

# TAKE POSITIVE STEPS FOR YOUR COPD.

Living with COPD isn't easy but adding movement, as recommended by your healthcare professional, can help you continue to do the things you care about. Adding movement can help you keep enjoying the important things in life.

Pulmonary rehabilitation may be recommended, however ask your healthcare professional if this is right for you. It is not suitable for everyone and will be recommended by your healthcare professional on a case-by-case basis.

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# ABOUT COPD

Chronic Obstructive Pulmonary Disease (COPD) is a long-term condition. It is when the air cannot get out of the lungs easily, because the airway is blocked (obstructed) or damaged. COPD can also have many different symptoms and effects.<sup>3,7</sup>

COPD symptoms may affect your daily routine and long-term plans.<sup>1</sup> Without proper management of COPD, symptoms are likely to get progressively worse over time. This can increase the chances of experiencing an exacerbation (also known as a flare-up) which can be life-threatening.<sup>8-10</sup>

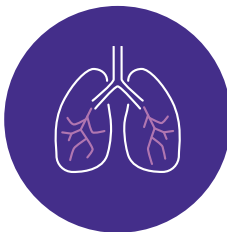
But with the right management and understanding, COPD impact can be reduced. There are actions you can take to help manage your everyday COPD symptoms and help take back control of your life.<sup>1,2</sup>

## KEEPING ACTIVE WITH COPD

Living with COPD isn't easy, but adding movement to your daily routine, as recommended by your healthcare professional, can make a difference. It can help.<sup>4-6,11</sup>



**Reduce  
breathlessness**



**Improve how the  
body uses oxygen**



**Prevent your body  
from getting used  
to doing less**

By staying active, you'll feel more energetic and improve your overall well-being. Let's make movement a part of your everyday life.

# KNOW MORE ABOUT YOUR COPD.

Knowing more about your COPD symptoms can help you understand what makes your symptoms worse and help you make adjustments. If you notice any changes to your normal symptoms, it may mean that your COPD management needs further assessment.

Visit <https://www.livingwithcopd.com/uk> or scan the QR code for helpful information and resources to support the management of your COPD.

- Let's Dance video series
- COPD self-assessment guide
- COPD symptom tracker
- Doctor discussion guide



Please always seek advice and guidance from your healthcare professional if you experience a noticeable worsening or change in your symptoms as they can help determine the cause.

## References

1. What can you do to manage your COPD? Asthma + Lung UK. May 2022. Available at: <https://www.asthmaandlung.org.uk/conditions/copd-chronic-obstructive-pulmonary-disease/what-can-you-do-manage-your-copd>. Date accessed: Nov 2024. 2. Living with Chronic obstructive pulmonary disease (COPD). NHS. Apr 2023. Available at: <https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/living-with/>. 3. Treating COPD. American Lung Association. Apr 2024. Available at: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/treating>. Date accessed: Nov 2024. 4. Albarrati AM, et al. *BMC Pulm Med*. 2020;20(1):60. 5. McCarthy B, et al. *Cochrane Database Syst Rev*. 2015;2015(2):CD003793. 6. Puhon MA, et al. *Cochrane Database Syst Rev*. 2016;12(12):CD005305. 7. What is Chronic Obstructive Pulmonary Disease (COPD)? Asthma + Lung UK. May 2022. Available at: <https://www.asthmaandlung.org.uk/conditions/copd-chronic-obstructive-pulmonary-disease/what-chronic-obstructive-pulmonary-disease>. Date accessed: Nov 2024. 8. Kerkhof M, et al. *Int J Chron Obstruct Pulmon Dis*. 2020;15:1909–1918. 9. Prevent and Recover from a COPD Exacerbation or Flare Up. American Lung Association. Jul 2024. Available at: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/living-with-copd/prevent-flare-ups>. Date accessed: Nov 2024. 10. Support for people with chronic obstructive pulmonary disease. House of Commons Library. Nov 2021. Available at: <https://commonslibrary.parliament.uk/research-briefings/cdp-2021-0188/>. Date accessed: Nov 2024. 11. South Tees Hospitals NHS Foundation Trust. Chronic Obstructive Pulmonary Disease (COPD). Sep 2023. Available at: <https://www.southtees.nhs.uk/resources/chronic-obstructive-pulmonary-disease-copd/>. Date accessed: Nov 2024.



# LET'S DANCE!

**Join the Let's Dance programme and take a positive step towards managing your COPD.**

Try out some dance routines, that have been developed especially for people living with COPD, to help you stay active.

## Taking part will help you:

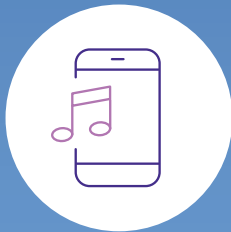
- ✓ Increase your daily activity
- ✓ Gain better understanding of your symptoms
- ✓ Have fun while exercising

## Visit:

<https://www.livingwithcopd.com/uk>



or scan  
the QR code



**Put on a song  
of your choice**



**Try a dance routine,  
either standing  
or sitting**



**Invite your partner  
or a loved one to  
dance with you**

The dance videos have routines that are suitable for patients with COPD. Each routine includes breaks for breathing exercises that are aligned to what is taught in pulmonary rehabilitation sessions.

Please ensure you talk to your healthcare professional to determine whether this level of physical activity is suitable for you.

*Please always seek advice and guidance from your healthcare professional if you experience a noticeable worsening or change in your symptoms as they can help determine the cause.*