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12 MILLION AMERICANS WITH COPD DONT KNOW THEY HAVE COPD

## Glossary of COPD Related Terms



### Anticholinergics

These medications work to relax the muscles in airways through the parasympathetic pathway, by relaxing the tense state of the muscles. These are available as controllers.

### Beta-agonists

These medicines work to relax the muscles in your airways through the sympathetic pathway. These are available as rescue relievers and controllers.

### Bronchodilators

A medicine used for relaxing muscles around the lungs' airways allowing the airways to open up and expand. These include anticholinergics and Beta-agonists.

### Cannula

Plastic tubing used to supply oxygen through the nose.

### Corticosteroids

Medicines that mimic the action of a group of hormones produced by adrenal glands. They are anti-inflammatory. This medicine can be inhaled or taken by mouth.

### Dyspnea

Shortness of breath. Difficult or labored breathing.

### Exacerbations

Flare-ups of Chronic Obstructive Pulmonary Disease in which symptoms get worse. Changes in medical treatment may be needed.

### Hyperventilation

Rapid breathing often caused by being nervous or panicked.

### Hypoxia

Too little oxygen in the body.

### Inhaler

A portable device to take inhaled medicine in a couple of breaths.

### Liquid Oxygen (LOX)

This is oxygen condensed into a liquid state by extreme cold. A small amount of liquid oxygen is a very large amount of oxygen gas. The big tank at your house can also fill easy-to-carry smaller tanks when you leave your house. Nebulizer

This is a device that delivers medicines in a fine spray or mist. It requires no special coordination. It is a good method for getting drugs directly into the lungs.

### Oxygen Concentrator

A machine used for oxygen therapy. It has a pump that takes oxygen from the air, and moves it through a long narrow tube into the nose. It concentrates the amount of oxygen taken from the air. There are now portable oxygen concentrators available.

### Oxygen Therapy

A medically prescribed system of providing supplemental oxygen to the body. It is prescribed when diseased lungs are not able to meet the body's oxygen needs.

### Pulse Oximetry

This test measures how much oxygen is in your blood. The test is easy, and the result is a percentage. The doctor will put a sensor on your finger or ear and a light will be used to measure the oxygen content in your blood. The result of this test may show if you need oxygen therapy.

### Spirometry

This is a part of a Pulmonary Function Test. It measures the amount of air able to be breathed out forcefully. It is used to help diagnose lung diseases.

### Sputum

Mucus, usually loose in the lungs. It may be coughed up.

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### Contact Us

C.O.P.D. Information Line:  
**1-866-316-COPD (2673)**

General Office:  
**1-866-731-COPD (2673)**

info@copdfoundation.org

Donation Headquarters:  
3300 Ponce de Leon Blvd  
Miami, Florida 33134

20 F Street NW, Suite 200A  
Washington, DC 20001

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