

What is Osteoporosis?

Osteoporosis is when your bones become fragile and are more likely to break.

- Osteoporosis is a serious disease that should be managed by your doctor.

Here Are Some Resources For You!

Websites:

The National Osteoporosis Foundation

www.nof.org

The American Lung Association

www.lung.org

Group Meetings:

The Teer House

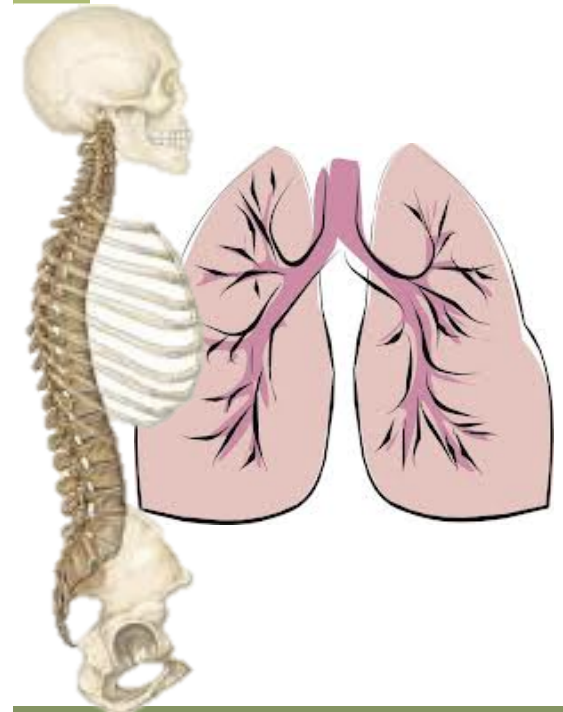
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Living with COPD & Osteoporosis



Before & After Lung Transplant

What is COPD?

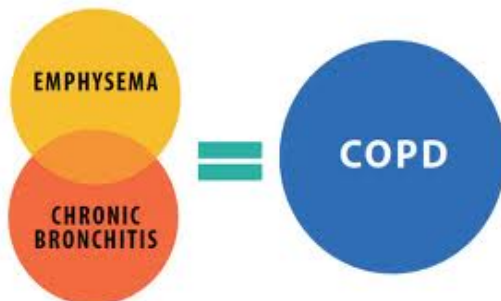
Chronic Obstructive Pulmonary Disease

COPD makes it difficult for you to breathe.

It includes both:

- **Chronic Bronchitis**- a long-term cough with mucus
- **Emphysema**- swelling and damage to the lungs

➤ This is a serious condition that should be managed by your doctor.



Before AND After Your Lung Transplant

Tip 1: STOP SMOKING

Tip 2: Take your medications as directed

Tip 3: Eat foods high in Calcium & Vitamin D

Tip 4: Be physically active

Tip 5: Contact your doctor if you begin menopause (women)

Tip 6: Prevent tripping hazards

Tip 7: Talk to your doctors!



Benefits of Physical Therapy

BEFORE and AFTER your lung transplant:

- Improves your breathing
- Helps you to get stronger
- Keeps you more active
- Prevents complications
- Makes daily activities easier
- Teaches you how to be safe and healthy
- They can answer any of your questions!