortness of breath and fatigue.
- **Atrial Fibrillation, “Afib” or “PAF, Paroxysmal Atrial Fibrillation”**  
Irregular heartbeat. Often presents when the body is under stress with shortness of breath, palpitations, or chest pain.
- **Hypertension, also known as “High Blood Pressure”**  
People with COPD and PF have a high incidence of hypertension. It can be elevated without even knowing it, known as “The Silent Killer.”  
Can lead to stroke, heart attack, heart failure and other complications.



**Help Your Heart While Sleeping - Ask Your Doctor About Using Oxygen**

# Tips for Living With Heart Failure and Lung Disease

## Monitoring Your Daily Weight for Gain or Loss:

- Weigh first thing in the morning, unclothed, after your first urination, using the same scale.
- Call your Healthcare Provider if you note **weight gain of 2lb or greater** - you are likely retaining fluid and may need to adjust your medication (diuretic “water pill”).
- Slight weight increase often occurs before **shortness of breath** or other severe symptoms



## Avoiding Salt Intake

- Any dietary salt increases **fluid retention** in your body, worsening heart failure easily.
- This is a **KEY factor** that you can work to control and improve your symptoms.
- Canned foods, frozen foods, restaurant foods, cheese, and processed foods contain lots of sodium. The best foods are **fresh fruits, vegetables, legumes, and grains** cooked at home.



## Light Exercise and Rest





- Important to group your activities together as much as you can, rest between activities, and do low level exercises to keep mobility and circulation of blood moving.



Learn more at [breathestrong.org](https://www.breathestrong.org)

# Diabetes with COPD / Pulmonary Fibrosis

**Low blood oxygen is thought to likely worsen diabetes.**

- Diabetes, when uncontrolled, can worsen COPD and PF symptoms with increased fatigue, chest pains, lower immune system and high rates of infections. 
- It is important to be aware of this, monitor your blood sugar, and work with your healthcare provider to balance your inhaler medications for diabetes control and COPD management. 
- Whole foods, fresh fruits and vegetables, beans and legumes are also optimal foods to help control diabetes with COPD and PF. 
- Exercise as tolerated is also helpful in maintaining control of diabetes. 

## COPD MEDICATIONS

**Aerosol Treatment** can be delivered through:

**Pressurized Metered-Dose Inhaler (MDI)**, **Dry-Powder Inhaler (DPI)**, and **Soft-Mist Inhaler (SMI)** — these are portable, hand-held devices that you can carry in your purse or pocket.



**Small-Volume Nebulizer (SVN)** — a portable device that has a small plastic tube and cup (nebulizer) that connects to a small machine that pumps air (an air compressor). Liquid medications are put into the cup and the machine makes the liquid into an aerosol.

## PULMONARY FIBROSIS MEDICATIONS

**Nintedanib (OFEV)** anti-fibrotic drug and

**Pirfenidone (Esbriet)** anti-fibrotic and anti-inflammatory drug have been shown to slow the decline in lung function in mild-to-moderate idiopathic pulmonary fibrosis.

**Chronic bronchitis with PF** may occur and you may need to use an inhaler medication to open your airways.

**Note:** It is important to discuss drug therapy with your physician.



**Being short of breath (SOB)** is not necessarily an indication of whether your body is getting sufficient oxygen. SOB is an indication that your lungs are struggling to provide your body with sufficient oxygen. Before being prescribed supplemental oxygen you may want to purchase a finger pulse oximeter, a device that will help you to monitor your blood oxygen saturation and heart rate to safely exercise.



**Oxygen Therapy may help COPD and PF while walking and exercising:**

If the oxygen level in your blood is too low, you may need supplemental oxygen. Several devices are available to deliver oxygen to your lungs, including lightweight portable machines. Review **Three Types of Portable Oxygen** in this guide.



# Know The ABCs Of Inhaled Medications

## (A) Clinical Assessment

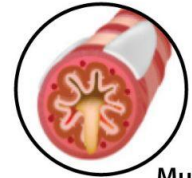
Physician determines medication need

Types of Medicine

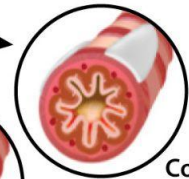
Beta2 Agonists (promotes opening of airways)

Anticholinergics (prevents narrowing of airways)

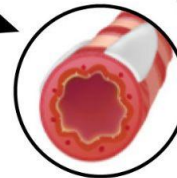
Corticosteroids (inflammation of airways)



Mucus



Constriction



Inflammation

## (B) Financial Assessment

Pharmacy / Insurance coverage for types of medicine (Rescue - 12hr - 24 hr)



Cost Per Dose

\$\$ - \$1-\$2

\$\$\$ - \$2-\$3

\$\$\$\$ - \$3-\$4

\$\$\$\$\$ - \$9-\$15

## (C) Educational Assessment

Team up with a Respiratory Therapist to determine best device performance and preference.



# Inhaled Medication Questions You Need To Ask Your Healthcare Team



## Is The Inhaled Medication Device Meeting My Needs?

- ✓ **Disease Severity**
- ✓ **My Age**
- ✓ **My Physical Ability**
  - > **Vision**
  - > **Hearing**
  - > **Dexterity**
  - > **Strength**
- ✓ **Cognitive Ability**
  - > **Do I Understand The Drug?**
- ✓ **My Preference**

## Did I Have Input On The Right Device for Me?

- ✓ **Availability**
- ✓ **Cost**
- ✓ **Reimbursement**
- ✓ **Convenience**
  - > **Ease of use**
  - > **Portability**
  - > **Size**
  - > **Shape**
  - > **Treatment Time**
  - > **Cleaning**
  - > **Maintenance**

## Did I Get Proper Inhaled Medication Device Training?

- ✓ **One-on-One Training**
- ✓ **Effective Instructions**
- ✓ **Hands-on Training**
- ✓ **Personalized Labeling**
- ✓ **Good Follow-Up**

Microspacer extends the mouthpiece of a metered-dose inhaler only one inch, and outperforms the larger spacer devices regarding percentage of respirable dose delivered. [Learn more at rdsusa.com](https://www.rdsusa.com)



Learn more about Inhaler Medications at [breathestrong.org](https://www.breathestrong.org)

# Inhaler Medications - Different Types and How to Use Them

There are many types of inhalers used to help people living with COPD. It is important to know how to use your inhaler so you can feel your best. For **dry powder inhalers**, you need to breathe in **fast and quick**. For **metered dose** and **soft mist**, you need to breathe in **slow and deep**.



## Dry Powder Inhalers (DPIS) - Breathe in fast and quick



### Eliпта

\$\$\$\$\$

**Common brand names:** Trelegy, Anoro  
**Tip:** Watch number counter to ensure inhaler is ready to use.



### Diskus

\$\$\$\$\$

**Common brand names:** Advair, Flovent  
**Tip:** Push lever to make inhaler ready to use.



### Handihaler

\$\$\$\$\$

**Common brand names:** Spiriva  
**Tip:** Do not swallow capsule and inhale twice for full dose.



### Twisthaler

\$\$

**Common brand names:** Asmanex, Pulmicort  
**Tip:** Watch number counter to ensure inhaler is ready to use.

## Metered Dose Inhaler (MDI)

- Breathe in slow and deep



### HFA

\$

**Common brand names:** Proair, Dulera, QVAR, Ventolin, Breztri  
**Tip:** Shake well before each use.

## Soft Mist Inhaler (SMI)

- Breathe in slow and deep



### RespiMat

\$\$\$\$\$

**Common brand names:** Stiolto, Spiriva  
**Tip:** Prepare dose with a half-turn.

# Affordable Respiratory Nebulizer Medication Options



Are you  
out of  
**BREATH**  
**AND**  
out of  
**MONEY?**

## **PART B DRUGS WILL SAVE YOU MONEY!**

**Albuterol • Duoneb • Pulmicort • Brovana • Perforomist**

These medications are used in the devices below.

Call your pharmacy or provider to learn more.

Some of your respiratory drugs like Albuterol, DuoNeb, Pulmicort are cheaper through your Medicare Part B benefit. Other prescriptions that use a combination of long acting bronchodilator drugs (controller meds like Breo, Stiolto, Anoro, Spiriva) are cheaper through Medicare Part D benefit. Consult your insurance provider, and also ask if you qualify for a low income subsidy (LIS).

**For People who suffer from**  
**Asthma, COPD, Emphysema or Bronchitis**

**Treatment in 7-8 minutes.**

**Nebulizes all liquid respiratory medication.**  
**Pocket size easy to carry. Liquid will not leak out.**

**Take your treatment at work or before any activity.**  
**Replaces your inhaler at a fraction of the cost \$**

**Learn more about these products at [breathstrong.org](http://breathstrong.org)**



**Pocket Neb**



**Pari Trek S**

## **General Nebulizer Cleaning Instructions**

Daily, wash nebulizer parts in warm water with liquid soap. Rinse. Disinfect parts with 1 part white vinegar and 3 parts distilled water. Soak for 60 minutes. Rinse all parts with warm water. Shake off excess water. Air dry.

# Nebulizer Medications

## Rescue Nebulized Solutions

**Anticholinergics**

**Ipratropium Bromide**

**Beta Agonists**

**Albuterol or Xopenex**

**Anticholinergic / Beta Agonist**

**Duoneb**

## Maintenance Nebulized Solutions

**Anticholinergic**

**Lonhala Magnair**

**Beta Agonist**

**Brovana or Performist**

**Inhaled Corticosteroid (ICS)**

**Pulmicort**

**Anticholinergic**

**Yupelri**

Always take your maintenance medications at the same time every day, and carry a rescue inhaler to reduce exacerbations and visits to the emergency room.



**“Drugs don’t work if patients don’t take them (properly)”**

Former US Surgeon General  
C. Everett Koop MD





# COPD OXYGEN

## MILD Oxygen Needs With Activities

Discuss with your physician your supplemental oxygen needs for exercise, activity, travel, and high-altitude.



## MODERATE Oxygen Needs 2 to 3 Liters

Oxygen at 2 to 3 liters while sleeping, delivered by a home oxygen concentrator. May require oxygen while walking on pulse flow settings from 2 to 4.



## ADVANCED Oxygen Needs 3 to 5+ Liters

Prescribed oxygen 24 hours a day at 3 to 5 liters, and requires continuous flow oxygen while walking, set on 3 to 5 liters continuous flow or pulse flow settings 5 to 7 using **The DISCOV-R portable concentrator**.



24/7

# PF OXYGEN



## MILD Oxygen Needs 2 to 3 Liters

Initial needs for oxygen may vary with close monitoring of oxygen saturation levels with breathing, activity, and intermittent portable supplemental oxygen.



## MODERATE Oxygen Needs 2 to 5 Liters

Oxygen required while walking 2 to 5 liters continuous flow via a portable oxygen bottle, or 5 to 7 pulse flow using a portable concentrator.

The DISCOV-R portable concentrator at 6.3 pounds delivers the right amount of oxygen to keep you active.

Please call  
**888-239-7196**  
or visit  
**OxiMedical.com**



# Oxygen Therapy Can Help Maintain Your Heart and Lung Functions

## Benefits of Oxygen Therapy

### Oxygen Therapy

- In addition to reducing breathlessness and fatigue, supplemental oxygen can help reduce stress on your **heart** and **organs**.
- **Oxygen is not addictive.**



## You May or May Not Need



OXYGEN

## Do You Qualify For Oxygen?

- At some point you may be prescribed oxygen. Although you will feel breathless while you are have an **EXACERBATION** and feel you need oxygen, it still may not be the appropriate time for oxygen therapy. Only a series of tests will confirm if you qualify.



## How Do I Qualify For



OXYGEN

## Conditions for Which Oxygen Therapy May Be Covered by Medicare and Insurance

- When arterial oxygen saturation is at or below 88%, taken during sleep, while awake, or taken during exercise and there are signs reasonably attributable to hypoxemia.
- With one of the following conditions: severe lung disease such as COPD, interstitial lung disease, cystic fibrosis, bronchiectasis; widespread pulmonary neoplasm, pulmonary hypertension, pulmonary fibrosis, congestive heart failure due to chronic cor pulmonale, erythrocytosis, impairment of the cognitive process, nocturnal restlessness, and morning headache.

Fingertip Oximeter



# Know the ABCs of Home Oxygen Concentrators

1

Oxygen  
Concentrator  
Purity

**A. Concentrator Purity Percentage:** 86% to 94% pure oxygen

**B. Alarms:** All concentrators will alarm at 85% purity

**C. Process:** Oxygen is separated from 21% room air



**LOW %**  
**OXYGEN** 

## Models 20 to 30 Pounds



Electrical Cost  
\$30 A Month

Delivers 1 to 5 Liters



Electrical Cost  
\$10 A Month



On the setting 3 Liters  
at  
20 breaths per minute  
Your lungs will absorb  
1 Liter of Oxygen

## Models 40 to 50 Pounds



Electrical Cost  
\$40 A Month

Delivers 1 to 10 Liters





## 2

Placement

--  
Your Cost

--  
Utility Company

**A. Where to Place:** Your oxygen concentrator needs room air to produce oxygen, do not place in a closet or bathroom.



**B. Power Cost:** Ranging from \$30 to \$40 a month.



**C. Utility Company:** Check with your utility company for discounts and emergency response.



## 3

Home  
Concentrator  
Maintenance

**A. Oxygen Delivery:** On the setting 3 liters or lower you may not need a humidifier bottle.



**B. Filter:** Replace internal filter every 18 to 22 months. Clean external intake filter monthly.



**C. Flow Test:** Place tip of cannula in glass of water or use a flow tube tester.



## 4

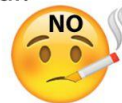
Cannula  
--  
Tubing  
--  
Safety

**A. Cannula:** The nose piece needs to be replaced (minimum) every 30 days.



**B. Tubing:** Replace the 25 and/or 50 ft tubing once a year.

**C. Fire Safety:** **NO** Candles – **NO** Cigarettes – **NO** Open Flame



An **O2 FRESH** nasal cannula cover makes oxygen tubing easier and cleaner to use for about the price of a key chain!

Untangled, off the floor, and a clean O2 FRESH breath every time!

Visit [hartfielmedical.com](http://hartfielmedical.com) for more info.



# There are Three Types of Portable Oxygen Systems Get the Right Portable Oxygen System to Stay Active



## Bottled Oxygen System

*Continuous  
and  
Pulse Delivery*



5-7 Pounds



## Carry Battery Portable Oxygen System

*Pulse Delivery Only*



2.8-4.5 Pounds



## Carry or Cart Portable Oxygen System

*2 Continuous +  
8 Pulse Settings*



6.3 Pounds

Find the best portable oxygen at [breathestrong.org](http://breathestrong.org)

# Choose The Right Portable Oxygen Concentrator To Stay Active

**CARRY PORTABLES 3 to 5 lbs**  
*Daytime Oxygen*



**CARRY/ CART PORTABLES**  
*Night or Daytime Oxygen*



**4 Pulse Settings**

*Not recommended for sleeping*



**6 Pulse Settings**

*Get doctor's OK for sleeping*



**8 Pulse Settings  
or  
2 Continuous Flow**



**9 Pulse Settings  
or  
3 Continuous Flow**

**Mild**  
Oxygen Use  
3 Liters Or Less



**Moderate**  
Oxygen Use  
4 Liters Or Less



**Severe**  
Oxygen Use  
6 Liters Or Less



**Advanced**  
Oxygen Use  
7 Liters Or Less



**Which Portable is Right For You? The Answer is Always at the End of your Finger**  
Use a finger tip oximeter to set your portable oxygen on the right setting to keep active. Stay Above 90%.



**Breathe Strong Guide Special Pricing! Call OxiMedical.com 888-239-7196**

# Information You Need To Know Before Flying

- 1** All airlines require a minimum of two batteries.  
**NOTE:** For a 4 hour flight, you need 6 hours of battery time.

- 2** Your Portable Concentrator must have a label in red reading:  
**The manufacturer of this POC has determined that this device conforms to all applicable FAA requirements for POC carriage and use on board aircraft.**

- 3** Use a fingertip oximeter to set your portable oxygen on the right setting to keep your blood oxygen above 90%.

The Portable Oxygen Store  
**O2XIMEDICAL**



**Airline Approved  
Portables for Travel  
Call 888-239-7196**







**Your doctor may request a high altitude test  
before flying or mountain travel.**

**Learn more at [breathestrong.org](http://breathestrong.org)**



# Thinking of Buying a Portable Oxygen System? Choose Wisely!

<p><b>1</b> Current Oxygen Supplier?</p>	<p><b>A. Your Medicare oxygen supplier</b>  <b>Note:</b> If you are using 4 or more tanks/bottles a week, your local Medicare supplier may provide you with a Portable Oxygen Concentrator.</p> <p><b>B. Oxygen Suppliers</b> are not obligated to provide a portable concentrator.</p>	<p>FIND A  <b>Medicare</b>  <b>SUPPLIER</b>              888-239-7196</p>
<p><b>2</b> Direct from the Manufacturer?</p>	<p><b>A. Limited choices</b>, and will not buy back when higher amounts of oxygen are required.</p> <p><b>B. No warranty transfer</b> if you need to sell, or give to a friend.</p> <p><b>C. No auto replacement</b> - must ship back to manufacturer (3-4 week turnaround).</p>	
<p><b>3</b> Neighbor? Friend?</p>	<p><b>A. Low Oxygen!</b> The system may not produce high levels of oxygen.</p> <p><b>B. No Warranty!</b> The manufacturer or the authorized dealer will not honor the warranty.</p> <p><b>C. Bad Battery!</b> Batteries will not charge to proper level.</p> <p><b>D. Repairs could cost</b> up to \$900.</p>	
<p><b>4</b> eBay? Amazon? Auction Sites?</p>	<p><b>A. No 30-Day</b> risk free trial period.</p> <p><b>B. No service</b> or information available.</p> <p><b>C. Manufacturers will not</b> deal with you directly for service or warranty issues.</p> <p><b>D. Not authorized</b> to sell portable oxygen.</p>	
<p><b>5</b> Authorized Retail and Service Center</p>	<p><b>A. Risk Free Trial</b> - get the right portable to stay active.</p> <p><b>B. Offers a variety</b> of portables that will fit your needs.</p> <p><b>C. Will transfer</b> the warranty when you wish to sell.</p> <p><b>D. Will buy back</b> and upgrade when more oxygen is required.</p>	 <p>Authorized Dealer &amp; Service Center              Call 888-239-7196</p>



## The DISCOV-R Portable Will Work For You!

If you have severe COPD, Emphysema, Pulmonary Fibrosis or Pulmonary Hypertension, you need more oxygen delivered to you to stay active.

### - Portable Oxygen You Can Carry - Delivers More Oxygen Per Breath

Only 6.3 pounds

Delivery 2 Liters Continuous Flow

8 Pulse Flow Settings that are equal to continuous flow to keep your blood oxygen levels up.

**“YOU NEED TO TITRATE AND SATURATE TO BE ABLE TO MIGRATE”**



Learn more about The DISCOV-R Portable Oxygen at [breathstrong.org](https://breathstrong.org) or Call 888-239-7196



CHANGE YOUR OXYGEN



CHANGE YOUR LIFE

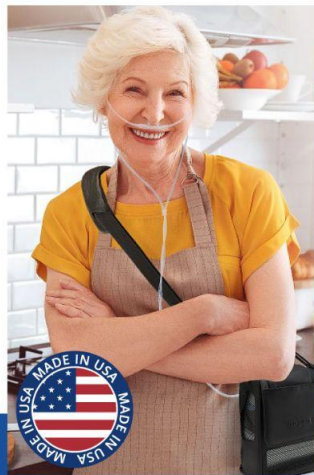


Financing at \$49/Month  
Breathe Strong Guide Special Offer!

## Test Drive A Portable Oxygen Concentrator For 30-Days Risk Free

We have the right portable  
oxygen to keep you active.

**inogen**  
belluscura  
**PHILIPS**  
RESPIRONICS



Call OxiMedical Respiratory at 888-239-7196

# If You Can Breathe, You Can Breathe Stronger!



## Breathe Strong America's Mission

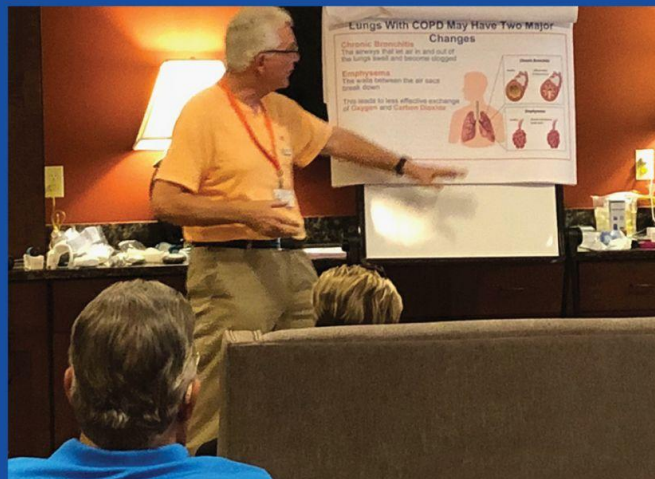
Breathe Strong America - Paving the Way for Lung/Heart Health Self-Management Through Partnership With a Community of Patients, Providers and Industry. Mentoring Our Pulmonary Community Through Engagement and Empowerment.

**START YOUR LUNG  
HEALTH JOURNEY AT  
[breathestrong.org](https://breathestrong.org)**



Breathe Strong America is a 501(c)3 non-profit organization  
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and Newsletter at [breathestrong.org](https://breathestrong.org)**