COPD SYMPTOMS AND TRIGGERS TO AVOID TO PREVENT WORSENING

Most common symptoms include:
- Mucus (sputum) production
- Chest tightness
- Chronic cough
- Shortness of breath
- Wheezing

Symptoms are most noticeable just after waking up in the morning and severely impact the ability to perform tasks throughout the day.

COPD symptoms make it more difficult to perform day-to-day activities:
- Shopping
- Household chores
- Dressing
- Using the stairs
- Sleeping
- Bathing
- Getting out of bed

Morning symptoms are associated with:
- Reduced daytime activities
- Poor quality of life
- Increased risk of flare-ups

Symptom worsening is common during flare-ups.

Certain triggers can worsen symptoms of COPD and should be avoided:
- Chemical agents and fumes
- Pet dander
- Pollen
- Tobacco smoke
- Respiratory infections
- Temperature and weather changes
- Outdoor pollution
- Dust
- Indoor pollution

References:

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