









Common Complications & Solutions in COPD

COPD = Chronic Obstructive Pulmonary Disease

Complications	What to do
<p data-bbox="215 537 565 617">Shortness of breath or swallowing air</p> 	<ul data-bbox="609 537 1442 1121" style="list-style-type: none"> • Eat 5 - 6 smaller meals per day. This keeps the stomach from filling up too much and gives the lungs room to expand. • Choose foods that are easy to chew • Eat slowly, take smaller bites, and breathe deeply while chewing • Clear airways of mucus at least 1 hour before eating • Rest and use bronchodilators before meals • Try drinking liquids at the end of the meal. Drinking before or during the meal may cause feelings of fullness or bloating. • Eat while sitting up to make it easier to breathe • If you use oxygen, wear it while eating
<p data-bbox="215 1173 451 1207">Bloating or gas</p>  	<ul data-bbox="609 1173 1442 1570" style="list-style-type: none"> • Avoid overeating • Avoid foods that cause gas or bloating such as broccoli, cabbage, beans, cauliflower, radishes, onions, beans, peas, corn, turnips. This may vary depending on the person. Avoid fried, greasy or heavily spiced foods. • Eat slowly, chew food well and avoid gulping • Avoid drinking while eating to avoid gas swallowing • Limit intake of pop
<p data-bbox="215 1625 414 1659">Thick mucus</p> 	<ul data-bbox="609 1625 1421 1885" style="list-style-type: none"> • Drink 6 - 8 glasses of non-caffeinated beverages to keep mucus thin and easy to cough up • Milk and dairy do not produce more mucus, but can coat mucus already present. Try drinking half a cup of 100% orange juice after having dairy to help thin mucus.

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<p>Dental Problems</p> 	<ul style="list-style-type: none"> • If you are having problems chewing or swallowing you may need a soft or a pureed (mashed) diet
<p>Fatigue (tired)</p> 	<ul style="list-style-type: none"> • Rest before meals • Eat smaller more frequent meals • Make easy to prepare meals and make extra to freeze, if possible, for times when you feel tired • Use the oven or microwave to cook rather than stovetop • Ask family to help with meal preparation
<p>Reliance on oxygen</p> 	<ul style="list-style-type: none"> • Wear your breathing mask while eating if oxygen is needed • Use your oxygen when finished eating
<p>Constipation</p> 	<ul style="list-style-type: none"> • Drink 6 - 8 cups of fluids per day • Increase fibre intake (such as whole grains, beans, vegetables and fruits, bran cereals, whole grain pasta and rice) • Aim for 25 - 35 grams of fibre per day • You may need to add extra fibre to foods (bran) • Exercise if you can

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