



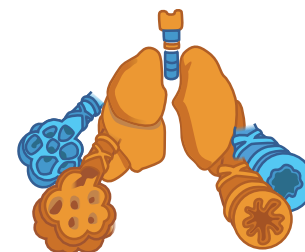
# COPD

## Chronic Obstructive Pulmonary Disease

### What Is COPD?

COPD stands for **chronic obstructive pulmonary disease**.

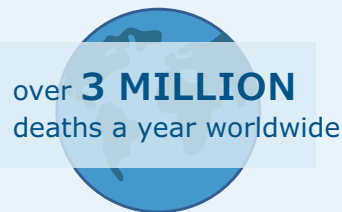
It is a form of irreversible damage to the lungs, **most commonly from smoking**, causing respiratory symptoms such as shortness of breath or cough. There is no cure for COPD, but the symptoms can be managed. COPD may present as chronic bronchitis or emphysema.



### HOW MANY PEOPLE HAVE COPD?



### HOW MANY DIE BECAUSE OF COPD?



COPD is the **4<sup>TH</sup>**  
**LEADING CAUSE**  
**OF DEATH** in the US.



The rate of death for men with COPD is slowly falling, but the rate of death for women has not.

### WHAT IS AN EXACERBATION?



More than **41%** of people have either not heard of the term "exacerbation" or are not sure what it means.

An exacerbation or lung attack is the worsening of COPD symptoms. Each time a person experiences an exacerbation, there is permanent loss of lung function.



### CAUSES



#### Tobacco use

Tobacco use is responsible for 80-90% of COPD in the US.



#### Biofuel burning & air pollution

In the developed world, biofuel and air pollution exposure is thought to be the cause of COPD cases in people who have never smoked.

### WHAT YOU CAN DO

**1 STOP SMOKING**



**2 Stay active and EXERCISE**



**3 Speak up with your doctor**  
A recent survey found less than half of people with COPD have spoken with their doctor about their personal management goals.



### FOLLOWING EXACERBATIONS AND HOSPITALIZATIONS



Make sure you take your medications.



See a doctor for close follow-up.



Talk to your doctor about exercise.