

COPD Awareness

16 million U.S. adults have COPD and millions more are undiagnosed and unaware that they have the disease. COPD kills more than 150,000 people in the U.S. each year, and more than 3.2 million people worldwide. Despite the high number of deaths, COPD is ranked 176th in research funding in the U.S.

What is COPD?

- COPD, or Chronic Obstructive Pulmonary Disease, is an umbrella term to describe chronic lung diseases, encompassing emphysema, and chronic bronchitis.
- The disease can progress for years if it is undiagnosed.
- Normally, many are not diagnosed with COPD until age 40 or later but can be found in adults as young as 20 years old.
- COPD is the 3rd largest killer after Cancer and Heart Disease

Symptoms

- Shortness of breath
- Frequent coughing, with or without sputum
- Wheezing/noisy breathing
- Tightness in the chest
- Frequent infections in the lungs
- Change in appetite.
- Weight loss

Severe Symptoms

- Bluish or gray fingernails or lips
- Trouble catching your breath.
- Inability to speak.
- Swelling in the ankles, feet, and legs
- Confusion
- Fainting
- Increased heartbeat

Causes

- Smoking
- Air pollutants
- Asthma
- Early childhood infections
- Genetics

Prevention

- COPD can potentially be prevented by maintaining a healthy lifestyle, preventing exposure to smoke, and improving the quality of air.
- Infection induced COPD can be prevented by preventing the infection using vaccination.

