|  |
| --- |
| COPD |

Overview:

Chronic obstructive pulmonary disease otherwise known as COPD is a common illness that affects a large portion of the aging population. It is a combination of emphysema and chronic bronchitis that arises from continued stress on the lungs. The disease is largely caused by smoking but can also arise from chronic exposure to poor air quality. For example, regularly inhaling second hand smoke or living near a factory. COPD causes tightening of the lung’s airways and therefore restricts normal breathing patterns and increases the risk of infection. Currently there is no known cure for COPD however, the condition is both treatable and preventable. Medications help to control and prevent flare ups while pulmonary rehabilitation can increase overall quality of life.

A Brief Guide to COPD from the professionals

Follow the links to get a better understand of COPD and how to help others manage their symptoms OR check out [ONTARIO'S LUNG ASSOCIATION](https://lungontario.ca/healthresourcedownloads#section3)  for downloadable resources that can be used for health teaching purposes.

* [EMPHYSEMA AND CHRONIC BRONCHITIS MEAN COPD](https://lungontario.ca/wp-content/uploads/2019/11/English-Breathworks-Brochure.pdf)
* [COPD FLARE UP FACT SHEET](file:///C%3A%5CUsers%5COwner%5CDownloads%5CCOPD-Flareups-factsheet_1736.pdf)
* [I HAVE COPD SHOULD I EXERCISE?](https://lungontario.ca/wp-content/uploads/2019/11/BreathworksCOPDShouldIExerciseFactSheet1717-4.pdf)
* [HOW DO I MANAGE COPD](https://lungontario.ca/wp-content/uploads/2019/11/BreathworksCOPDManagingCOPDfactsheet1727-1.pdf)
* [MEDICATIONS USED TO MANAGE COPD](https://lungontario.ca/wp-content/uploads/2019/11/MedicinesforCOPD1716-3.pdf)
* [HOW DO I MANAGE ENERGY IN COPD](https://lungontario.ca/wp-content/uploads/2019/11/BreathworksCOPDEnergyManagementfactsheet1728-1-1.pdf)
* [HOW DO I MANAGE BREATHLESSNESS IN COPD](https://lungontario.ca/wp-content/uploads/2019/11/BreathworksCOPDBreathlessnessfactsheet1729-1.pdf)
* [OXYGEN THERAPY IN COPD](https://lungontario.ca/wp-content/uploads/2019/11/Oxygen-and-COPD-fact-sheet-English_1715.pdf)

Helping others achieve wellness in Breathing in our Community

In severe cases, COPD cannot simply be managed by medications but rather a combination of medication and oxygen therapy. A list of oxygen therapy providers for the Brant & Brant County area can be found below. In addition to oxygen therapy, Brantford offers a community paramedic program to which a team of local paramedics provide ongoing assessments to vulnerable patients. Ultimately, the goal of the program is to improve the health and reducing the number of emergency room visits for persons suffering from severe COPD.

Community Paramedic Program
303 Henry St.
Brantford, ON

226-387-4177
<https://www.brantford.ca/en/living-here/brant-brantford-paramedics.aspx>

Oxygen Therapy
\*PLEASE NOTE ALL OXYGEN THERAPIES REQUIRE PHYSICIAN REFERRAL

ProResp Inc.
200 Terrace Hill St.
Brantford, ON

519-751-5868
<https://www.proresp.com/>

Medigas
71 Charing Cross St. #4
Brantford, ON

519-442-0734
<http://www.medigas.com/en>

RT Services
10 Arnold Sayeau Dr.
Delhi, ON

519-582-0202
<https://www.rtrespiratory.com/delhi-office>

Vital Air
952 Concession St. #1
Hamilton, ON
905-387-0082
<https://www.vitalaire.ca/>

Community Paramedic Program
303 Henry St.
Brantford, ON

226-387-4177
<https://www.brantford.ca/en/living-here/brant-brantford-paramedics.aspx>