

November is

COPD
AWARENESS



Month



COPD
FOUNDATION

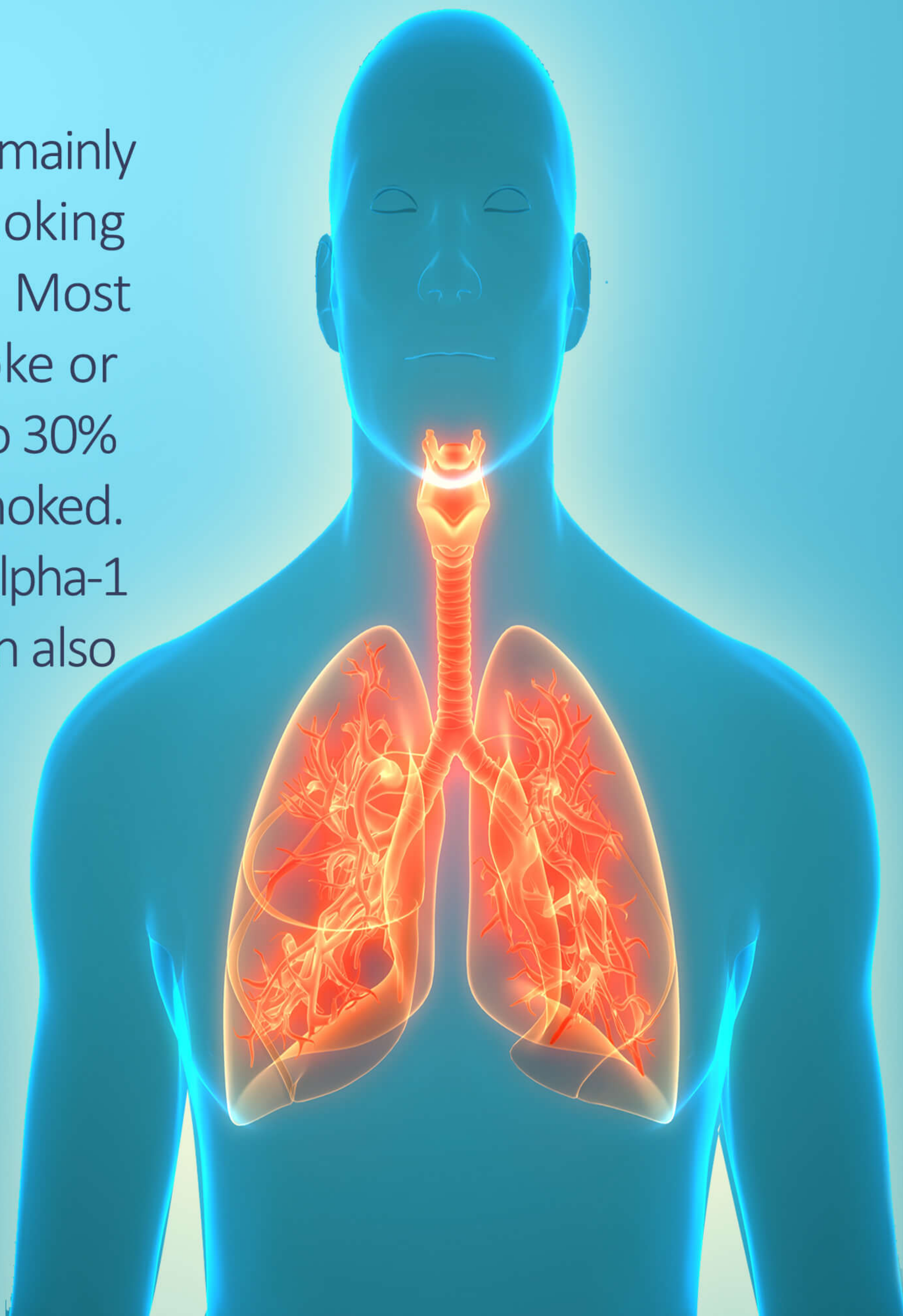
#LaceUpforLungs

WHAT IS COPD?

COPD stands for Chronic Obstructive Pulmonary Disease. COPD, is a very progressive disease, which means it gets worse over time. With COPD, less air flows in and out of the airways, making it hard to breathe.

COPD can often be prevented, mainly by not smoking. Cigarette smoking is the leading cause of COPD. Most people who have COPD smoke or used to smoke. However, up to 30% of people with COPD never smoked. A rare genetic condition called alpha-1 antitrypsin (AAT) deficiency can also cause the disease.

For more information please visit: www.copdfoundation.org or speak with your primary physician.



COPD FACTS

- Over 16 million Americans over the age of 18 have COPD.
- Nearly one out of every five patients has a COPD diagnosis.
- 75% of those diagnosed with COPD were smokers. 25% of those diagnosed with COPD Never smoked.
- COPD is not curable but it is treatable.
- +150,000 people die from COPD every year.



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5 SYMPTOMS OF COPD



WHEEZING

**CHEST
TIGHTNESS**

**FREQUENT
COUGH**

**EXCESS
MUCUS
PRODUCTION**

**SHORTNESS
OF BREATH**

If you are experiencing any of these symptoms please consult your primary care physician.