

# COPD

Chronic obstructive pulmonary disease (COPD) is a group of diseases that cause airflow blockage and breathing problems. It includes emphysema and chronic bronchitis.

## What are the Symptoms?      What causes COPD?

Warnings are:

- Frequent coughing or wheezing.
- Too much phlegm, mucus, or sputum making.
- Hard to breathe.
- Trouble taking a deep breath.

In the U.S., tobacco smoke is a key cause in the growth and rise of it. Exposure to air pollutants in the home and workplace can play a role. Respiratory sickness can as well.

## What are the effects?

Compared to adults without it, those with it are more likely to:

- Have limits like trouble walking or climbing stairs.
- Not able to work.
- Need special tools like portable oxygen tanks.
- Not take part in social events like eating out or getting together with friends or neighbors.
- Have confusion or memory loss.
- Have more ER visits or overnight hospital stays.
- Have other chronic diseases like arthritis, congestive heart failure, diabetes, coronary heart disease, stroke, or asthma.
- Have depression or other mental health issues.
- A fair or poor health level.

## How is COPD Treated?

Aid calls for a careful and in-depth evaluation by a doctor. Treatment options may include:

- **Quit smoking.**
- **Avoid tobacco smoke and other air pollutants**
- **Ask your doctor about pulmonary rehabilitation**, which is a fit to treatment program that teaches COPD management plans to help quality of life.
- **Take meds.** Symptoms, such as coughing or wheezing, can be treated with meds.
- **Avoid lung infections.** Lung infections can cause serious problems. Respiratory infections should be treated with antibiotics, if appropriate.
- **Use supplemental oxygen.**