

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.

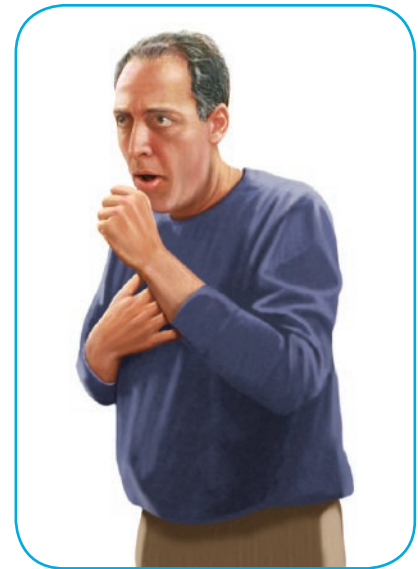
What causes COPD?

Smoking is the #1 cause of COPD. Some things that increase the risk for COPD are asthma, airway infections early in life, and family health history.

What are the symptoms?

COPD develops slowly. 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 when exercising
- Shortness of breath when resting
- Coughing up mucus in the morning
- Coughing every day
- A chest infection that lasts more than 2 weeks
- Wheezing



How do you manage COPD?

- If you smoke, quit.
- Stay away from smoke, dust, pollutants, strong odors, and chemicals.
- Seek treatment right away for coughing, wheezing, and airway infections.
- Take your medicines as your doctor tells you.

Can COPD be cured? No. There is no cure for COPD. The good news is that COPD can be managed. Talk to your doctor about treatments that can make you breathe better and prevent flare-ups.