

COPD AWARENESS MONTH

About

418,000
people in
Kentucky
have COPD.



With proper diagnosis and treatment, chronic obstructive pulmonary disease (COPD) can be managed.

nhlbi.nih.gov/breathebetter

Source: CDC Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2018.



Chronic obstructive pulmonary disease, also known as COPD, refers to a group of diseases, like Emphysema and Chronic Bronchitis, that cause airflow blockage and breathing-related problems. Millions of Americans are suffering from COPD but have not been diagnosed. COPD is treatable, but only if you know you have it. If you suffer from frequent coughing or wheezing, shortness of breath, or trouble taking deep breaths, ask your doctor if you should be tested for COPD.

Find out more at [CDC.gov](https://www.cdc.gov)

MENTAL HEALTH CORNER

November is National Family Caregivers Month

Did you know that more than 1 in 5 Americans are providing care and support for a child or adult with special needs. About 38% of those caregivers say that their situation is extremely stressful. In some instances this can lead to Caregiver Burnout, Depression, and Anxiety. Here are 5 things you can do to manage Caregiver Anxiety and Depression:

Caregiver Anxiety and Depression:

- **Practice Acceptance**- When dealing with a loved ones illness, and try to avoid putting the blame on others and feeling sorry for yourself.
- **Celebrate Yourself**- Acknowledge the small wins and celebrate all the work you're putting into taking care on your loved one.
- **Ask for Help**- Don't be afraid to ask for support when you need it.
- **Find a Balance**- Try to make sure that caregiving doesn't take over your entire identity by practicing self-care in your regular routine.
- **Focus on Things you can Control**- Instead of stressing over things you cannot change, try to focus on how you react to problems as they come up.

Find out more at [ADAA.org](https://www.adaa.org)