

March 26, 2025

Dear Patient,

As the warmer months of spring and summer approach, we want to take a moment to remind you of the potential impact these seasons can have on your **COPD** and provide you with some helpful tips to stay healthy.

Things to Be Aware of This Spring and Summer

- **Allergens & Pollen:** Spring brings an increase in pollen, which can trigger respiratory symptoms.
- **Heat & Humidity:** Hot and humid air can make breathing more difficult and may increase the risk of flare-ups.
- **Air Pollution & Ozone Levels:** Warmer temperatures can lead to higher air pollution levels, which can irritate the lungs.

Steps to Protect Yourself

1. **Monitor Air Quality:**
 - a. Check daily air quality reports and avoid outdoor activities when pollen or pollution levels are high.
2. **Stay Cool & Hydrated:**
 - a. Limit time outside on hot days, use air conditioning, and drink plenty of water.
3. **Wear a Mask Outdoors:**
 - a. A mask can help filter allergens and pollutants when spending time outdoors.
4. **Take Medications as Prescribed:**
 - a. Ensure you have your medications and inhalers on hand and take them as directed.
5. **Plan Activities Wisely:**
 - a. Try to run errands or exercise early in the morning or later in the evening when temperatures are cooler.
6. **Have an Action Plan:**
 - a. Follow your Zone Tools located in your “**One Breath at a Time**” COPD workbook on page 1. **Green:** Keep up the good work! **Yellow:** Call your

pulmonary educator, PMC provider, or go to the nearest walk-in clinic.
Red: Call 911.

If you notice any changes in your COPD symptoms, contact your PMC primary care provider or the PMC Wellness Department. Remember, PMC walk-in clinics are also available to you. You can find Walk-In Clinic hours and additional information for Sanford and Southern Pines at www.pinehurstmedical.com.

Wellness Department: (910)-235-3347

Stay safe and healthy,

Tracy Jackson, RRT RCP
Pulmonary Educator

PINEHURST MEDICAL CLINIC AFTER HOURS – URGENT MATTERS

Moore County – Call 910-715-1000, Press 0, and ask for the PMC Primary Care doctor on call.

Lee County – 919-774-6518

**If you are experiencing a medical emergency, please dial 911 or go to your nearest Emergency Department.*

PINEHURST MEDICAL CLINIC WALK-IN CLINIC INFORMATION

Morganton Park

200 Pavilion Way, Southern Pines

Monday – Friday: 9a.m. – 5 pm.

Saturday & Sunday: 8 am. – 11:30 am.

Carthage Street

555 Carthage Street, Sanford

Monday – Friday: 8 am. – 5 pm.

Saturday: 8 am. – 11:30 am.

**Please make sure to check PMC's website, as holidays can impact hours stated above.*