

Lifestyle Changes for COPD

By now, you're well on your way to better breathing with SPIRIVA RESPIMAT. But taking your maintenance medicine every day isn't the only thing you can do to help manage your COPD (chronic obstructive pulmonary disease). Read on to learn about the benefits of healthy lifestyle changes, such as breathing techniques, exercise, and healthy eating.

1. Breathing techniques that you can use every day



Exercises like pursed lip breathing and belly breathing can help combat shortness of breath and strengthen breathing muscles. You may find they even reduce stress and anxiety.

Print this out and put it up on your refrigerator, or somewhere else where you can see and use it every day. Here's how to get started:



Belly breathing

This exercise helps strengthen the diaphragm muscle so you use less energy when breathing. It also creates more room for your lungs to expand. (Don't be surprised if it's a bit hard at first.)

Relax your neck and shoulder muscles before you start.

1. Sit or lie down in a comfortable position.
2. Place one hand in the middle of your chest and the other hand on your belly right above your belly button.
3. Slowly breathe in through your nose and count to 2 (your belly should expand, not your chest).
4. Breathe out slowly through pursed lips. It may help to gently press your hand on your belly to push your diaphragm up and get the air out.

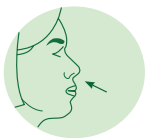


Pursed-lip breathing

This exercise can help release air trapped in your lungs, so you can breathe in more fresh air. It can help you when you're walking up inclines, especially stairs.

Relax your neck and shoulder muscles before you start.

1. Breathe in through your nose, like you're smelling a rose, and count to 2.
2. Purse your lips like you're going to whistle or blow out a candle.
3. Breathe out twice as long as you breathe in.
4. Repeat.



Don't let COPD weigh you down.

SPIRIVA RESPIMAT helps you breathe better.

IMPORTANT SAFETY INFORMATION

Do not use SPIRIVA[®] RESPIMAT[®] (tiotropium bromide) Inhalation Spray if you are allergic to tiotropium, ipratropium, atropine or similar drugs, or any ingredient in these medicines.

SPIRIVA RESPIMAT is not a rescue medicine and should not be used for treating sudden breathing problems. Your doctor may give you other medicine to use for sudden breathing problems.

SPIRIVA RESPIMAT can cause allergic reactions. Symptoms can include raised red patches on your skin (hives), itching, rash and/or swelling of the lips, tongue, or throat that may cause difficulty in breathing or swallowing. If you have any of these symptoms, stop taking the medicine and seek emergency medical care.

Please see additional Important Safety Information on pages 2-3 and full [Prescribing Information](#), including [Instructions for Use](#), for SPIRIVA RESPIMAT.



2. How to get the benefits of exercise



Before you begin an exercise program, ask your healthcare provider for help to come up with a plan that's right for you. Find a balance between aerobic exercise and strength training that motivates you to continue.



Mild aerobic exercise

- Exercise that raises your heart and breathing rates
- Good examples: walking, swimming, and biking
- Benefits: strengthens your heart and lungs, along with other muscle groups



Resistance/strength training

- Exercise that firms and tones your muscles
- Good examples: bicep curls with hand weights, lunges, and push-ups
- Benefits: Improves bone strength, balance, and coordination

3. Staying social is important to your health



Keeping social activity in your daily routine is important. Lack of social interaction can leave you feeling cut off from family and friends and can even lead to depression and anxiety.

Living with COPD is challenging. But making an effort to stay socially active can help. Reach out to the important people in your life for support. Let them know what your challenges are, and ask for help meeting those challenges.

IMPORTANT SAFETY INFORMATION (cont'd)

SPIRIVA RESPIMAT can cause your breathing to suddenly get worse (bronchospasm). If this happens, use your rescue inhaler, stop taking SPIRIVA RESPIMAT, and call your doctor right away or seek emergency medical care.

SPIRIVA RESPIMAT can increase the pressure in your eyes (acute narrow-angle glaucoma), which can cause the following symptoms: eye pain, blurred vision, seeing halos or colored images along with red eyes. If you have any of these symptoms, stop taking your medicine and call your doctor right away.

Dizziness and blurred vision may occur with SPIRIVA RESPIMAT. If you experience these symptoms, use caution when engaging in activities such as driving a car, or operating appliances or other machines.

SPIRIVA RESPIMAT can cause new or worsened urinary retention. Symptoms of blockage in your bladder and/or enlarged prostate may include difficulty passing urine and/or painful urination. If you have any of these symptoms, stop taking your medicine and call your doctor right away.

The most common side effects reported with SPIRIVA RESPIMAT in patients with COPD include sore throat, cough, dry mouth, and sinus infection.

Do not spray SPIRIVA RESPIMAT into your eyes, as this may cause blurring of vision and pupil dilation.

Tell your doctor about all your medical conditions including kidney problems, glaucoma, enlarged prostate, problems passing urine, or blockage in your bladder.

Tell your doctor all the medicines you take, including eye drops. Ask your doctor if you are taking any anticholinergic medicines because taking them together with SPIRIVA RESPIMAT can increase side effects.

Please see full [Prescribing Information](#), including [Instructions for Use](#), for SPIRIVA RESPIMAT.

4. Make food part of the solution



COPD can put a strain on your immune system. Eating healthy foods that are good for you can help your immune system do its job to protect you from illness. Ask your healthcare provider to help you put together a balanced meal plan.

Did you know there are foods you should avoid?

People with COPD should avoid foods that produce gas or make you feel bloated. They can increase how breathless you feel. Some may surprise you, as they are foods that would normally be regarded as healthy.

- Broccoli
- Brussels sprouts
- Cauliflower
- Radishes
- Fried food
- Carbonated beverages

5. Commit to an action plan



You've learned a lot about things you can do to add to the benefits of your long-term maintenance of COPD with SPIRIVA RESPIMAT. Now it's time to put all you've learned into action. Make a commitment to yourself to start making healthy lifestyle changes in addition to taking your SPIRIVA RESPIMAT once a day, every day.

- I will practice belly breathing or pursed-lip breathing.
- I will ask my healthcare provider about a personal exercise plan.
- I will make an effort to stay socially active.
- I will avoid the foods that could make breathing feel more difficult.
- I will continue to take my SPIRIVA RESPIMAT every day.

Please print this out, sign your name, and post this on your refrigerator, or on your bulletin board, or anywhere you want—just as long as you can see it every day.

Signature _____ Date _____

INDICATION

SPIRIVA RESPIMAT, 2.5 mcg, is a long-term, once-daily, prescription maintenance medicine used to control symptoms of chronic obstructive pulmonary disease (COPD) by relaxing your airways and keeping them open. COPD includes chronic bronchitis and emphysema. SPIRIVA RESPIMAT also reduces the likelihood of COPD flare-ups (COPD exacerbations). SPIRIVA RESPIMAT is not a treatment for sudden symptoms of COPD.

CL-SVR-0038 2.8.2016

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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