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Lung Health & Diseases

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Living with COPD

It is inevitable that your life will change after being diagnosed with chronic obstructive pulmonary disease (COPD). It may not be as easy to do the things you used to do before. Not only are there physical challenges, there are emotional challenges too. The good news is that you can find support to help you make lifestyle changes, better manage your COPD and enhance your quality of life.

Managing COPD

Get tips and tools to help you manage your COPD. Create a management plan to track your medication and healthcare needs, learn about nutrition and exercise, get advice on coping with emotions and see how to plan your future care with your doctors and caregivers.

Finding Support

An important part of living with COPD is finding the right support, both for you and your caregivers. See where you can find help from others who share common experiences, get tips on paying for care and learn how you can advocate to improve the lives of others with COPD.

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Ask An Expert

Questions about your lung health? Need help finding healthcare? Call 1-800-LUNGUSA.

Get help



We need your generous support

Make a difference by delivering research, education and advocacy to those impacted by lung disease.

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What is LUNG FORCE?

LUNG FORCE unites women and their loved ones across the country to stand together in the fight against lung cancer.

Get involved



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