COPD AND THE EFFECTS ON COMMUNICATION

Living with COPD can impact a person’s ability to communicate easily. Shortness of breath and vocal quality changes can impact communication.

Shortness of breath:
- Take your time with speaking
- Speak in short phrases or short sentences if you are feeling short of breath while talking. Allow yourself time to take a breath in between phrases and sentences when feeling short of breath.
- If you are having difficulty speaking loud enough to be heard, talk to your doctor about the benefits of seeing a speech therapist.

Changes in vocal quality:
- TALK TO YOUR DOCTOR ABOUT THE CHANGES NOTED IN YOUR VOICE, if the voice changes last longer than 2-3 weeks.
- Talk to your doctor about the possibility of trying a different inhaler medication to see if your voice improves.
- Be sure that you are drinking plenty of water each day
- Rinse out your mouth after using an inhaler
- Ask your physician about using a spacer chamber with your inhaler