

COPD

Attention Medicare Beneficiaries: Preventing and Treating COPD

What's COPD

COPD refers to a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema and chronic bronchitis. More than 50% of adults with low pulmonary function were not aware that they had COPD. Risk factors for COPD include inhaling tobacco smoke, home and workplace air pollutants, respiratory infections, and poor indoor air quality.

Causes of COPD

- Smoking
- Breathing secondhand smoke
- Occupational exposure
- Environment
- History of childhood respiratory infection
- Genetics

Your doctor will want to know if you:

- Smoke or have a history of smoking
- Are exposed to second-hand smoke, air pollution, chemicals, or dust
- Have symptoms such as shortness of breath, chronic cough, or lots of mucus
- Have family members who have had COPD

Not all people with COPD have the same symptoms and treatment may differ from person to person. It is important to talk to your doctor about your treatment options and to get answers to all your questions.

Chronic Obstructive Pulmonary Disease (COPD)

is a leading cause of death in the United States. Although there is no cure for COPD, it is often preventable and treatable. Did you know Medicare covers counseling to stop smoking, oxygen therapy, COPD medications and bronchodilators, and pulmonary rehabilitation to help you maintain normal daily activities? The sooner treatment starts, the better for your lungs and for your overall health.



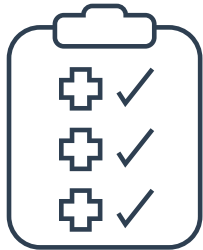
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Preventing and Treating COPD



Prevention and treatment

Medicare pays for many preventive services at **no cost** to you to **keep you healthy**. Preventive services can find health problems early, when treatment works best, and can help keep you from getting certain diseases. Preventive services include exams, shots, lab tests, and screenings. Some examples of services include:



- **Annual wellness visit**
No copayment, coinsurance, or deductible
- **Welcome to Medicare preventive visit**
No copayment, coinsurance, or deductible
- **Counseling to prevent tobacco use**
No copayment, coinsurance, or deductible
- **Depression screening**
No copayment, coinsurance, or deductible
- **Lung cancer screening**
No copayment, coinsurance, or deductible
- **Vaccinations**
No copayment, coinsurance, or deductible

Collaboration with your doctor can help you choose the right treatment option to help you:

- Breathe better
- Do more of the things you enjoy
- Have fewer flare-ups or exacerbations

Learn More

Pulmonary rehabilitation programs

<https://www.medicare.gov/coverage/pulmonary-rehabilitation-programs>

Oxygen equipment & accessories

<https://www.medicare.gov/coverage/oxygen-equipment-accessories>

Nebulizers & nebulizer medications

<https://www.medicare.gov/coverage/nebulizers-nebulizer-medications>

Lung cancer screenings

<https://www.medicare.gov/coverage/lung-cancer-screenings>

Medicare & You Video on COPD

<https://www.youtube.com/watch?v=Yh7PqLggIF4>