



**THE WESLEY
LUNG FUNCTION
LABORATORY**

We can diagnose and treat any respiratory or sleep disorder. Ask your doctor for a referral.

All Enquiries and Bookings

Ph (07) 3870 0858 Fax (07) 3870 2608

Email: lung@tsgq.com.au

Web: www.thoracicansdleep.com.au

Dr Andrew Scott

Ph (07) 3876 8405 Fax (07) 3870 3212

scott.reception@tsgq.com.au



SHORT OF BREATH?

- Do you cough several times most days?
- Do you bring up phlegm or mucous most days?
- Do you get out of breath more easily than others who are your age?
- Are you over 40 years old?
- Are you an ex-smoker?

If you answered yes to three or more of these questions you may have COPD – see your doctor and ask for a checkup.

WHAT IS COPD?

Chronic Obstructive Pulmonary Disease is a broad term to define airflow limitation that is not reversible.

A patient usually has a component of emphysema, chronic bronchitis or a combination of the two.

FACTS ABOUT COPD*

- Almost 1 in 5 people over 40 have COPD
- COPD is the fourth most common cause of death in men and the sixth most common cause of death in women
- More people are dying from COPD each year
- COPD is the second leading cause of avoidable hospital admissions

* The Australian Lung Foundation

People caring for how you *breathe* and *sleep*.



Andrew personally assisted me with problems I faced during my International Cricket career a few years ago. Under Andrew's care, my health turned around within a week which eventually led me back to reselection on the Australia team. As a professional athlete, your team of trusted advisors is everything, so I in turn have no hesitation in recommending Dr Andrew Scott, his colleagues and their own support team to those who are seeking first class care and attention in their specialised field.

MATTHEW HAYDEN, AM
*FORMER AUSTRALIAN CRICKETER, IPL PLAYER
AND HOST OF 'MATTHEW HAYDEN'S HOME GROUND'*

www.thoracicansdleep.com.au

COPD

Chronic Obstructive Pulmonary Disease



**THE WESLEY
LUNG FUNCTION
LABORATORY**

This brochure will discuss COPD and its symptoms and treatments.

For more information on COPD and other respiratory disorders, visit our website

www.thoracicansdleep.com.au



SYMPTOMS OF COPD

- Coughing
- Feeling puffed or short of breath when performing tasks such as walking up a hill, climbing stairs or even having a shower
- A build-up in the lungs of a sticky substance called phlegm which you swallow or cough-up

DIAGNOSIS OF COPD

- Clinical Diagnosis (ie smoking history, clinical features, physical, psychological and financial complications)
- Pathological Diagnosis
- Spirometry
- Radiological diagnosis

TREATMENT OF COPD

- Smoking Cessation
- Avoidance of triggers / vaccinations
- Pulmonary Rehabilitation – refer to Breathwise programme
- Inhaler therapy
- Corticosteroid therapy
- Oxygen therapy – criteria for home use
- Non-invasive ventilatory support – CPAP, BiPAP
- Lung volume reduction surgery
- Lung Transplantation
- Psychological wellbeing:
'be happy with what you have'

WHAT CAN YOU DO ABOUT COPD?

Confirm diagnosis: The diagnosis and severity of COPD are determined by breathing tests such as spirometry, x-rays and blood tests to measure oxygen and carbon dioxide levels.

Optimise function: There are no medications that will cure COPD, but they can make you feel a lot better. Treatments can include exercise, weight and nutrition management and maintaining good sleep habits.

Prevent deterioration: Quit smoking – it is never too late. Have a flu vaccine annually and a pneumonia vaccine every five years. See your GP and specialist regularly and ensure you have regular checks of your oxygen levels.

Develop a self-management and support plan: You should have a self-management plan agreed by you, your specialist and other health care workers.

EXACERBATIONS

You should increase your treatment early when you become unwell – this should be part of your action plan developed by your doctor. Notify your GP.

People may be given high flow oxygen when they are extremely breathless, however this may be harmful if you have COPD.

If your doctor advises low flow rates (e.g. 0.5-2 Litres per minute) you should have a medic alert bracelet stating this.

BREATHWISE PULMONARY REHABILITATION

Breathwise Pulmonary Rehabilitation is a multi-disciplinary program of exercise and education for people with lung disease that runs at The Wesley Hospital.

Working with an experienced team of medical specialists, physiotherapists, nursing staff, occupational therapy, clinical psychologists, and pharmacists, this program will address the primary aims of pulmonary rehabilitation, which are to reduce the disability and handicap of people with chronic lung diseases and to restore patients to the highest possible level of independent functioning.

ABOUT THE PROGRAM

You will need to attend twice a week for 8 weeks. The program will start off gently and will provide you with a home exercise program so you can remain fit and healthy once you have completed your program.



Phone: (07) 3232 7048 or (07) 3232 6233

Fax: (07) 3232 6508

Email: twh.physio@uhealth.com.au