

What is COPD?

Chronic obstructive pulmonary disease (COPD) is a term used to describe chronic lung diseases including emphysema and chronic bronchitis. COPD is characterized by breathlessness. Some people with COPD also experience tiredness and chronic cough with or without mucus. Let's break down this complicated name into smaller pieces:



CHRONIC

This means this disease is not curable. The symptoms of COPD may take years to develop. Symptoms can vary from person to person and they may be more or less severe at times. It is important to remember that while COPD isn't curable, it is treatable.



BSTRUCTIVE

This means that the airflow through your lungs is blocked (obstructed). This can be caused by swelling and extra mucus in the tubes inside your lungs. These airways are called bronchial tubes. They look like the roots of a tree, with larger tubes leading to smaller ones.



PULMONARY

This means that the disease is in your lungs.



ISEASE

This means that your lungs have some damage. But with the right treatment, your symptoms can be managed and the progression of the disease can be slowed.

COPD FACTS



Nearly
16 million

Americans are diagnosed
with COPD,
and estimates suggest
that up to

16 million

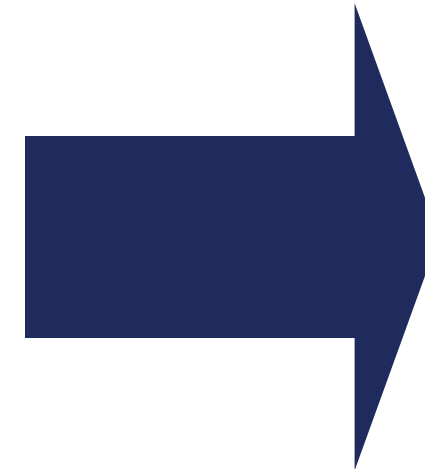
more have COPD but are
undiagnosed.^{1,2}

Cases of COPD are expected to
increase worldwide
due to exposure to smoke, pollution,
and other inhaled irritants.⁴

Nearly

**one out of every
five patients**

40 years or older in
U.S. hospitals has a
diagnosis of COPD.³



More than

**320
million**

people are affected
by COPD worldwide.⁵



¹Ford E. et al. COPD Surveillance-United States, 1999-2011. *CHEST* 2013; 144(1):284-305.

²Ford, 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.

⁴Global Initiative for Chronic Obstructive Pulmonary Disease (2021) "Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease." https://goldcopd.org/wp-content/uploads/2020/11/GOLD-REPORT-2021-v1.1-25Nov20_WMV.pdf

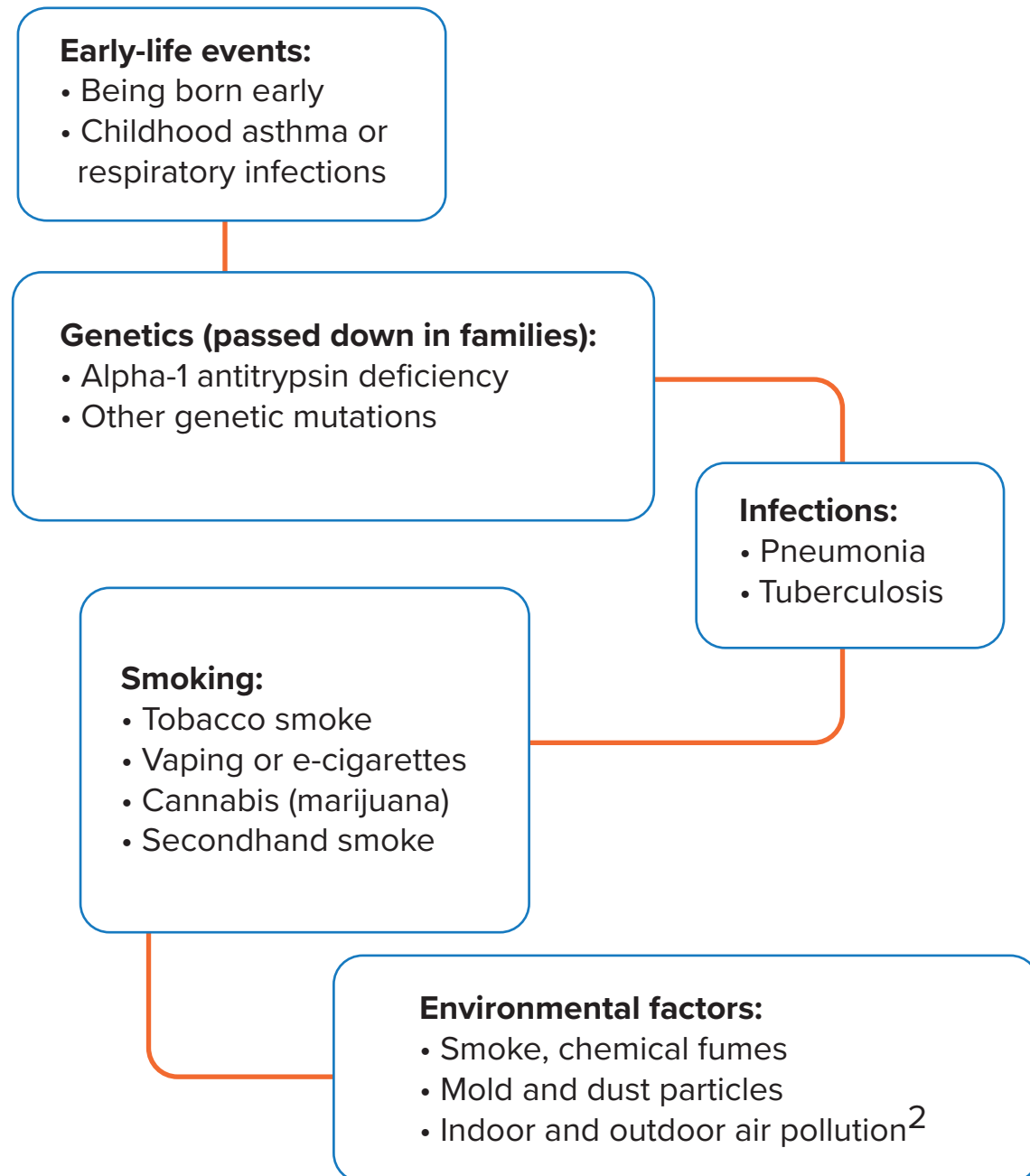
³Wier, LM, Elixhauser, A, Pfunter A, Au, DH. *Overview of Hospitalizations among Patients with COPD, 2008*. HCUP Statistical Brief #106. February 2011. Agency for Healthcare Research and Quality. <https://www.hcup-us.ahrq.gov/reports/statbriefs/sb106.pdf>

⁵Wang, Dongming, et al., Association of Silica Dust Exposure and Cigarette Smoking With Mortality Among Mine and Pottery Workers in China. *JAMA Network Open* 2020; 3(4) <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2764378>

Anyone Can Get COPD

There is a common myth that COPD is “only a smoker’s disease,” but did you know that as many as 25% of people with COPD have never smoked?¹

COPD can be related to:



Common Symptoms of COPD

More than 10 percent of the world’s adult population live with COPD.²

The symptoms of COPD are not always the same for each person. They can also be different from day to day, with some days being better than others.

Some common symptoms include:



Many people do not get diagnosed until after age 40, but early signs of COPD can be found in adults as young as 20 years old.^{2,3}

It is important to talk to your health care provider as soon as you notice symptoms of COPD or if you have a family history of genetic COPD so you can get tested. If COPD is found and treated early, damage to your lungs may be slowed.³

COPD can progress for years without noticeable symptoms like shortness of breath.

Do not ignore your symptoms even if you think they are related to another health condition. When in doubt, have it checked out!