

## The Medicare Diet: Best Diet for COPD in Seniors



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### Catch Your Breath With the Right COPD Diet

**Chronic Obstructive Pulmonary Disorder (COPD)** affects over 16 million Americans, many of them [seniors](#). As the name implies, **COPD** is characterized by an obstruction of the lungs, making it difficult to breathe. What you might not realize, however, is the connection between COPD and diet which can play a major role in symptom management.

You see, while there is no way to reverse the damage caused by COPD, a proper diet plan can help make symptoms that much more manageable. However, in order to understand *how*, we need to understand the link between respiration and digestion, and how COPD disrupts that process.

Curious about Medicare? Call us.

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