

A NEW DAY PEDIATRIC PSYCHOLOGY

Healing the hurt. Educating the mind. Inspiring the soul.

COPD: FIGHTING TO BREATHE FREELY



BY ASHLEY MOHESKY
FEATURED WRITER

A New Day Pediatric Psychology, PLLC falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.



Chronic Obstructive Pulmonary Disease (COPD) is an umbrella term for lung diseases that restrict airflow, such as chronic bronchitis and emphysema. The symptoms of COPD include: coughing, wheezing, fluid in the lungs, shortness of breath, and tightness in the chest. Some of the causes of COPD are: smoking, chemical and substance exposure, air pollution, asthma, and genetics. The illness is diagnosed by a doctor who will perform a physical examination, a spirometry test (this detects the amount of air a person can exhale after a deep breath, as well as in one second, the percentage of air after exhalation, and the total volume of air in the lungs), a complete blood count to determine if an infection is present, pulse oximetry, chest x-ray, and a CT scan. Once a diagnosis of COPD has been determined, treatment regimens can begin. Regular exercise, prescription medications, increased calorie intake, and quitting smoking can manage the progression of COPD.

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Although COPD can be difficult to understand and endure, it does not mean that one has to stop living their life. In order to remain positive with COPD, it is important to remember that with the correct treatment and support, it can be overcome. However, unfortunately, depression is commonly associated with COPD. This is due to individuals feeling as though they have lost control of their body, as the lungs begin to lose the ability to work efficiently. Fortunately, antidepressants and counseling have the power to help people to develop the skills needed to cope with the inevitable changes they will face.

For children with a family member who has COPD, it can be hard to see them struggle to breathe, as well as understand why they are not able to play with their loved one. Children are able to empathize extremely well. Therefore, when parents explain COPD, in simple terms, kids will be more understanding and accommodating to their family member's needs. When a person with COPD is surrounded by children, it is possible that their spirits will be risen, because of the joy that kids bring to adults.

Fireworks and Mental Health

This is not to spoil your Fourth of July vibes but to educate and create awareness



Officials urge the public to be courteous of veterans when lighting fireworks this Fourth of July.

The loud, explosive sounding noises can be a trigger for a veteran suffering from Post Traumatic Stress Disorder. According to the U.S. Department of Veterans Affairs, up to 20 percent of military personnel who served in Iraq or Afghanistan experience PTSD each year.

It is a day to be celebrated but let us not forget the people who helped us maintain this independence. Let's be responsible and courteous citizens and consider them on this day.

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STAY TUNED

This newsletter is issued every first and third week of each month.

The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.

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