

What is COPD?

Chronic obstructive pulmonary disease (COPD) is a disease of the lungs. It includes emphysema and chronic bronchitis. COPD can make it hard to breathe.

What causes COPD?

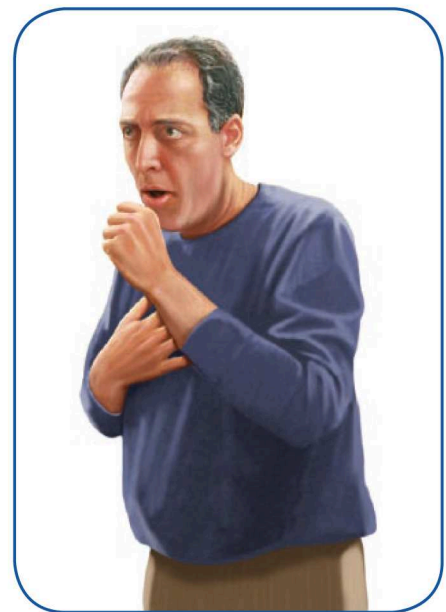
Smoking is the leading cause of COPD. Most people who have COPD smoke or used to smoke. Some things that increase the risk for COPD are exposure to air pollutants in the home or workplace and family health history.

What are the symptoms?

COPD develops slowly and worsens over time. It may be many years before you notice symptoms. Most of the time, COPD is diagnosed in middle-aged or older people.

Common symptoms include:

- Shortness of breath while doing activities you used to be able to do
- Coughing up extra mucus
- Constant coughing, sometimes called “smoker’s cough”
- Feeling like you can’t breathe
- Wheezing



How can you help manage COPD?

- If you smoke, talk with your healthcare provider about ways to quit
- Stay away from smoke, dust, pollutants, strong odors, and chemicals
- Seek treatment if your symptoms get worse
- Take your medicines the way your provider tells you to

Can COPD be cured? No. There is no cure for COPD. The good news is that COPD can be managed. Talk to your provider about a treatment plan that is right for you.