

COPD



Risk Factors:

- **Genetics**
People with a family history of COPD are more likely to get the disease if they smoke.
- **Age**
- **Gender**
Women are more at risk of dying from COPD than men.
- **Occupation**
Certain jobs that require extended exposure to dust, ash, fumes & gases increase the risk of developing COPD.
- **Smoking**
Smoking causes 80% to 90% of all COPD cases.

Prevention:

- Quit smoking and/or avoid exposure to secondhand smoke.
- Seek early treatment.
- Avoid exposure to air pollutants.
- Treat respiratory infections.
- See your doctor regularly to manage symptoms.
- Get a flu shot to avoid serious COPD complications.

Chronic obstructive pulmonary disease (COPD) is a disease that makes it hard to breathe. It includes chronic bronchitis and emphysema.

In COPD, the airways in lungs become swollen, less elastic, or are destroyed, and less air is able to flow in and out of the lungs. The disease is progressive, meaning it gets worse over time.

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

Facts

- About 13 million Americans, or one of every 25, suffer from COPD.
- 24 million Americans may have impaired lung function, suggesting that COPD is under-diagnosed.
- COPD is the 4th leading cause of death in San Diego County.
- COPD occurs most often in older people and may affect 10% of people 65 years and older.

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

Community Health Statistics Unit:
619-285-6479

Warning Signs of COPD

- Constant coughing
- Shortness of breath
- Fatigue
- Wheezing
- Difficulty breathing
- Cough with mucus
- Frequent respiratory infections
- Chest tightness

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

Resources

American Lung Association
www.lungusa.org

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

