**Resources for COPD Patients**

**Developed by**

**Jean M. Rommes**

**jmrommes@edge-life.com**

**Please e-mail me with questions or concerns. I’ll do my best to answer.**

**Help Line**

COPD information line:

1/866-316-2673

COPD patients man this phone line daily and can give support and advice

**Videos**

NYTimes:

<http://video.on.nytimes.com/index.jsp?fr_story=39f9d444e3cdfaac1fcebdfa4b506cce31786094>

Jim Nelson’s video on exercise

<http://www.youtube.com/user/breatheeasyaz#p/u/0/J5zy0fFWeVw>

<http://www.everydayhealth.com/health-report/chronic-obstructive-pulmonary-disease.aspx>

Click on videos and scroll to Jim’s story…..there’s a Spiriva commercial, but the video is worth waiting for.

COPD videos

<http://video.about.com/copd/COPD.htm>

<http://video.about.com/copd/Bronchiectasis.htm>

<http://video.about.com/copd/Emphysema.htm>

American Lung Association video on Pulmonary Rehab

<http://www.aacvpr.org/Resources/ResourcesForPatients/TakeControlofYourCOPDpatientvideo/tabid/296/Default.aspx>

**Exercise**

Starting an exercise program

<http://www.perf2ndwind.org/html/exercise.html>

Good walking in place video

<http://www.realage.com/videos/?bcpid=30402252001&bckey=AQ~~,AAAAAP1OfyE~,IrTOMo0XiJXGDqvZhU384pvTXbvgnuFj&bclid=5030523001&bctid=16661825001>

**General Information**

From the American Thoracic Society; a series of articles

<http://www.thoracic.org/clinical/copd-guidelines/for-patients/index.php>

National Library of Medicine at the National Institutes of Health…..you can look up anything here and be perfectly certain that you are getting accurate information.

<http://www.nlm.nih.gov>

Lists of questions for docs

<http://www.copd-international.com/Library/questions.htm>

NY Times print article general information

<http://www.nytimes.com/2007/11/29/health/29lung.html?_r=2&adxnnl=1&oref=slogin&adxnnlx=1208113403-tfuqe21CaTbH84GOmsRH7Q>

General Information site; excellent visuals of lung damage

<http://www.knowcopd.com/index.jsp>

<http://www.webmd.com/lung/copd/gold-criteria-for-copd>

Doc’s blog re responsibilities of docs

<http://www.medpagetoday.com/Blogs/14632>

Spirometry explanation (two)

<http://www.gp-training.net/protocol/respiratory/copd/spirometry.htm>

<http://jan.ucc.nau.edu/~daa/lecture/pft.htm>

Good information on lungs done for kids, but good for adults, too

[http://kidshealth.org/kid/htbw/lungs.html#](http://kidshealth.org/kid/htbw/lungs.html)

Penny’s LVRS blog

<http://www.copdandlvrs.blogspot.com/>

**On-Line Support groups, mail lists and forums**

EFFORTs listserv:

<http://www.emphysema.net/bbanner.html>

EFFORTs

<http://www.emphysema.net/bindex.html>

Forums:

<http://www.copd-international.com/COPD/forum.htm>

<http://copdforum.portalone.us/>

**Organizations**

COPD Foundation; including where to register for the COPD Registry

<http://www.copdfoundation.org/>

<http://www.copd-support.com/>

<http://www.copd-information.com/>

<http://www.lungusa.org/lung-disease/copd/>

<http://www.uscopdcoalition.org/>?

<http://www.nhlbi.nih.gov/>

**Magazines**

COPD Digest

<http://www.copddigest.org/>

Pulmonary Paper

<http://www.pulmonarypaper.org/>

National Health’s newsletter

<http://www.nhlbi.nih.gov/health/public/lung/copd/lmbb-update/v2n4.htm>/

Better breathing, living well

<http://www.breathingbetterlivingwell.com/community/>

**Equipment**

Jameson Medical gives discounts to EFFORTS members

<http://www.jamesonmedical.com/>

Oximeter usage by patients…..when you click the link, you’ll get a page full. Click on “more” on the COPD entry and you’ll get to the page with the video…..it’s excellent.

<http://www.buynonin.com/go2nonin/how-go2-can-help.htm>

Respiratory muscle trainer

<http://pflex.respironics.com/>

**Other**

High Altitude Simulation Test: test to see if you need O2 for flying

<http://chestjournal.chestpubs.org/content/133/4/1002.abstract>