

COPD AND YOU

Early Diagnosis Can Slow Disease Progression

It is estimated that more than 384 million people worldwide live with chronic obstructive pulmonary disease (COPD).¹ More than 16 million Americans have COPD, and nearly 16 million more have COPD but don't know it.^{2,3}

While many are not diagnosed with COPD until age 40 or later, early signs of COPD can be found in adults as young as 20 years old.^{1,4} Here's the good news: If COPD is discovered and treated very early, the damage to your lungs may be reversible.⁴

Here's how you can look for, listen to, and act on any symptoms as quickly as possible to reduce long-term damage and improve your quality of life:



LOOK

■ Look for early symptoms of COPD. Common symptoms of COPD and other lung conditions include:

- Coughing (with or without mucus)
- Shortness of breath
- Wheezing or noisy breathing
- Unusual tiredness
- Chest tightness



LISTEN

■ Listen to your body and your loved ones:

- Have you had any symptoms of COPD?
 - Have you noticed your loved ones experiencing COPD symptoms?
 - Caregivers may be the first to notice COPD symptoms.
- It is easy to overlook mild COPD symptoms.

Don't dismiss your symptoms. When in doubt, check it out.

TAKE ACTION



■ Act quickly if you notice symptoms of COPD:

- Contact your health care provider as soon as you feel symptoms.
- **Getting treatment early can help prevent or slow the progression of your COPD.**
- There are tests available to diagnose COPD.
 - Spirometry testing is one way to tell if you have COPD. Spirometry is a breathing test that's fast, painless, and can be performed in a physician's office or hospital.



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References:

¹Global Initiative for Chronic Obstructive Pulmonary Disease (2022) "Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease." <https://goldcopd.org/2022-gold-reports-2/>

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³Ford, E. et al. Trends in the Prevalence of Obstructive and Restrictive Lung Function Among Adults in the United States. CHEST 2013; 143(5):1395-1406

⁴Stoltz, D. et al. Towards the elimination of chronic obstructive pulmonary disease: a Lancet Commission. The Lancet Commissions. 2022; 400(10356): 921-972. DOI: [https://doi.org/10.1016/S0140-6736\(22\)01273-9](https://doi.org/10.1016/S0140-6736(22)01273-9)