



# COPD.net

## Tips and Questions for Talking with Your Doctor

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### Tips for Talking with Your Doctor

- Come prepared to each office visit.
- Bring someone with you to serve as a recorder and advocate.
- Find other ways to interact, such as in a follow-up appointment or over the phone.
- Seek out other health care resources.

### Questions for Your Doctor

- What is COPD & what has caused my COPD?
- What stage of COPD am I in? How can I slow the progression?
- What is my main problem in terms of my COPD at this time?
- What actions do I need to take next? Why is it important for me to do this?
- Do I need to be on supplemental oxygen?
- When do I need to call the doctor or seek emergency care?
- Are there any restrictions on what I am allowed to do?
- Once I have completed my respiratory therapy, may I choose exercises that I enjoy, like water-based exercises?
- Where can I get involved in a support group?
- Am I able to travel?
- What is your role as my disease progresses?



### Additional Questions and Notes

Each case of COPD is different. Use this space to write down additional questions that you have for your doctor and to record any notes during the appointment.




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### For detailed information on this topic, visit these pages on our website:

- <https://copd.net/living/how-to-talk-with-doctor/>
- <https://copd.net/living/tips-talking-doctor/>
- <https://copd.net/living/questions-for-pulmonologist>

