Living with COPD
(Chronic obstructive pulmonary disease)
What are the benefits of NIV?

You may benefit from NIV as it has been shown to:

- Reduce hospital visits and length of stay in the hospital
- Make day-to-day activities easier by reducing the effort of breathing
- Improve sleep quality, which may help you recover better from colds and infections
- Help alleviate:
  - Morning headaches
  - Daytime fatigue
  - Shortness of breath
- Improve quality of life
Chronic obstructive pulmonary disease (COPD) is a group of progressive lung diseases that make it difficult to breathe.

Patients who have COPD struggle to breathe and often have a chronic cough. As COPD progresses, some patients have a greater difficulty eliminating carbon dioxide from their lungs and physicians may recommend non-invasive ventilation (NIV) therapy to assist with their breathing.

In patients who have COPD, an obstruction or narrowing of small airways can cause CO$_2$ to remain trapped inside the lungs.
How does COPD affect breathing?

With COPD, less air flows in and out of your airways because of one or more of the following:

• The airways and air sacs lose their elastic quality.
• The airways make more mucus than usual, which can clog them.
• The walls of the airways become thick and inflamed.

Symptoms of COPD may include:

• Coughing
• Wheezing
• Shortness of breath
• Chest tightness
• Excess mucus production
What is non-invasive ventilation (NIV)?

NIV is a form of assisted ventilation therapy that:

• Provides air to your airways and lungs via a mask or mouthpiece

• Enhances breathing and helps reduce the amount of effort required when taking a breath

• Does not require insertion of a tube in the windpipe

NIV uses positive pressure to assist patients with breathing. Your clinician will determine what level of therapy pressure is right for you.
Is NIV therapy right for you?
Speak with your physician about how NIV may help you.

Get more information about COPD and NIV by visiting ResMed.com/COPD


Distributed by ResMed Corp, 9001 Spectrum Center Boulevard, San Diego, CA 92123 USA +1 858 838 5000 or 1 800 424 0737 (toll free). See ResMed.com for other ResMed locations worldwide. Specifications may change without notice. © 2017 ResMed. 1019761/1 2017-07