

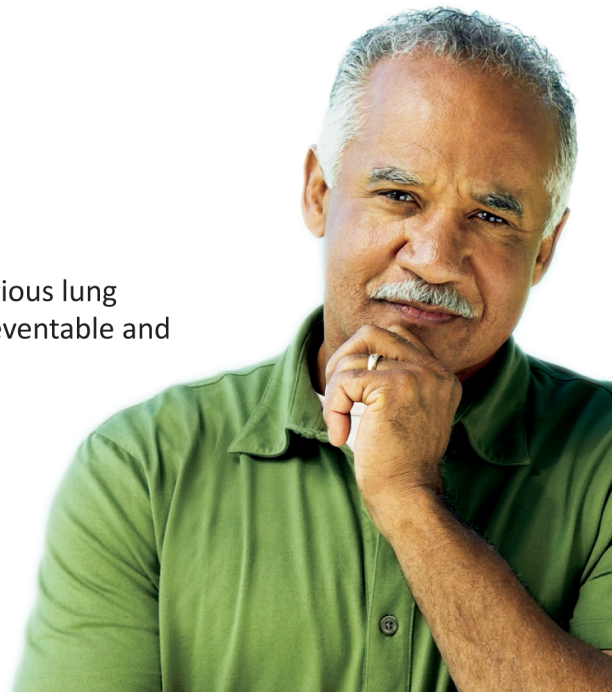
# COPD Health at a Glance

## What is COPD?

COPD is short for Chronic Obstructive Pulmonary Disease. It is a serious lung disease that includes emphysema, chronic bronchitis or both. A preventable and treatable disease, COPD makes it hard for a person to breathe.

## Symptoms of COPD

People with COPD may have shortness of breath, a cough that doesn't go away (with or without mucus), wheezing and chest tightness. These are not normal signs of aging. If you have any of these symptoms, talk to your doctor about taking a breathing test to measure the health of your lungs.



## Facts about COPD

- More than 12 million adults are currently diagnosed with COPD, and it is estimated that another 12 million have the disease, but don't know it
- COPD is the fourth leading cause of death in the U.S., accounting for more than 129,000 deaths in 2007
- It is expected to be the third leading cause of death by 2020
- A person with COPD dies every four minutes in the U.S.
- COPD is the second leading cause of disability
- COPD kills more women than men each year
- COPD is often misdiagnosed as asthma

## Risk Factors of COPD

- Cigarette, pipe and cigar smoking
- Secondhand smoke
- Workplace dust and chemicals
- Air pollution
- Genetic factors (rare cases)

## What To Do

If you think you have COPD, see your doctor and discuss your symptoms. COPD is often diagnosed using a machine known as a spirometer. Spirometry is a non-invasive and painless test. You breathe out as much as possible into a tube connected to the spirometer, and it measures the health of your lungs. Spirometry can detect if you have COPD even before you start showing symptoms. While COPD does not have a cure, there are treatments available to help manage symptoms.

## FOR MORE INFORMATION, TALK WITH YOUR DOCTOR OR VISIT THE FOLLOWING WEBSITES:

**American Lung Association** [www.lungusa.org/lung-disease/copd](http://www.lungusa.org/lung-disease/copd)

**COPD Foundation** [www.COPDFoundation.org](http://www.COPDFoundation.org)

**DRIVE4COPD** [www.DRIVE4COPD.com](http://www.DRIVE4COPD.com)

**Know COPD** [www.KnowCOPD.com](http://www.KnowCOPD.com)

**The National Institutes of Health National Heart, Lung and Blood Institute's COPD Learn More Breathe Better®**  
[www.nhlbi.nih.gov/health/public/lung/copd/index.htm](http://www.nhlbi.nih.gov/health/public/lung/copd/index.htm)

**U.S. COPD Coalition** [www.USCOPDCoalition.org](http://www.USCOPDCoalition.org)