

Chronic Obstructive Pulmonary Disease



Risk Factors:

- **Genetics**
- **Age**
- **Sex**
Women are more likely to experience serious symptoms of COPD compared to men.
- **Smoking**
Smoking causes 75% of COPD deaths.
- **Long-term exposure to air pollution, chemical fumes, and dust from the environment or workplace, smoke and heating fuels from home cooking without ventilation, and secondhand smoking.**
- **Asthma**
About 1 in 5 people who have COPD also have asthma.

Prevention:

- Quit smoking
- Avoid exposure to air pollutants, chemical fumes, dust and secondhand smoke.
- Seek treatment early
- See a doctor regularly
- Get a flu shot to avoid serious COPD complications

Chronic obstructive pulmonary disease (COPD) consists of a group of diseases that block airflow and cause breathing-related problems. In COPD, the airways in the lungs become inflamed and thicken, causing decreased air flow in and out of the lungs. COPD is a progressive disease that worsens overtime. It includes emphysema and chronic bronchitis.

Emphysema occurs when there is damage to the walls between air sacs in the lungs.

Chronic bronchitis develops when there is constant irritation and inflammation in the airway linings.

Currently, there is no cure for COPD, but it can be treated and managed.

Facts

- More than 15 million Americans suffer from COPD.
- Over 150,000 Americans die from COPD each year.
- COPD is the fourth leading cause of death in the United States.
- COPD is a major cause of disability.

For more information and data go to www.SDHealthStatistics.com

Community Health Statistics Unit:
619-692-6667

Warning Signs

- Frequent coughing or wheezing
- Shortness of breath
- Excess phlegm, mucus, or sputum production
- Difficulty breathing and taking deep breaths
- Chest tightness or heaviness

If you have these symptoms, discuss them with your doctor.

Resources

American Lung Association
www.lung.org

National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov

