

• Sip of MDTea episode 6.04 •

Ageing Lungs

32% of over 70s have experience shortness of breath

mRC grading of breathlessness

0 = only with strenuous exercise

1 = hurrying, or on a hill

2 = slower for age or stop on the flat

3 = <100m or a few mins on flat

4 = around the house

COPD increases risk for anxiety, depression, IHD and other LTCs

Encourage smoking cessation

When choosing inhalers consider

- Cognitive capabilities
- Dexterity
- Visual Impairment
- Inspiratory capacity



MDTea
Podcast

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