



**FOR IMMEDIATE RELEASE**

**Aug. 26, 2019**

**Contact:** Cynthia Townsend

[cynthia.townsend@globalhealth.com](mailto:cynthia.townsend@globalhealth.com)

(Office) 918.878.7335

## **Oklahoma HMO shares COPD tips**

*COPD was the fourth leading cause of death in the U.S. in 2016*

**OKLAHOMA** – Chronic obstructive pulmonary disease (COPD) makes breathing difficult for more than 16 million Americans. While there is no cure for COPD, it can be treated. GlobalHealth is providing tips for Oklahomans living with COPD to help them keep a good quality of life.

“For millions of Americans diagnosed with COPD, their first question to their doctor may be, ‘How long do I have?’,” said Dr. Wesley Williams, medical director at GlobalHealth. “While coping with COPD may seem impossible, many people are able to manage their symptoms and maximize their quality of life.”

GlobalHealth is providing information to help those living with COPD improve their life expectancy.

**What is COPD?** COPD is a group of diseases that cause airflow blockage and breathing-related problems. With COPD, less air flows through the lungs’ airways due to excess mucus or damaged airway walls.

**Managing COPD.** If you have COPD, it is important to watch air quality and avoid dust, fumes and secondhand smoke. Check air quality and pollen levels and stay indoors on “bad air days.” Exercising can also help those with COPD keep in good health. Activities such as yoga, walking and tai chi are perfect for beginners. Talk to your primary care physician (PCP) about COPD-friendly foods and diet plans. Your PCP may recommend foods such as steamed vegetables and baked meats and encourage you to avoid dairy products.

**Moving forward.** When it comes to COPD symptoms and living well, it is important to work with your PCP. Make sure to schedule appointments regularly, even if you are feeling well. Your PCP may recommend a pulmonary function test or a six-minute walk test to help categorize your COPD into stages. This can help in developing a treatment plan. Treatments such as medications, inhalers, oxygen therapy or pulmonary rehabilitation may also be recommended.

**About GlobalHealth**

GlobalHealth is changing health insurance in Oklahoma. As an industry leader, GlobalHealth is an Oklahoma-based health maintenance organization covering individuals in all 77 Oklahoma counties. Working proactively with its members, GlobalHealth engages a personalized management plan to address their specific needs and ensure the best possible health outcomes. GlobalHealth utilizes cutting-edge, predictive data technology as a foundation to deliver improved healthcare as part of its commitment to making health insurance more affordable. Its membership includes state, education and municipal employees, federal employees and individuals who are eligible for Medicare. To learn more, visit [www.GlobalHealth.com](http://www.GlobalHealth.com).

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