

General Comments:

Emphysema is a condition in which damage has occurred to the alveoli or lung tissue. Emphysema is often referred to as COAD (Chronic Obstructive Airway Disease) or COPD (Chronic Obstructive Pulmonary Disease) The more severe the condition the more damage to the lungs that has occurred. The alveoli (or air sacs) of which there are over 300 million in each person, lose their tone and can no longer work efficiently. This results in a smaller surface area for the gas exchange to occur.

The typical symptoms of emphysema are breathlessness, noise or wheezy breathing, fatigue on activity, inability to exercise without severe breathlessness. This is due to the inefficient oxygen exchange. It is normally assumed that the damage to the lungs makes improvement with the condition unlikely, but by learning to breathe correctly with Buteyko it is possible to significantly improve the oxygen exchange despite the existing damage.

People who attend the Buteyko course for Emphysema/ COAD/COPD typically experience a reduction in use of reliever medication, increased mobility, less breathlessness and a reduction in mucous and coughing.

Dealing with COPD

There are a number of things that will immediately make a difference to a person with chronic lung disease:-

- Stop smoking
- Keep your shoulders relaxed
- Control your coughing
- Pace yourself so that you do not get puffed
- Exercise regularly but without stress
- Breathe through the nose all the time
- Look after your health
- Use the Buteyko Institute Method

Quotes

“The improvement in my overall health has been dramatic and I rate my health as pre- and post-Buteyko

Pre-Buteyko meant colds, coughs, and bronchitis every 6 weeks.

Post-Buteyko means increased energy, lack of dizziness, and coughs and colds only 2-3 times a year”

Clare

“Although I have emphysema I have found a tremendous difference in my breathlessness.

Now it’s just mild in the mornings. My doctor and chemist are amazed at the difference; they can’t believe it improved so quickly in the past three months.

I personally am enjoying each day, instead of dreading the dawning of a new day”

Helen

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Buteyko

(pronounced bew-tey-ko)

Emphysema & COPD Management

Emphysema & COPD Management

People with emphysema and COPD who use Buteyko typically experience a reduction in breathlessness, cough less, produce less mucus and reduce their medication use.

Along with increased activity and energy levels these changes can result in a dramatic improvement in the quality of life.

for

Better Health

Try the hyperventilation test

Do you frequently wake at night?	Yes	No
Do you snore?	Yes	No
Are you often tired, even when you have had a long sleep?	Yes	No
Do you sigh or yawn frequently?	Yes	No
Do you often feel weak or tired even when you haven't done a lot of exercise?	Yes	No
Do you often feel bloated or have trouble with your digestive system?	Yes	No
Do you drink lots of water because your mouth is often dry?	Yes	No
Do you feel spaced out, lack concentration or do people say that you don't listen?	Yes	No
Does your nose often block so that you have to breathe through your mouth?	Yes	No
Do you have allergies to things like dust, pollen or cats?	Yes	No
Do you get chest pain which is not related to the heart?	Yes	No
Do your hands and feet get cold even when it's warm?	Yes	No
Does your heart pound or have an irregular beat yet there is nothing wrong with it?	Yes	No
Do you often have sweaty palms?	Yes	No
Do you feel anxious even when there is nothing to worry about?	Yes	No

If you have answered Yes to more than four of the above questions you may be hyperventilating.

But how do I know if I am overbreathing?

Symptoms associated with hyperventilation:

1. Respiratory system: shortness of breath, tightness in the chest, over-sensitivity of the airways, excessive sneezing, production of copious mucus, long term blocked or running sinuses, excessive yawning and sighing.
2. Nervous system: light headedness, dizziness, unsteadiness, poor concentration, numbness, tingling and coldness especially in the hands and fingers and often in the face. In severe cases, loss of memory or loss of consciousness.
3. Heart: racing, pounding or skipped heart beats.
4. Psychological: varying degrees of anxiety, tension and apprehension.
5. General: mouth dryness, abdominal bloating, belching and flatulence, easily tired, poor sleep patterns, general weakness and chronic exhaustion.

What will Buteyko do for me?

The Buteyko Method is currently used successfully for the treatment of asthma, sleep apnoea, emphysema, COPD, allergies, chronic bronchitis, hyperventilation syndrome, panic attacks, bronchiectasis and for the relief of hay fever and chronic sinusitis.

We breathe to meet the needs of our metabolism - to provide the body with sufficient oxygen and to remove excess carbon dioxide. When you exercise you need more oxygen and your body produces more carbon dioxide than when you rest so you breathe more.

Breathing heavily, deeply or quickly when you don't need to is hyperventilation.

What does Buteyko do?

The Buteyko Institute Method is not about throwing away your drugs, nor does it involve physiotherapy, diaphragm breathing exercises, meditation, re-birthing, hypnotherapy, special diets, or any unproven therapeutic systems. Buteyko is based on sound scientific concepts, published physiological and biological research and requires just a little personal commitment to achieve these results.

It has been shown that those with emphysema and COPD breathe considerably more than is regarded as normal when resting – often 3 or more times the normal or 4 – 6 litres /minute. This chronic over-breathing or hyperventilation also results in irritation, inflammation and constriction of the airways.

How does Buteyko work?

By reducing over-breathing. This means breathing heavily, rapidly or through the mouth when there is no need for it. Often over-breathing, or hyper-ventilation, occurs unconsciously, resulting in irritation, inflammation and constriction of airways. The Buteyko method consists of specially devised breathing techniques to control this over-breathing. The exercises restore normal breathing patterns and greatly reduce symptoms.

The First Priority is Always Safety

How effective is Buteyko?

Chronic Obstructive Pulmonary Disease (COPD – sometimes known as COAD) is a term used to describe a condition where the phenomena of chronic bronchitis, airways obstruction, asthma and emphysema may be mixed to varying degrees.

Some people may have permanent lung damage. Emphysema is a condition in which the alveoli or air sacs lose their elasticity and remain over-inflated even on breathing out. This results in a smaller area for gas exchange to take place, making it harder to deliver sufficient oxygen to the body. The lungs also become increasingly inflated and the breathing becomes less efficient and more effortful.

Common symptoms of both emphysema and COPD are breathlessness, coughing, decreased ability to exercise, increased mucus production and repeated chest infections. Accompanying these may be a restriction to lifestyle.

When breathless people often have the urge to breathe more as they feel they are not breathing enough. However, you may have noticed that the more you breathe the more breathless you feel.

This is because of the "Bohr Effect", a scientific law stating that lowered levels of carbon dioxide in the blood, resulting from hyperventilation, strengthens the bond between haemoglobin and oxygen.

This means that less oxygen now reaches your brain and other body parts.

Further research information is available on our website www.buteykokent.co.uk

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