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**Anova**  
HEALTH CARE SYSTEM

Home Health · Hospice · Palliative · Home Care



## Identifiers of Chronic Obstructive Pulmonary Disease (COPD)

Chronic Obstructive Pulmonary Disease (COPD) is a progressive respiratory condition that can significantly impact breathing and overall lung function. Recognizing the following indicators is crucial for early intervention and effective management of COPD. If you or someone you know exhibits these signs, seek medical attention promptly for a proper diagnosis and personalized care plan.



### RESPIRATORY CHANGES:

#### Chronic Cough:

- ✓ Persistent cough that lasts for an extended period, often producing mucus.
- ✓ Coughing that worsens over time.

#### Shortness of Breath (Dyspnea):

- ✓ Difficulty breathing, especially during physical activities.
- ✓ Gradual onset of breathlessness, even during routine tasks.

#### Wheezing:

- ✓ Audible whistling or squeaking sound while breathing.
- ✓ Wheezing that may be more pronounced during exhalation.

#### Chest Tightness:

- ✓ Feeling of pressure or constriction in the chest.
- ✓ Discomfort that may be exacerbated by respiratory triggers.

#### Frequent Respiratory Infections:

- ✓ Repeated episodes of respiratory infections or exacerbations.
- ✓ Increased susceptibility to illnesses affecting the respiratory system.



### PHYSICAL CHANGES:

#### Fatigue:

- ✓ Persistent tiredness or lack of energy, even with minimal exertion.
- ✓ Feeling exhausted and unable to engage in regular activities.

#### Barrel Chest:

- ✓ An increase in the size of the chest, giving it a rounded appearance.
- ✓ Chest deformity due to long-term breathing difficulties.

#### Cyanosis:

- ✓ Bluish discoloration of the lips, face, or fingertips.
- ✓ Indicates a lack of oxygen in the bloodstream.



### FUNCTIONAL IMPAIRMENT:

#### Limited Exercise Tolerance:

- ✓ Inability to sustain physical activities for a normal duration.
- ✓ Easily fatigued during exercise or daily tasks.

#### Weight Loss:

- ✓ Unintentional weight loss due to the energy expended in breathing.
- ✓ Loss of appetite related to the effort required for breathing.



### EMOTIONAL AND LIFESTYLE CHANGES:

#### Depression or Anxiety:

- ✓ Emotional distress due to the challenges of living with COPD.
- ✓ Anxiety about breathlessness and the impact on daily life.

#### Social Withdrawal:

- ✓ Avoidance of social activities due to difficulty breathing.
- ✓ Limiting social interactions to cope with respiratory symptoms.

Early detection and management of COPD are essential for improving quality of life. If you or someone dear to you has received a diagnosis of CHF and you're seeking answers or need more information about how Anova can provide support, please don't hesitate to reach out to us.

**We're here for you at 1-888-ANOVA-11 (266-8211) or visit our website [www.anovahomehealth.com](http://www.anovahomehealth.com).**

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