



# Participant Success Story

## Chronic Obstructive Pulmonary Disease (COPD)

### Health Concerns

A female participant would like to understand how to better manage her COPD symptoms.

### Discoveries

- The participant quit smoking 11 years ago and was recently diagnosed with COPD.
- She suffers from bipolar disorder, which resulted in suicidal thoughts in October of 2007.
- The participant experiences back pain stemming from a car accident.
- She weighs 190 pounds and has a body mass index of 28.05.
- Her blood pressure level is 147/78.

### Interventions

- The Care Manager provided education on living with COPD.
- She reviewed important COPD symptoms and discussed when to call the doctor regarding these symptoms.
- The Care Manager provided education on asthma including peak flow monitoring, proper usage of inhalers, and when to call the doctor regarding symptoms.
- She reviewed proper medication safety guidelines.
- The Care Manager discussed the complications of hypertension and high blood pressure.
- She stressed the importance of a healthy diet.
- The Care Manager urged the participant to undergo a breast exam and flu vaccine.
- The participant was sent educational material regarding COPD.

### Improvements

- The participant is exercising regularly and walks four to six miles per day.
- Her blood pressure levels are down at 120/80.
- The participant has lost 35 pounds and decreased her body mass index to 22.89.
- She has decreased her dress size from 24 to 12.
- The participant's bipolar symptoms are decreasing.
- She reports being happy and very pleased with her results.



### PARTICIPANT PROFILE

A 52-year-old female with chronic obstructive pulmonary disease (COPD) and a co-morbidity of depression is enrolled in the Alere COPD Program.

### PARTICIPANT QUOTE

“I am very happy to have someone checking on me and encouraging my success.”