



Lamont Health Care Centre

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Chronic Obstructive Pulmonary Disease - “COPD”

COPD includes chronic bronchitis and emphysema, is a long term lung disease that makes it hard to breathe. The disease affects millions of people around the globe. The good news is COPD is often preventable and treatable.

With COPD, the airways in your lungs become inflamed and thicken, and the tissue where oxygen is exchanged is destroyed. When this happens, less oxygen gets into your body tissues and it becomes harder to get rid of the waste gas carbon dioxide as the disease gets worse.

What causes COPD?

The main cause of COPD is smoking but non-smokers can get COPD also.

85 to 90 percent of all COPD is caused by cigarette smoking.

Also your environment – what you breathe every day at work, home and outside can play a role in developing COPD.

COPD Symptoms

Chronic cough

Shortness of breath

Frequent respiratory infections

Fatigue

Wheezing

Blueness of the lips & on fingernail beds.

Treating COPD

Your doctor can give you medications such as inhalers for first line COPD treatment; oxygen can also be given as supplement treatment; lastly, surgery could be offered.

It is inevitable that your life will change after being diagnosed with COPD, it may not be easy to do the things you used to do. Not only are there physical challenges, there are also emotional challenges.

Many people are able to maintain a good quality of life while living with COPD by:

- Protect your lungs – stop smoking, breathe fresh air
- Good nutrition
- Keep active
- Cope with emotions.

Dr. Eyad El-Hajj, Chief of Medical Staff - LHCC

Mission Statement

We believe that wholeness of body, mind and spirit is God's will for every person.

We are committed to the healing process, the promotion of health

and the provision of compassionate care to all persons.