



“ I have **difficulty doing really simple things**, like putting clothes in the washing machine. ”



Reference: Out of the Dark video
GLRESP/COPD/0126



“ I've recently suffered from a **fractured hip**, I've been taking corticosteroids for my COPD for 10 years. It's just another problem to deal with, it's really getting me down. ”



Reference: Hubbard, et al.
Am J Respir Crit Care Med 2002;166:1563-6



“ My family has always cooked on open stoves in the house. **I never realised that it might cause me such disability.** ”



Reference: Torres-Duque, et al.
Annals ATS 2008;5:577-90



“ I feel like COPD has robbed me of my caring role. ”



Reference: Out of the Dark video
GLRESP/COPD/0126

The realities of living with COPD



“ The coughing and spluttering make me feel physically unattractive. It's hard to be intimate. When I'm out, people look at me coughing and avoid me. **It's really embarrassing.** ”



Reference: Out of the Dark video
GLRESP/COPD/0126



“ I love walking. I used to walk for as long as I could along the beach. **Now I find it really difficult because I get so out of breath.** ”



Reference: Out of the Dark video
GLRESP/COPD/0126



“ **My friends are really judgemental about COPD.** They think it's self-inflicted, so I try not to talk about it. ”



Reference: Out of the Dark video
GLRESP/COPD/0126



“ I need to be in control of this disease. **I may have COPD, but COPD does not have me.** I am determined to live my life and live it well. ”



Reference: Out of the Dark video
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