

### Learn about COPD

#### [Mount Sinai Health Library: COPD](#)

Causes, symptoms, living with COPD and more

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#### [COPD Exacerbations](#)

What to watch out for and be aware of

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#### [COPD Overview](#)

Explanation of bronchitis and emphysema

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### COPD Medications

#### [Using Your Metered Dose Inhaler](#)

How to correctly use your metered dose inhaler

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#### [How to Use a Nebulizer \(Español\)](#)

Learn how to use a nebulizer to take your COPD/asthma medication (video)

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#### [COPD Quick Relief Medications](#)

An overview of fast-acting medications for shortness of breath

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### Breathing Exercises for Shortness of Breath

#### [Pursed Lip Breathing \(Español\)](#)

Learn how to use pursed lip breathing to help with shortness of breath (video)

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[Belly Breathing \(Español\)](#)

Learn how to use belly breathing to help with shortness of breath (video)

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## **Diet and Lifestyle Guidelines**

[Day-to-Day with COPD](#)

Managing daily life with COPD

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[Traveling with Breathing Problems](#)

Considerations and questions for your doctor

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[Nutrition and COPD](#)

How does food relate to breathing? How can your diet support your lung health?

**Contact your doctor with any questions or concerns**