

A better understanding of your
Chronic Obstructive Pulmonary Disease (COPD):

DOCTOR DISCUSSION GUIDE.

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HAVING A MORE PRODUCTIVE APPOINTMENT

With a disease like COPD, your appointment with your healthcare professional may not always feel straightforward, but knowing more about your COPD and asking the right questions can help you get the most out of the conversation.

Here you'll find a to-do list, helpful questions for your healthcare professional, and a space to take notes.



Before you see your healthcare professional:

- Review information on COPD exacerbations at livingwithCOPD.com/UK
- Print out and complete this discussion guide or save it digitally
- Take and print out the [COPD self-assessment tool](#), a helpful resource on our website to look at your COPD management
- Complete the [COPD symptom tracker](#) to be able to highlight which symptoms are affecting you the most
- Write down any questions you may have



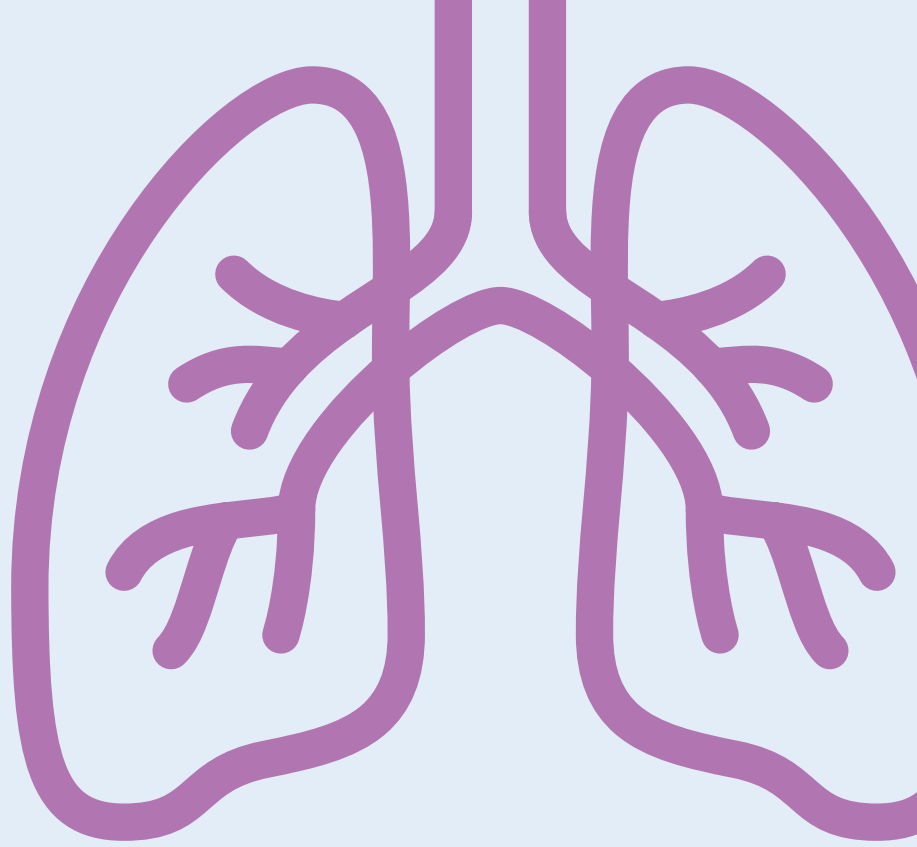
During your appointment:

- Review your COPD self-assessment responses with your healthcare professional to talk about your COPD management in detail
- Take your healthcare professional through the questions in this discussion guide
- It's easy to forget details, so write down important information
- Speak up when you have questions or are confused by overly-technical language: your appointment is for you!



When you get home:

- Take your medications as directed by your healthcare professional
- If you have any questions following your appointment, call or book a follow up appointment with your healthcare professional



DISCUSSION GUIDE

The right questions can make a world of difference. Asking and discussing your COPD management with your healthcare professional may lead to a better understanding of your disease and positive developments in your COPD management.

Beneath each question, there's an explanation of why it can be helpful to ask, and space to write down your healthcare professional's responses.

1 Think about any challenges you may have had recently related to your COPD, like being unable to do certain everyday activities the way you used to or missing out on social events. Then ask: *How is COPD affecting my day-to-day life?*

Talk about how symptoms may be contributing to your condition getting worse.

2 Is my current management doing enough for my COPD? Is there anything more I could do?

Understanding your management options can help you ensure you're on the best plan for you.

3 What kind of symptoms should I be looking for in the future, and how should I get in touch if they happen?

Knowing your risk can help you better manage your COPD progression and prevent exacerbations.

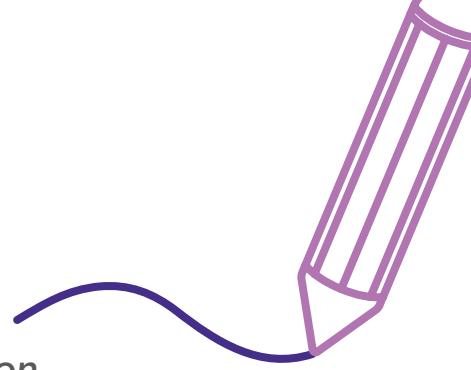
4 Beyond lifestyle factors, do I have other conditions that may be making my symptoms worse?

There may be some things that you can't address on your own.

5 In the past year have you had a review in relation to your COPD with your healthcare professional, including a record of the number of exacerbations, a blood test and an assessment of your breathlessness?

Doing a review may help inform your COPD management.

NOTES



Use this section to write down extra questions, information, or recommendations from your healthcare professional so you don't forget.
